

How to Find a Therapist Using PsychologyToday

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PsychologyTodayWebsite

Deciding to consider therapy as an option is a daunting process in and of itself. For many, you may have to push through internalized stigma about seeing a therapist, wrestle with yourself about if your problems are “bad enough” to justify getting some additional support and gather up the courage and energy to even begin looking.

Once you have finally decided to start the process, the next question remains: how the heck do I find a therapist?

Do I ask my friends and family who they recommend? Do I do a quick google search and see what comes up? Both of these routes can lead you into a vague sea of options and can include reaching out to therapists who might not be taking new clients, might not specialize in what you need, or might not be a good fit for your personality.

What is PsychologyToday?

What I recommend to anyone seeking a therapist is that they look on the website “PsychologyToday.”

PsychologyToday is a website that therapists sign up to be on so that they can create a profile page that future clients can review. It is like a directory or library of all the amazing therapists near you!

On a therapist’s PsychologyToday profile, they have a narrative section in which they share about themselves, how they approach therapy, their values, their expertise, and just more about them in general. The narrative section is a great place to read from a therapist’s own words, and see if anything they say resonates with you or your experience in any way. After all, if you decide to work with them as your therapist, you will be talking quite a bit.

The rest of their PsychologyToday profile can include pictures of their office space (if applicable) and even video introductions (some therapists do this, others might not). The video introductions can give you an even more in-depth view of that therapist’s voice, style, and personality.

A therapist’s PsychologyToday profile also includes a wealth of other information, such as

- where their practice is located-their practice phone number
- their website address
- whether they are taking on new clients
- how much each session costs
- if they accept insurances and if so which kinds
- how long they have been in practice
- what degrees they have, where they obtained them, and when they obtained them
- what top specialties they work with
- what other areas of expertise they have
- what ages they work with

- what type of therapy they provide (individual, family, group)
- what communities they are comfortable working with
- what treatment approaches they use in their therapy practice

Using PsychologyToday Filters

Now that you know what information a PsychologyToday profile contains, let's explore how to use this website made up of therapist profiles.

PsychologyToday is a powerful search engine for all of these therapist profiles. Not only do you get to read about each therapist, but you are also able to filter your search by many criteria so that you only see profiles that fit your search parameters. You can filter by the following criteria:

- Location (and how far you are willing to travel from that location)
- Issues you are seeking therapy for (Anxiety, depression, addiction, marriage counseling, postpartum)
- Insurances they accept
- The gender of the therapist (male, female, nonbinary)
- The types of therapy they provide (Cognitive Behavioral Therapy, EMDR, Dialectical Behavior Therapy)
- The ages this therapist works with (toddlers, children, preteens, teen, adults, elders)
- Ethnicities they are familiar working with
- Sexualities they are familiar working with
- Languages they speak
- Faith backgrounds they are familiar working with
- Pricing of sessions (including an option to select therapists who provide a sliding scale)

All of these search filters enable you to find a short list of therapists who meet what you are looking for. Now what?

Reaching out to Therapists on PsychologyToday (Script Included)

I always recommend you find three therapists you connect to when you review their profiles and reach out to all three to schedule consultations and determine which therapist you feel most comfortable with. Most therapists offer free 15-minute phone consultations to see if they might be a good fit.

Why reach out to three? This way, if you reach out to one therapist and they do not respond, you do not have to become discouraged and start the entire process over. Discouragement and hopelessness take us far away from forward motion, so set yourself up for success and reach out to three therapists you connect to within your search results.

You reach out to these therapists via two options:

1. the phone number listed on their profile page
2. the "email" button on their profile page

If reaching out via email feels overwhelming, **here is an example script you can use:**

Hi there,

My name is [Client Name]. I viewed your profile through PsychologyToday and I connected to your profile description. I am [age, gender] and am seeking therapy to help with [topics interested in discussing in therapy]. I am looking to be seen [session frequency] and have availability on [days / times you are available]. I am wanting to be seen [telehealth, in person, or both].

If these things sound like a potential fit for you, I would like to schedule a brief phone consultation. I can be reached via [email address, phone number].

Wishing you a great day,

[Client Name]

A few tips:

1. Pay close attention to the note on the search results and profile page that states “**not accepting new clients**” or “**waitlist for new clients.**” Both of these indicate that if you reach out to these therapists expecting to be seen immediately, you will not succeed. If a therapist has a waitlist, you may find instructions on how to sign up via their profile. *Please note that therapists with a waitlist have no way of knowing when a new spot will open up, and you may be waiting for some time.* If you are in need of immediate support, I recommend reaching out to three therapists who have openings for new clients. If a therapist with a waitlist catches your eye, you can still join that waitlist while you find someone for now who can see you sooner.
2. If you are looking for an LGBTQ+ affirming therapist, **pay special attention to the “client focus” section, particularly the “communities” subsection of their PsychologyToday profile** (this is located after the “Specialties and Expertise” section of their profile, and before the “Treatment Approach” section). A good sign that someone might be LGBTQ+ affirming would be that in their “communities” subsection, you see things like “bisexual allied, queer allied, gay allied, transgender allied, lesbian allied, nonbinary allied, etc.”

I hope this has been a helpful resource for you. I am wishing you luck on your journey to finding a therapist. I know it can be a bit of an overwhelming process. You are doing a great job of learning how to approach this new challenge and being open to starting the process.

[Psychology Today Website](#)