

# Questions to Ask

## Before Starting Virtual Therapy

---

### **Logistical questions:**

- How will I sign the paperwork?
- How is all of my information kept confidential?
- Does my insurance cover virtual therapy?
- How much will my appointments cost?
- What technology and software do I need?

### **Notes:**

---

---

---

---

---

### **Questions to ask a therapist:**

- What is your general approach to therapy?
- What does success for a patient look like to you?
- What are your strengths as a therapist?
- What are your areas of expertise/specialization?
- How many years have you been seeing clients?

### **Notes:**

---

---

---

---

---

### **Questions to ask yourself:**

- How will I sign the paperwork?
- How is all of my information kept confidential?
- Does my insurance cover virtual therapy?
- How much will my appointments cost?
- What technology and software do I need?

### **Notes:**

---

---

---

---

---