

Choosing a therapy approach

Questions Before I Choose a Therapy Approach

Adults | 10 to 15 minutes

Therapy approaches can differ in what sessions involve, what is practiced between sessions, and what training a provider needs. You can ask questions before deciding. Choose one approach or recommendation you are considering and identify the information that would help you make an informed choice.

Write your main goal and a few questions. Bring them to a qualified provider and ask for explanations you can understand.

Ask what the work involves

Ask what the approach is intended to help, what evidence supports it for your concern, and what sessions may involve. Discuss your preferences about structure, disclosure, culture, access, and between-session tasks. You can say when something feels unclear.

Plan a review

Ask about alternatives, costs, likely demands, possible difficulties, and how the provider checks progress. Find out how to raise a concern or discuss changing the plan. You do not have to promise improvement before you understand the options.

1. What would I like therapy to help me change or understand?**2. What do I need to know about this approach and the provider's training?****3. What preferences, access needs, costs, or demands affect its fit?****4. How will we review progress, concerns, and possible alternatives?****Clinical use and adaptation**

Support shared decision-making without implying every approach has equal evidence for every condition. Provide current condition-specific information and referral when needed. Clarify actual availability, competence, and consent. Do not use a worksheet or marketing claim as proof of treatment efficacy.