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**PSYCHOLOGIST & PSYCHOTHERAPIST**

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### HOW TO CHOOSE A THERAPIST

Choosing to enter into therapy or counselling involves a considerable investment of your time, emotion, and money. Therapy works best when the match between therapist and client is right – but how do you know what makes the right match? I would like to offer some suggestions that might help you decide this.

#### What's your first contact like?

- Do you feel listened to and respected? Is the communication clear?
- Does the place where counselling happens feel right to you? Is it a place with sufficient privacy, welcome, access, and security?
- Does the counsellor's affordability and availability meet what you need?

#### Can you come to a clear agreement on what the work is to be about?

- An initial discussion with the counsellor about the problems you are facing can help you both decide whether they are competent to work on the issues with you.
- Does the therapist have experience working with kind of problems you are bringing?
- Can you talk about what you would like to get out of counselling, and how you will know whether you are making progress?

#### Do you feel safe enough with them?

- Therapy requires talking about things that raise difficult emotions. Feeling safe in therapy is not about avoiding these feelings but being able to share these with someone in a way may be uncomfortable, but productive, and not too intense too often
- Maybe you will know if the therapist can do more than just be supportive for you, and can respectfully challenge you in the ways you know you need to be challenged.
- Does the counsellor demonstrate clear boundaries – for example, clear agreements about fees, and about the limits of the relationship between therapist and client.

#### Can the therapist explain their general approach to you, and does this approach suit you?

- No approach suits everyone or every problem - if the method of working seems too far away from your values, consider choosing someone else.

Finally, trust your gut. You will know if you like someone enough to share deeply personal things with them. If you would like more information about my practice please visit [www.psychotherapy-centre.com.au](http://www.psychotherapy-centre.com.au), ring me on 0409 543 341 or email [info@psychotherapy-centre.com.au](mailto:info@psychotherapy-centre.com.au)

#### About Anthony.....



Anthony Jones is a registered psychologist and is skilled in a Gestalt Therapy approach. In a Gestalt approach, change happens through being more fully oneself. Learning through experience is emphasised.

Anthony has many years of experience in the welfare and health sectors, and enjoys successfully helping people bring change to their lives. He has particular skill in working with anxiety, depression, and trauma, and has also worked with people experiencing homelessness and long term unemployment. Prior to working as a therapist, Anthony worked in an industrial sugar mill for 10 years. He is a proud father.