



Initial psychotherapy consultation

Checklist

We have compiled for you a number of questions that you can use to prepare and obtain inspiration for your first consultation with a psychotherapist. Please note that some questions may not be relevant to you. Many specialists have their own website on which they provide information about the way they work and their experience and background. Have a look!

1. My personal preparation for the consultation

What are my reasons for having psychotherapy?

Do I have physical problems? If so, which ones? Since when?

What are my goals? What do I want to change or improve?

What are my expectations of the therapist?

How much time can/would I like to devote to the therapy sessions?

What can I and what do I want to contribute to the therapy?

How do I like to work? Do I need regular tasks?

Would I like to take a person of trust with me in certain circumstances?

Notes

2. Questions for the psychotherapist

Questions about the psychotherapist and their working methods:

- What experience and background does the psychotherapist have?

- Which psychotherapeutic methods does he/she use and what is his/her approach?

- What is the therapist's attitude towards psychotropic medications and complementary medical treatment in addition to therapy?

- How and how often does the therapist communicate with other specialists or with employers and social security institutions?

Organisational questions:

- What will the session involve?

- Can I also contact the psychotherapist outside of therapy sessions and if so, in which cases?

- Am I allowed to take a person of trust with me? How often is this possible?

- What do I do if I no longer feel the therapy is right for me or if I am feeling uncomfortable?

Notes

3. My impression of the initial consultation

It is crucial that you feel understood and well-looked-after by the specialist treating you. The quality of the relationship between the therapist and you is a key factor that determines the success of the treatment.

Is the "chemistry" right between me and the therapist? Do I feel understood and taken seriously?

Can I imagine working with this therapist for an extended period of time?

Can I imagine opening up to this therapist?

Are the psychotherapist's working methods and attitude towards psychotropic medications and complementary medicine right for me?

Notes
