

How Do You Know if The Counselor Will Be a Good Fit?

It is very crucial for us to choose a counselor who will be a good fit for us. Below is a list of key points to consider after you have your initial consultation with the counselor. Specifically,

- Do you feel you can trust the counselor?
- Do you feel emotionally and physically safe around the counselor?
- Do you like the way they carry themselves?
- Do you think they ask good questions?
- Do you think they hear what your needs are?
- Do they seem knowledgeable and compassionate?
- Do they seem gentle, forthcoming, and genuine?
- Do you like the office?
- Do you want to stay and talk or are you keeping track of the time?
- Do you feel understood by them?
- Do you feel validated by them?
- Do you feel empowered?
- Do you feel supported?
- Do you feel respected?
- Do you feel like you can open up to the counselor about difficult issues?
- Do you feel like the counselor is a team member working with you side by side?
- Do you feel the counselor is competent to treat your problems?
- Do you like the division of speaking and listening between you and the counselor?
- Do you feel the counselor is prepared? relaxed? attentive? engaged? distracted? open-minded? easy to talk to? patient?
- Do you like the aura or energy of the counselor?
- Do you think you can feel relaxed around the counselor?
- Did the counselor provide some resources or information that you find helpful?
- Did the counselor point out a direction or two that you find yourself interested in exploring more?
- Can you imagine the benefit or see the value of working with the counselor on a regular basis?
- What is one thing that stands out to you about each of the counselors you had an initial consultation with?