

The First Step to Healing?

FINDING THE RIGHT THERAPIST FOR YOU



Finding the right therapist shouldn't feel like guesswork — especially when your identity, culture, and lived experience shape your mental health journey. That's why Psych Hub is built to help you find care that actually fits.

Start by taking our free well-being assessment at PsychHub.com to clarify what support you need — from trauma-informed care to help navigating racial stress, gender identity, or neurodivergence.

Don't forget to check out our therapist fit checklist and conversation starter to help guide your search. These resources are your one-stop-shop to learn more about cultural awareness, lived experience, accessibility, and trauma training.

Inclusive, culturally responsive therapy is more than a label — it's a practice. Psych Hub helps you find someone who doesn't need you to explain who you are. They already get it.

Explore our profiles of licensed providers with filters that matter to you:



Identity

(BIPOC, LGBTQ+, neurodivergent, disabled)



Specialty

(anxiety, PTSD, couples counseling, addiction)



Language

(more than 50 options available)



Type of care

(in-person or virtual)

READY TO FEEL SEEN IN THERAPY?

[Start your search here](#) →

The Inclusive Therapist Checklist

RED FLAGS & GREEN LIGHTS TO LOOK FOR

Use this quick reference guide to help you recognize signs of culturally aligned therapy. A good therapist will respect, affirm, and adapt to your lived experience—across race, ethnicity, gender identity, sexual orientation, disability status, neurodivergence, and more.



GREEN LIGHTS

- ☒ Uses inclusive language and your correct pronouns consistently
- ☒ Asks about your cultural background and honors your self-identity
- ☒ Is aware of their cultural factors and mindful of their own biases
- ☒ Acknowledges racism, discrimination, and cultural trauma as valid mental health stressors
- ☒ Explains how their approach is culturally responsive and trauma-informed
- ☒ Open to feedback and adapts their therapeutic style to your preferences
- ☒ Demonstrates awareness of how overlapping identities (intersectionality) shape your experience
- ☒ Provides accommodations if needed (e.g., telehealth, sensory-friendly space)



RED FLAGS

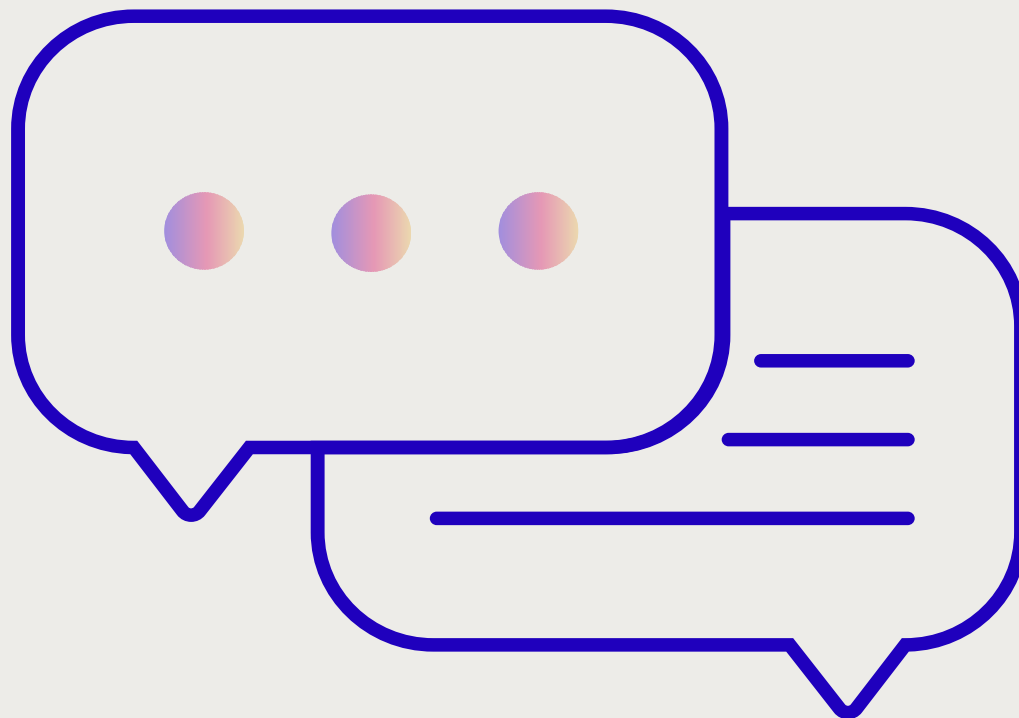
- ☐ Dismisses or avoids conversations about race, identity, or lived experience
- ☐ Makes assumptions based on appearances, stereotypes, or generalizations
- ☐ Expects you to fill in their cultural knowledge gaps without taking responsibility for their own learning
- ☐ Downplays or invalidates experiences of oppression or systemic discrimination
- ☐ Treats cultural competence as a one-time training or checkbox
- ☐ Becomes defensive or visibly uncomfortable when you raise concerns
- ☐ Offers advice that feels generic or disconnected from your cultural context
- ☐ Fails to acknowledge accessibility or disability needs

