

# SEVEN SIGNS OF A GOOD THERAPIST:

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- A good therapist has many of the same qualities that you would expect in a close friend. Your therapist should be someone you admire and respect, and with whom you want to develop a good relationship.
- A good therapist shows professionalism. They should adhere to a code of ethics that includes confidentiality and maintenance of certain boundaries.
- A good therapist works with you to establish therapy goals.
- A good therapist empowers you to recognize, understand, and solve your own problems.
- A good therapist customizes an approach for your situation. Their approach should be tailored to your specific needs.
- A good therapist encourages you to share all of your feelings. They should create an environment where you feel safe bringing up uncomfortable and unpleasant feelings.
- A good therapist has good credentials. Consider interviewing your therapist before committing. Look for appropriate degrees and make sure that they have met appropriate regulations for the field.

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