



# Finding the Right Provider: A Guide to Choosing the Right Therapist or Healthcare Professional

Supporting your journey  
toward informed, empowered care

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# Self-Reflection – Start With You

Your voice matters! Before you start comparing providers, take a moment to reflect on what matters most to you. Understanding your needs, preferences, and past experiences can help guide your choices.

1. What are you seeking support for right now? Have you worked with a provider before? What helped? What didn't?

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2. What kind of support are you looking for (emotional, physical, trauma-informed, etc.)? How do you want to feel after your appointments?

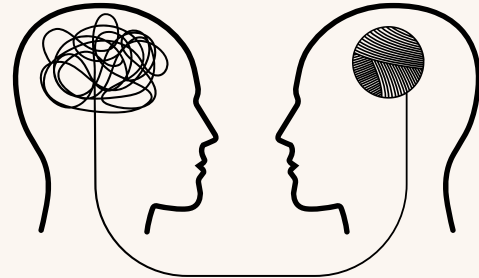
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# What Matters Most—Your Preferences

You deserve to work with a provider who feels like the right fit. Use this page to identify what's most important to you.

## Personal Fit

- ☐ Gender preference
- ☐ Racial/ethnic/cultural background
- ☐ LGBTQIA+ affirming
- ☐ Trauma-informed
- ☐ Neurodiversity affirming
- ☐
- ☐



## Treatment Style

- ☐ Holistic (uses more natural approaches like somatic healing or yoga and is more cautious around western medicine) or integrative (supports psychopharmacological approaches and can act as a part of medical team)
- ☐ Evidence-based practices (CBT, EMDR, etc.)
- ☐ Collaborative style - do they practice Client engagement in treatment approach
- ☐
- ☐



## Logistics

- ☐ Accepts my insurance or offers sliding scale
- ☐ Available times work for me
- ☐ Location or telehealth is accessible
- ☐ Office feels welcoming or safe
- ☐
- ☐

Top 3 most important values for me are:

# Questions to Ask a Provider

Whether you're on a phone consultation or first session, asking the right questions can help you gauge whether this provider is a good match.

## Questions for a Therapist:

- What experience do you have with [issue or concern]?
- What is your approach to therapy? (e.g., CBT, trauma-informed)
- How do you handle goal-setting or tracking progress?
- Do you offer virtual sessions?
- Do you provide a sliding scale or accept my insurance?
- What does the first session usually look like?
- How often do you typically meet with clients?
- How long do clients usually stay in treatment with you?
- What happens if we decide it's not the right fit?
- What do you enjoy most about your work?
- What do clients say it's like to work with you?
- What values guide your work with clients?
- How do you take care of yourself outside of your role?

## Questions for Any Healthcare Provider:

- What's your communication style?
- How do you involve clients in decision-making?
- What's your experience with people of my background or identity?



# Compare Your Options

Criteria	Provider A	Provider B	Provider C
Name & Credentials			
Insurance Accepted			
Location / Format			
Specialties			
Cultural/LGBTQIA+ Fit			
Comfort Level (1-5)			
Pros / Cons			






# Red Flags & Green Flags

Your gut feeling matters. Here are some helpful signs to notice —  
both good and bad.

## Green Flags:

-  You feel seen, heard, and respected.
-  They welcome questions and explain things clearly.
-  They honor your lived experience.
-  They're transparent about policies and pricing.
-  You feel safe even when discussing difficult topics.

## Red Flags:

-  You feel dismissed or judged.
-  They talk over you or rush through concerns.
-  They avoid discussing cultural or identity factors.
-  Lack of clarity about fees, policies, or boundaries.
-  They pressure you to make decisions quickly.

## Notes & Next Steps

## Notes from Consults

[illegible]

**17** Appointments to Schedule

[illegible]

## ✓ Questions I Still Have

[illegible]