



Are You Seeking Therapy? Questions to Ask a Therapist

For many individuals, feeling ready to consult with a mental health professional is the first step towards improving one's mental health. Keiro offers the following statements and questions to consider when you are searching for a mental health professional.

- **How to find a therapist**
 - Ask a trustworthy family member or friend if they have experience finding a therapist. If so, ask them what methods they utilized. Were they successful?
 - Check with your insurance or medical provider to see if psychotherapy is covered under your plan. If so, check the insurance provider's database.
 - Research local non-profits or community resources that may offer mental health services
 - Research mental health providers using credible databases.
- **Therapist Fit**
 - Set goals for your ideal therapist:
 - Do you want to work with a male or female therapist?
 - Do you want to work with a therapist of the same race or ethnicity as you?
 - Do you want to work with a therapist virtually or in-person?
 - Questions to ask:
 - Have you worked with clients with similar circumstances as mine?
 - What would a typical session be like?
- **Expectations**
 - How often should I attend sessions? (i.e. once a week, bi-weekly, etc.)
 - Do you offer both in-person and virtual sessions?
 - What is your approach to medication?
- **Financial questions**
 - Do you/does your practice accept insurance? If so, what insurance providers do you accept?
 - Do you accept Medicare or Medicare Advantage plans?
 - [More information here about Medicare inpatient coverage](#)
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 - I have XYZ insurance. Do you take this insurance?
 - If I pay out-of-pocket, what are your rates per session? Do you have payment plans that adjust to my income aka a sliding-scale option?
- **Generational questions to ask**
 - Do you have experience working with geriatric clients? If so, how would you describe your experience?
 - Do you have experience working with my generation of clients? If so, how would you describe your experience?
 - Does your approach to therapy differ if your client is older than you? How so?



Resources:

- Talk to your primary care provider or insurance company.
- Asian Mental Health Collective - <https://www.asianmhc.org/therapists-us/>
- Asian Pacific Counseling and Treatment Center - <https://www.apctc.org/>
- Changing Tides - <https://thechangingtides.org/counseling-and-therapy-resources>
- Coastal Asian Pacific Islander Family Mental Health Counseling - <https://locator.lacounty.gov/health/Location/3181017/coastal-api-family-mhc-op>
- Inclusive Therapists - <https://www.inclusivetherapists.com/>
- Little Tokyo Service Center - <https://www.ltsc.org/>
- Los Angeles County Department of Mental Health - <https://dmh.lacounty.gov/>
- Maple Counseling - <https://www.tmcc.org/>
- Open Path Collective - <https://openpathcollective.org/>
- Orange County Asian Pacific Islander Community Alliance - <https://www.ocapica.org/>
- Orange County Mental Health and Recovery Services - <https://www.ochealthinfo.com/services/children-families/mental-health-and-recovery-services>
- Pacific Asian Counseling Services - <https://pacsla.org/>
- Ventura County Healthcare Agency - <https://vchca.org/>
- Wright Institute of Los Angeles - <https://wila.org/>