

# FIND A THERAPIST: WORKSHEET FOR ADULT SURVIVORS

Therapy should always begin by increasing your safety and building a collaborative relationship. There are many different types of therapists – see <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/psychotherapy> which explains some of the differences.

**You can seek recommendations from:**

- Trusted friends
- Your medical doctor
- Your local rape or sexual assault center
- An online directory

**Ask for an introductory phone call:** Some therapists may offer an introductory phone call free of charge. *Be sure to confirm at the beginning of the call if you will be charged a fee.*

**Important questions to ask during an introductory phone call or session:**

**Do you take my insurance? (if applicable)** *Since insurance plans can vary widely from one workplace or provider to the next, having the details of your insurance benefits on hand during the phone call or session will be helpful for you and the therapist.*

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**Do you have experience treating people with sexual abuse trauma and/or dissociation?**

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**Have you received specialized training in treating trauma and dissociation? If yes, what kind?**

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**Do you currently receive supervision or consultation on your clinical work?**

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**If applicable:** Have you worked with clients who have had images or videos of their abuse distributed online?

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**If applicable:** What is your treatment approach for someone with a history of complex trauma that began in childhood?

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**Questions to ask yourself after your appointment:**

- Did this person seem knowledgeable about trauma and my kinds of experiences?

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- Did I feel a sense of connection, even if I am also feeling (naturally) anxious about starting therapy?

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- Does this person seem kind, empathic, open-minded?

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- Did I feel respected?

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- Did this person ask about my strengths?

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**Red Flags: Check in with yourself about the following experiences:**

1. Did I feel rushed?

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2. Did I feel pushed to share too much about details of abuse before feeling ready?

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3. Did this person remember me/things I have told them?

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4. Did this person listen?

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5. Did I feel my personal space and physical boundaries were respected?

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