## 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 <a href="https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/psychotherapy">https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/psychotherapy</a> 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. Do you have experience treating people who have experienced sexual victimization (online or offline) and/or dissociation? Have you received specialized training in treating trauma and/or dissociation? If yes, what kind? Do you currently receive supervision or consultation on your clinical work? If applicable: Have you worked with clients who have had sexual images or videos distributed online? If applicable: What is your treatment approach for someone with a history of complex trauma that began in childhood?

	our work together may take a long time? Do you have room in your caseload for someone like me?
How	often do you see clients with a background of sexual victimization (online or offline) /complex trauma?
Que	stions to ask at your first full session:
•	Do you think you can help me? What are my chances of success and feeling better over time if we work together?
•	Can you describe the way you work?
•	How do you handle a client in crisis who may need to call between sessions?
•	Do you integrate any other approaches, such as sand tray, art or music therapy, somatic or body work?
Writ	e your own questions here:

