Questions to ask a therapist If a therapist responds defensively to your TRAINING, EDUCATION & EXPERIENCE questions rather than being supportive, it could be a warning sign that the therapist ☐ How long have you worked as a therapist? lient may not be open. ☐ Where did you receive training/education? Here are some questions for you to consider. ☐ Have you worked with clients from cultural FEES, SERVICES & RECORD KEEPING backgrounds different from your own? ☐ Have you received anti-oppression, ☐ Am I charged a fee to interview you? anti-racist or ethics training? ☐ What is your hourly fee? ☐ What kinds of therapy do you practice? ☐ Do you have a sliding scale? ☐ Do you have regular fee increases? ☐ Please define each type. IN PSYCHOTHERAPY ☐ Can therapy fees be paid by insurance? ☐ Do you have experience or training in the & COUNSELLING areas I want to explore? ☐ Do you offer phone contact or crisis intervention between sessions? ☐ What is your approach to these areas? ☐ When you are ill or on vacation do you ☐ Do you have access to training or education provide back-up support? Interviewing in these areas? ☐ Do you keep written records or files? a Therapist ☐ Have you been in therapy yourself? ☐ Do I have access to them and can I ☐ If yes, how has it influenced your work? negotiate what is written in my file? continued...

SUPERVISION & CONSULTATION	PROFESSIONAL ORGANIZATIONS	Client Rights Project providing client support:
☐ Do you receive regular supervision?	☐ Do you belong to a therapy or social	Feminist Advocates for Counselling Ethics 416-531-7182 client.rights@sympatico.ca
☐ Do you provide clients with the names of your supervisors?	work professional organization? ☐ Does your organization or social	Toronto Rape Crisis Centre/Multicultural Women Against Rape 416-597-1171 trcc@web.net
☐ Please define the role of your supervisors.	service agency have a code of ethics?	Women's Counselling Referral & Education Centre
☐ Are you in supervision with: a former therapist, family member or friend?	☐ Does your organization or agency have a complaints or mediation process?	For support outside Toronto places consult your
If yes, how do you manage the dual/ overlapping relationship?	Have you ever had a complaint filed against you? What was the outcome?	For support outside Toronto, please consult your local phone book or call the province-wide Assaulted Women's Helpline 1-866-863-0511
ETHICAL GUIDELINES	☐ Has a client ever challenged you? What was the outcome?	Agency name
 □ Do you have a code of ethics you practice by? If yes, can I have a copy of the code? □ Do you provide information about the therapy process and client rights? 	☐ If conflict arises when working with a client, do you have a conflict resolution process in place? Please explain process.	
Do you support a woman's right to make	SOME PERSONAL QUESTIONS	Copyright 2002. All rights reserved.
choices about her body? (ie. abortion)	☐ Have you had personal experience with	Published in Canada by the Client Rights Project.
☐ Do you physically touch clients? ☐ Have you ever had a personal relationship with a client or former client?	the issues I want to explore? ☐ Why did you become a therapist?	Reprinted with the support of the Ontario Government. The views expressed herein are those of the Client Rights Project and do not necessarily reflect those of the government of Ontario.

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