

TIPS ON FINDING A THERAPIST

MORE RESOURCES AT [SADBUTRADTHERAPY.COM](https://sadbutraddtherapy.com)

ONLINE THERAPY

[Talkspace.com](https://talkspace.com)

[BetterHelp.com](https://betterhelp.com)

THERAPIST DIRECTORIES

- [PsychologyToday.com](https://psychologytoday.com)
- [GoodTherapy.com](https://goodtherapy.com)
- [NQTTCN.com](https://nqttn.com) (National Queer + Trans Therapists of Color Network)
- [GLMA.org](https://glma.org) (Health Professionals Advancing LGBTQ Equality)
- [LALGBTCenter.com](https://lalgbtcenter.com) (California)
- [OpenPathCollective.org](https://openpathcollective.org)
- [NCSFreedom.org](https://nCSfreedom.org) (National Coalition for Sexual Freedom)
- [TherapyDen.com](https://therapyden.com)

GENERAL SEARCH TIPS

- Your search can be filtered by insurance type. If you don't have insurance, you can also ask directly if the therapist offers sliding scale options.
- Look for therapists who offer LGBTQIA+ affirmative care, are kink-friendly, or list themselves as sex-positive/sex-affirming. These parameters don't guarantee they are sex worker affirming, but they may have experience and openness to learning about sex work.
- Therapists will list communities they work with in their profile. This also gives a good idea of their competency/experience in certain areas.
- The therapist's online profile will generally include a bio and a listing of their treatment approach (e.g. feminist, culturally sensitive, multicultural, etc). This can give you an idea of their professional personality, approach, etc.

PROFESSIONAL RESOURCES FOR IMMEDIATE/CRISIS CARE

- Suicide Prevention Lifeline (1-800-273-8255) | [SuicidePreventionLifeline.org](https://suicidepreventionlifeline.org)
- The Trevor Project (1-866-488-7386) | [TheTrevorProject.org](https://thetrevorproject.org)
- Trans Lifeline (877-565-8860) | [Translifeline.org](https://translifeline.org)
- National Alliance on Mental Illness (1-800-950-NAMI), text "NAMI" to 741741 | [Nami.org](https://nami.org)
- Your nearest hospital (call to confirm they offer mental health support. If they don't, they should be able to refer out to a nearby facilities)
- Call 911.

Remember: you have the right to make empowered choices about your mental health.

INTERVIEW QUESTIONS FOR YOUR THERAPIST

MORE RESOURCES AT [SADBUTRADTHERAPY.COM](https://sadbutraddtherapy.com)

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

Modify these questions based on your specific needs.

Remember, you are in a position of power and have the right to decline working with a therapist based on their answers.

"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 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?"

"When is payment due? What forms of payment do you accept?"

"What is your general availability?"

"What happens in a typical therapy session with you?"

"What is your preferred method of communication for scheduling?"

"If I feel I need medication, are you able to make referrals to a Psychiatrist/professional you trust?"

"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!*

CLIENT BILL OF RIGHTS

MORE RESOURCES AT [SADBUTRADTHERAPY.COM](https://sadbutraddtherapy.com)

- You have the right to be treated ethically and free from abuse, discrimination, mistreatment, and/or exploitation.
- You have the right to decline a particular type of treatment, or end treatment without obligation or harassment.
- You have the right to report unethical and illegal behavior by a therapist.
- You have a right to change therapists.
- You have a right to have your records protected by confidentiality unless given your written authorization. There are some conditions where confidentiality may be broken (this will vary from state to state, but generally applies to concerns of safety - to self and others). In these cases, you have the right to know the limits of confidentiality and the circumstances in which a therapist is legally required to disclose information to others.
- You have the right to participate in developing your plan of treatment.
- You have the right to receive an explanation of services regarding your treatment plan.
- You have the right to request and receive information about the therapist's professional capabilities, including licensure, education, training, experience, professional association membership, specialization, and limitations.
- You have the right to decline to answer any question or disclose any information you choose not to reveal. You have the right to receive a second opinion at any time about your therapy or your therapist's methods.
- You have the right to request and receive information from the therapist about your progress toward your treatment goals.
- You have a right to know if there are supervisors, consultants, students, or others with whom your therapist will discuss your case.
- You have the right to receive a copy of your records or have a copy of your records transferred to any therapist or agency you choose.
- You have a right to a safe space without judgment or harassment.
- Above all, you have the right to be treated with dignity and respect.