

## **BUYERS GUIDE TO MENTAL HEALTH, COUNSELING or PSYCHOTHERAPY SERVICES**

### **PART 1**

1. Introduction
2. Disclaimers
3. Background information
4. Mental health: normal vs dysfunctional
5. Obstacles to seek help
6. How to know if you need psychotherapy?

### **PART 2**

1. Seeking help for relationship problems/challenges
2. Relationships problems left unsolved/untreated can exacerbate other problems
3. What we know about relationships comes from our family of origin/childhood
4. Revisiting functional impairment and the need for relationship help
5. Reason for why relationship psychotherapy can be helpful
6. Seeking couples/relationship/marital psychotherapy with a specialist, not generalist
7. Procrastinating to get psychotherapy help can be harmful
8. Mental Health Treatment Settings
9. Mental Health Levels of Care

### **PART 3**

1. Different type of mental health professionals
2. Psychiatrists
3. Psychologists
4. Psychotherapists and Counselors
5. Mental Health Practitioner
6. Mental Health Technicians
7. Coaches or Life Coaches
8. Formats of psychotherapy

### **PART 4**

1. Disclaimer
2. Types of therapy
3. Combined/integrated approach
4. The importance of graduate degree
5. Various degrees that psychotherapists have
6. Degrees give information about the psychotherapist's specialty
7. Degrees have less relevance the more the practitioner has experience in the field
8. Importance of a professional license

9. Licenses validates education, supervision, competency
10. Professional licenses are upheld by a governing/overseeing organization
11. Licensing create accountability for the therapist
12. Advantages of choosing a licensed psychotherapist
13. Psychotherapy does not require a license
14. Go online and read about your therapist's ethical requirements
15. Licensing rules are important, and are clearly defined
16. Licensing should make clients to feel safe and protected
17. What do the letters that come after your therapist's name mean?
18. Specialist vs Generalist

## **PART 5**

1. What to know about new and/or slightly inexperienced psychotherapist
2. Shop, be selective, don't compromise with what you need
3. Don't settle for a therapist that doesn't feel right
4. The college/university and/or graduate program are important
5. Schools/colleges/universities that have an approved/certified or sanctioned curriculum
6. Big determinate: are you getting better?
7. Mental health insurance coverage
8. When to seek a specialist, especially for "functional impairment"
9. Cost-benefit analysis for when to seek a specialist and spend more money
10. Finding a therapist, especially a specialist by using Psychology Today
11. When people exaggerate their "specialty" or "expert" status
12. Various specialties
13. Payment options
14. Insurance
15. Summary of what to know to find a good therapist
16. Matching problems with the type or therapy/therapist
17. BPD Personality Disorders who seek treatment
18. When marital/couples therapy is helpful or not helpful
19. When to refuse mediation
20. How to find a good psychotherapist

## **PART 6**

1. Interview/observe your "specialist" to determine the accuracy of their claims
2. Word of mouth
3. Go online, Google the therapist
4. Psychotherapist search engines
5. Go to the State's Department of Regulations to search license to see if there are complaints and/or the status of the license

6. Ask the prospective therapist their theoretical orientation(s)
7. Ask if the prospective therapist is supervised
8. The importance of theoretical orientation
9. The “Three Session Rule”
10. Therapist / Client boundary

#### **PART 7**

1. Ask questions
2. Spotting a covert narcissist psychotherapist
3. The “Good Therapist Litmus Test”
4. The therapeutic environment is more important than you think
5. Do not put a potential or current therapist on pedestal
6. How long should therapy last?
7. Finding a psychotherapist that does what Ross does