

# INTERVIEW QUESTIONS FOR YOUR THERAPIST

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*Below are some example questions you can use to interview a potential therapist*

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"What kind of training do you have (i.e. what degrees/certifications do you hold)?"

"How long have you worked in this field?"

"What are your views on sex work? Do you believe someone can do sex work consensually? What do you know about sex work?"

"Have you therapeutically worked with sex workers before? Do you use harm-reduction practices? (e.g. "Some of my struggle is related to my job, but I am not looking to exit sex work.")"

"Do you understand and are comfortable working with multicultural issues?"

"What is your theoretical orientation and what does it look like in session?"

"Do you have experience working with people with [insert diagnosis or area of concern here]?"

"What are your strengths as a therapist?"

"How much will treatment cost? Do you offer sliding scale? Do you accept insurance?"

"What is your general availability?"

"What will a general session look like?"

"If I feel I need medication, are you able to make referrals?"

"How long do you think therapy will take? How often do you encourage clients to come in for session?"\*

*\*The therapist may not have a specific answer for this based on their theoretical orientation, experience, etc. but it doesn't hurt to ask!*