

Tips for finding a therapist:

[TXCUMC Mental Health Benefits](#)

Use Insurance!

If you're using insurance, ask your insurance provider for a list of approved therapists in your area. Virtual therapy is an option if you can't find someone in your area.

Check Online!

PsychologyToday.com
TherapyDen.com
TherapyForBlackGirls.com
BiblicalCounseling.com

Basic Questions *to ask a therapist...*

- What kind of experience do you have with....(insert identity [clergy, teen, sahm, etc] and/or issue [burnout, trauma, depression, etc])?
- What does a typical session look like?
- What is the fee?
- How long do clients typically attend therapy?

You may also want to ask:

- What have your recent continuing education units been about?
- Do you incorporate faith into therapy? If so, how?
- Do you participate in church?
- What is your faith life like?

Therapists may or may not answer personal questions.

Not sure where to start?

Common Licenses:

LPC - Licensed Professional Counselor
LCSW - Licensed Clinical Social Worker
LMSW - Licensed Master Social Worker
LMFT - Licensed Marriage and Family Therapist
LP - Licensed Psychologist

*If followed by S (Supervisor), A or I (provisionally licenced working toward full licensure)

Additional Licenses/Certifications:

RPT - Registered Play Therapist (child therapist)
NCC - National Certified Counselor
LPA - Licensed Psychological Associate
CCTP - Certified Clinical Trauma Professional
CART - Certified Anger Resolution Therapist
LCDC - Licensed Chemical Dependency Counselor
LSOTP - Licensed Sex Offender Treatment Provider
R-DMT - Registered Dance/Movement Therapist
BC-DMT - Board Certified Dance/Movement Therapist
NCSP - National Certified School Psychologist

To verify Texas licensure: <https://www.bhec.texas.gov/verify-a-license/index.html>