



# Choosing a Treatment Provider

There are many different treatment methods and unique specializations among counselors and treatment providers. It is important to understand your counselor's goals for treatment and what to expect before committing to working with them. If you need help with this process, consider using this guide:

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**Professional credentials:** What are your credentials/degree/license? Do you have an advanced degree such as an MD, master's degree or certification?

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**Areas of specialization:** Do you specialize in any subject area or treatment method? How have you continued to grow and learn as a counselor?

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**Specific populations they have worked with:** Do you have experience or training in working with \_\_\_\_\_ (insert what topic area you are interested in)? How do you make sure you respect and honor an individual client's culture, experiences, and identity?

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**Expertise with certain types of problems or diagnoses:** Have you worked with someone who has been experiencing \_\_\_\_\_? How do you conceptualize recovery for this issue/diagnosis?

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**Strategies and methods for treatment:** What techniques do you like to use in counseling? What does a typical session look like for your clients?

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**Cost of treatment:** How much does each session or day cost? What insurance do you accept, and what success have you had in working with that insurance carrier before?

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**Schedule availability:** When are you available to meet or when can I start? How flexible is your schedule?

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**Other professionals involved in your treatment such as psychiatrists, nurses, or others:** Do you collaborate with other care-providers?

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**Third-party involvement:** Is there an option to involve other individuals in counseling sessions? How will you involve other people, such as your family (if necessary)?

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