

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:

- What do I hope to achieve in therapy?
- How often do I want to attend therapy?
- What issues do I want to focus on in therapy?
- Will I be forthcoming with a therapist?
- What will success look like to me?

Notes:
