

Seven signs of a good therapist



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

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