

Finding your Psychologist

Looking for a psychologist is an important step. This guide provides some questions you may want to ask, before deciding if they are right one for you.

Meet Them First

Some psychologists offer a short "meet and greet." This helps you to:

- See if you feel comfortable with them
- Learn how they work
- Ask questions
- Ultimately, decide if they are right for you.

Questions About Working Together

- What happens in a typical session?
- How long does each session take?
- How often would we meet?
- Do you offer video, or phone sessions?

Questions About Practical Matters

- What days and hours do you work?
- What are your fees?
- Can I use Medicare?
- What is your cancellation policy?
- How do I book or reschedule an appointment?

Questions About Experience

- Have you worked with [your type of concern] before?
- What kinds of therapy do you use?
- How do you usually work with people?

Questions About Sessions

- How do you help people feel comfortable?
- What if I don't understand something?
- Do you give tasks to try at home?
- Do you provide resources or give support between sessions?

Remember

- Different psychologists work in different ways
- It is okay to ask about their approach
- Your GP make recommendations
- Take time to find someone you feel comfortable with.