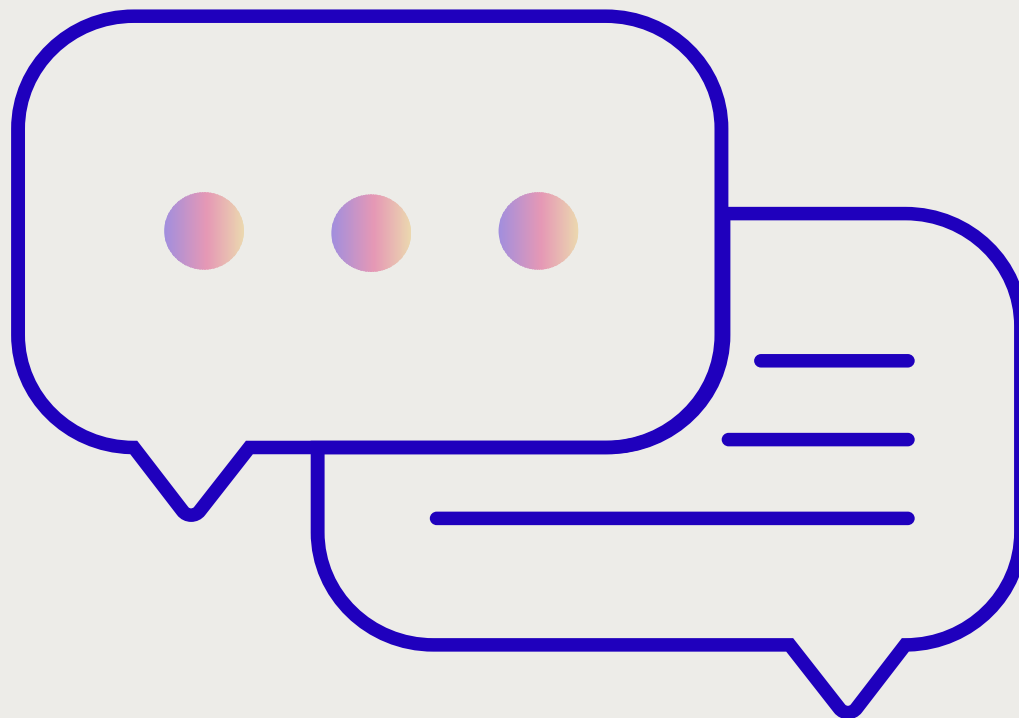
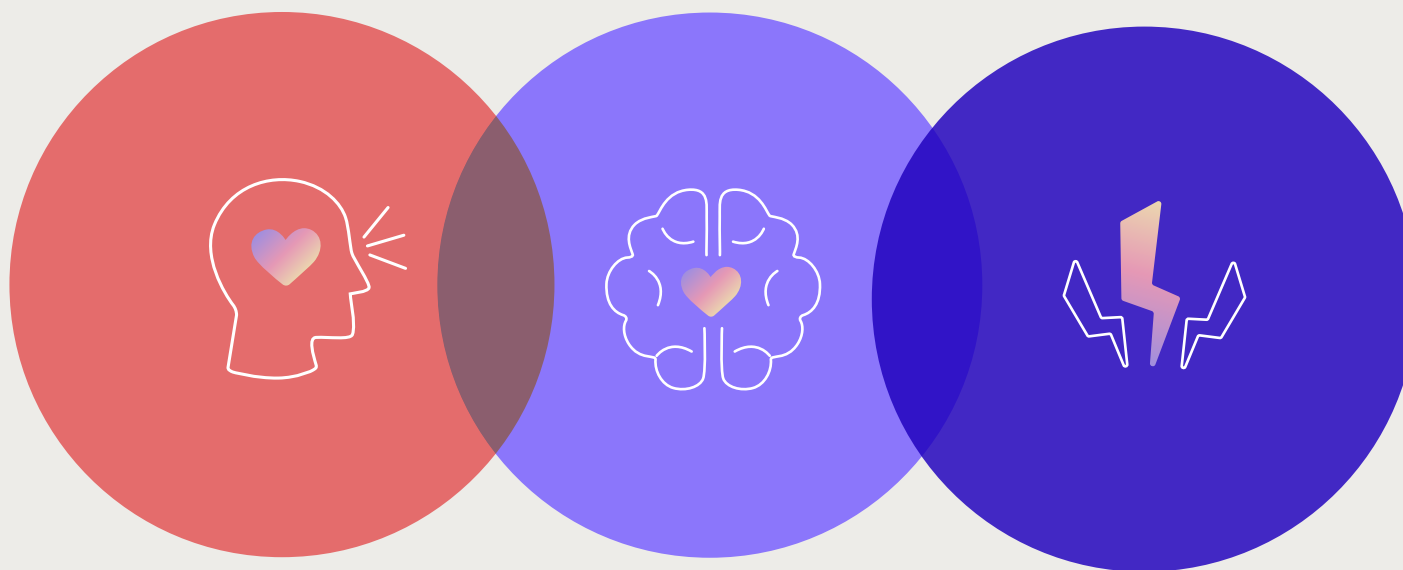


Not Sure If Your Therapist Is the Right Fit?



**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.



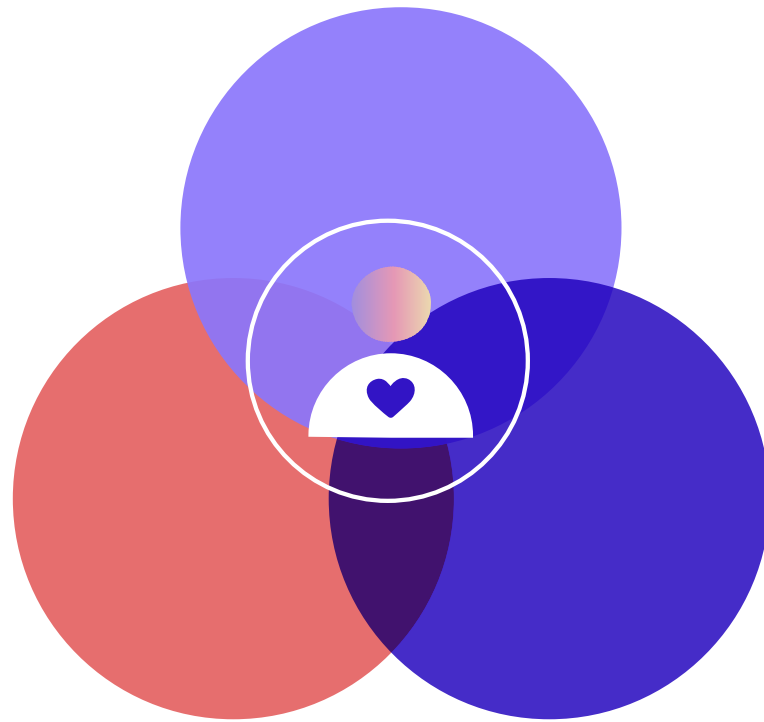
TRAUMA-INFORMED CARE

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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