You deserve therapy that sees you fully.
Find your mental health ally at PsychHub.com.

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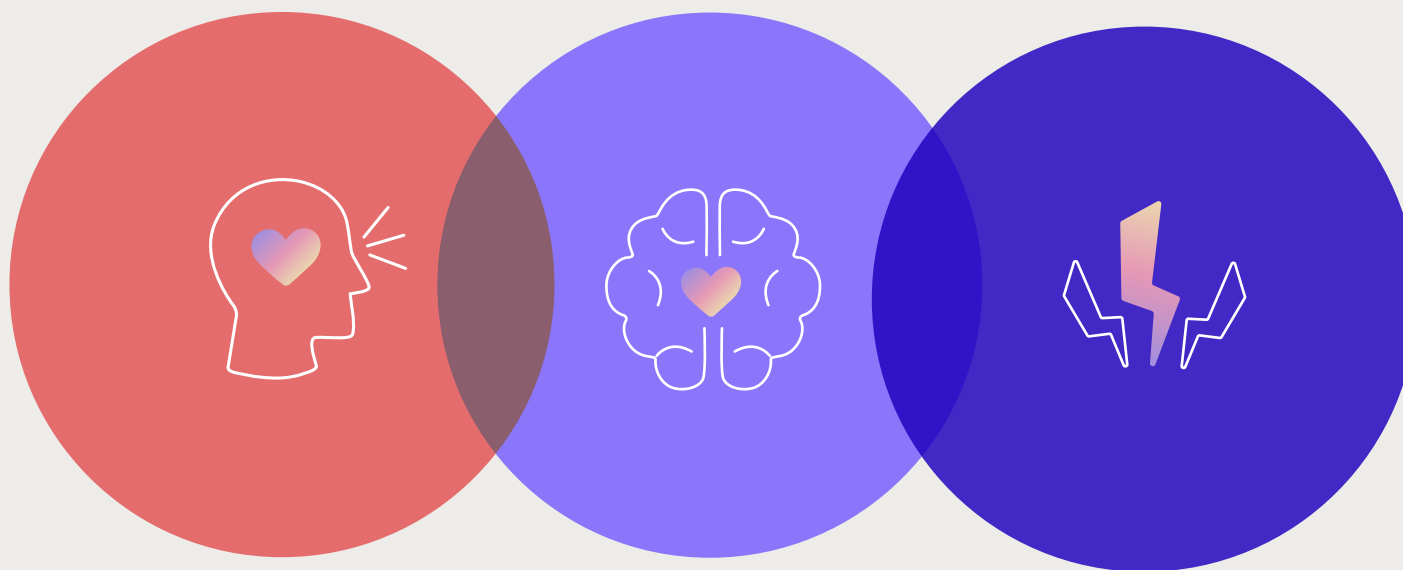


Not Sure If Your Therapist Is the Right Fit?



**START WITH
THESE QUESTIONS**





Advocating for culturally aligned, inclusive, and trauma-informed therapy

It's completely okay—and important—to ask therapists how they create safe, culturally responsive spaces. These questions help you explore whether a provider can meet your needs across identity, ability, and trauma history.

Use these prompts in a first session, intake call, or email — and trust your gut along the way.



CULTURAL COMPETENCE

Ask about lived experience, inclusive practices, and cultural responsiveness.

