

LOCATING A TRAUMA THERAPIST

Locating a therapist who is knowledgeable about and experienced in treating Complex PTSD has been difficult in the past because it is a relatively new diagnosis. Further, trauma therapists tend to be located in large cities which has meant sessions were only available to a relative few. Recently, however, due to the pandemic many now offer virtual therapy making things somewhat easier. Here are a number of free, searchable therapist databases:

- *Good Therapy* - <https://www.goodtherapy.org/find-therapist.html>
- *Psychology Today* - <https://www.goodtherapy.org/find-therapist.html>
- *The International Society for Traumatic Stress Studies* - <https://istss.org/public-resources/find-a-clinician>
- *The International Society for the Study of Trauma & Dissociation* - <https://isstd.connectedcommunity.org/network/network-find-a-professional>

QUESTIONS TO ASK IN YOUR SEARCH

1. Contact information for the therapist:

Name:

Address:

Phone Number:

Email:

2. What is the therapist's professional designation? (Note: some insurers will only provide coverage for more advanced designations.)

Psychiatrist: _____ Psychologist: _____ Masters Level Clinician _____ Coach/Other: _____

3. What training do they have in the treatment of trauma generally and Complex PTSD specifically?

4. What approach(es) will they use in treatment (e.g. Cognitive Behavioural Therapy, EMDR, Relational Therapy)?

5. What would their treatment plan for you entail? (i.e., overall timeframe, number of sessions per week/month)

6. Details:

- Fee? _____ Payment Methods: _____
- Cancellation Policy: _____
- Availability (Calling/emailing/texting between sessions; emergencies)

Notes/ Comments

1. What are your overall impressions of this therapist?

2. How comfortable a fit do you feel it would be?

3. How do you think you will feel being open with them?

4. How comfortable are you with the type of therapy and treatment plan?

5. How do you rate the potential of this therapist overall?

6. Other