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HOW TO CHOOSE A THERAPIST

As a consumer of psychotherapy services, it is important that you be able to intelligently decide who you want to help you solve your problems. Dr. Arnold Lazarus is a psychologist who devised this questionnaire to help people make select a therapist. The following questions are provided as a guideline, so that you can determine if I am the therapist you would like to support you in making changes in your life. Use the five point scale below in rating each of the following statements.

4	-	This statement is true
3	-	It is true most of the time
2	-	It is true some of the time
1	-	It is seldom true
0	-	It is never true

- _____ 1. I feel comfortable with the therapist
- _____ 2. The therapist seems comfortable with me.
- _____ 3. The therapist does not treat me as if I am sick, defective, and about to fall apart.
- _____ 4. The therapist is casual and informal, rather than stiff and formal.
- _____ 5. The therapist is flexible and open to new ideas, rather than pursuing one point of view.
- _____ 6. The therapist has a good sense of humor and a pleasant disposition.
- _____ 7. The therapist is willing to tell me how she/ he feels about me.
- _____ 8. The therapist admits limitations and does not pretend to know things she/he does not know.
- _____ 9. The therapist is very willing to acknowledge being wrong and

apologizes for making errors or for being inconsiderate, instead of justifying this kind of behavior.

- _____ 10. The therapist answers direct questions rather than simply asking me what I think.
- _____ 11. The therapist reveals things about herself/himself either spontaneously or in response to my inquires but not bragging and talking incessantly and irrelevantly.
- _____ 12. The therapist encourages a feeling that I am as important as she/he is.
- _____ 13. The therapist acts as if she/he is my consultant rather than the manager of my life.
- _____ 14. The therapist is interested in seeing people who share my life (or at least willing to do so). This would include family, friends, lovers, work associates, or any other significant people in my environment.
- _____ 15. The therapist encourages difference of opinion rather than telling me that I am resisting if I disagree with her/him.
- _____ 16. In general, my contacts with the therapist lead to my feeling more hopeful and having higher self esteem.

_____ ***TOTAL POINTS***

INTERPRETING YOUR SCORE

You would probably not feel comfortable working with a therapist who rated below 50 points. Certainly, you should not even consider working with someone where the score fell below 40 points. Do not hesitate to see several therapists before choosing one. Also, decisions are not irrevocable. Don't think you have to stay with a particular therapist simply because you have started or have been with the same therapist for months or even years. It is your time, money, and well-being that are at risk. If you have tried several therapists, and none of them meet your satisfaction, consider selecting a therapist with the highest number score.