

# FINDING THE RIGHT THERAPIST FOR YOU

*So you need to hire someone to support your emotional health and wellness, here's what you need to know!*

- **Therapists work for you!** We are the service provider and you are the customer. If you do not like our service, let us know or consider firing us. We should be able to adjust our style for you or refer you to someone else.
- **Choosing the right therapist is a process.** You want to interview your therapist and make sure your values are aligned and you feel comfortable with their knowledge and training.
  - What type of license do you have?
  - How long have you been in practice?
  - Are you under supervision?
    - Anyone who states they are not is not fulfilling their ethical code. Even folks licensed for decades should be accessing supervision.
  - What training do you have in the area of (insert your specific need)
    - In the area of human sexuality and sexual health and wellness?
    - Working with
      - transgender folks
      - sex workers
      - Consensual Non-monogamy
      - BDSM
      - racial trauma and healing
      - Fat folks and health at any size
      - Complex PTSD
  - **How much of your training was received by folks who are of lived experience in these areas?**
  - **How many clients have you worked with (that fall into the categories you asked about in the last question)?**
  - **Do you have any specialized certifications?**
  - **What theoretical orientations do you practice?**
  - **Have you researched your own biases, potential for discrimination or oppression towards individuals who:**
    - incorporate kink/BDSM/leather into their sexual practices
    - are non-monogamous
    - are trans
    - are fat
    - are a different race, ethnicity or gender you
  - **What is the difference between BDSM and abuse?**
  - **Have you exposed yourself to aspects of the community or practices in an effort to learn about those whose beliefs and experiences may be different from yours?**
  - **How do you view power in the therapeutic relationship?**



# THERAPIST DATABASES

**National Coalition for Sexual Freedom: Kink Aware Professionals Directory**

<https://ncsfreedom.org/key-programs/kink-aware-professionals-59776>

**Poly Friendly Professionals (many but not all are kink aware or knowledgeable)**

<https://www.polyfriendly.org/>

<http://www.openingup.net>

**LGBTQTherapistLocator (kink/poly search filter)**

<http://findatherapist.lgbtqtherapistresource.com/>

**National Queer & Trans Therapists of Color Network**

<https://nqttcn.com/en/>

**Therapy for Black Girls**

<https://therapyforblackgirls.com/>

**National Queer & Trans Therapists of Color Network**

<https://nqttcn.com/en/>

**Clinicians of Color**

<https://www.cliniciansofcolor.org/>

**Soulace**

<https://www.soulaceapp.com/resourcecenter>

**Ayana Therapy**

<https://www.ayanatherapy.com/>

**Therapy for Latinx**

<https://www.therapyforlatinx.com/>

**Therapy for Queer People of Color**

<http://www.therapyforqpoc.com>

**Therapy for Black Men**

<https://therapyforblackmen.org/>

**Therapy that Liberates**

<https://therapythatliberates.com/>

**Loveland Foundation**

<http://www.thelovelandfoundation.org>

**Root to Crown Healing**

<https://roottocrownhealing.com/index.html>