- “Can you tell me about your experience working with people who share my background or identity?”
- “How do you incorporate culture, race, and identity into your therapy approach?”
- “What training have you completed in anti-racism, cultural humility, or inclusive therapy?”
- “How do you adjust your methods to support different cultural experiences?”
- “How do you navigate moments when a client’s experience differs from your own?”
- “Do you seek regular supervision or consultation on culturally competent practices?”
- “Are there specific communities or populations you feel most equipped to serve?”
- “How do you handle microaggressions or bias if they come up in the therapy space?”

You don't have to explain or educate a therapist on your identity — but a good one will be open to learning.



DISABILITY ACCESS AND NEURODIVERGENT INCLUSION

Ask about accommodations, communication styles, and accessibility.

- “What accommodations do you offer for clients with disabilities or sensory sensitivities?”
- “Is your office or telehealth platform accessible for people with [insert specific disability]?”
- “Do you have experience working with neurodivergent clients or those who have different communication needs?”
- “Are you comfortable using AAC, closed captions, or text-based check-ins if needed?”
- “Do you allow movement during sessions (e.g., stimming, pacing, standing)? What’s your policy on that?”
- “How do you adapt your sessions for people with executive functioning challenges?”
- “Are you open to working with a care partner, interpreter, or support animal?”
- “What is your approach to supporting clients who don’t communicate verbally or use direct eye contact?”

You have a right to therapy that supports—not pathologizes—your communication style, mobility needs, or sensory preferences.



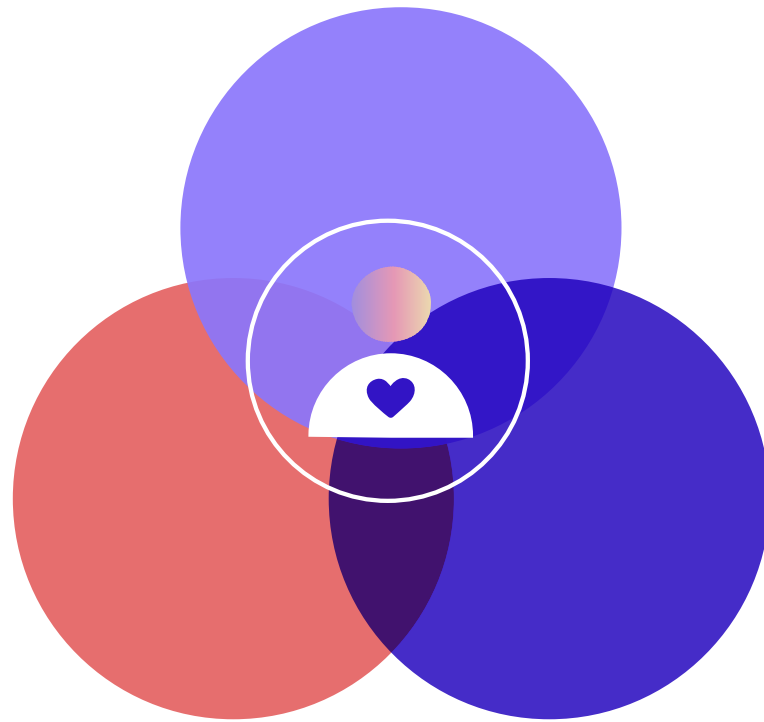
TRAUMA-INFORMED CARE

Ask how the therapist fosters safety, autonomy, and trust

- “How do you define trauma-informed care, and how does it show up in your sessions?”
- “What steps do you take to make sure your space feels safe and empowering?”
- “How do you handle it when a client feels overwhelmed or triggered during therapy?”
- “Do you let clients guide the pace of trauma processing?”
- “What’s your policy on consent for difficult topics or specific interventions?”
- “How do you prevent re-traumatization during therapy?”
- “How do you help clients build grounding skills or coping tools?”
- “What’s your approach to trauma that stems from systemic oppression (e.g., racism, medical trauma, or immigration trauma)?”

You deserve to be in control of your healing journey. Trauma-informed therapists honor your pace and your story.

Still not sure where to start?



We've got you.

The right therapist will welcome these questions. If a provider gets defensive or dismissive, that's a red flag—and a sign to keep looking.

You don't have to start from scratch. We help you find your mental health match, so you can focus on healing.

[Find your mental health ally, today](#) →

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