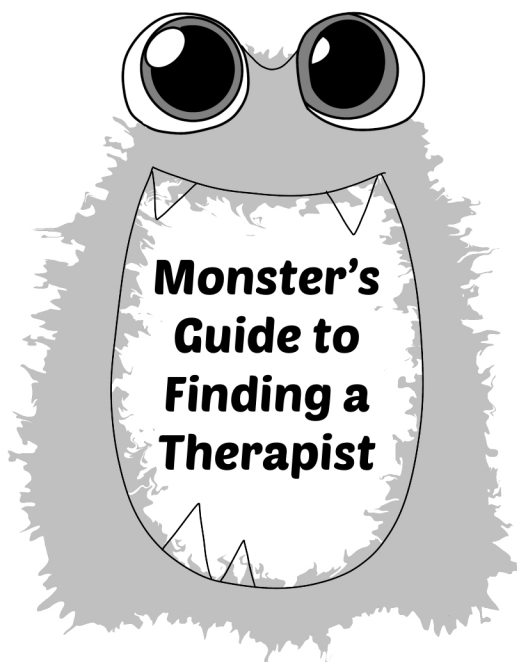
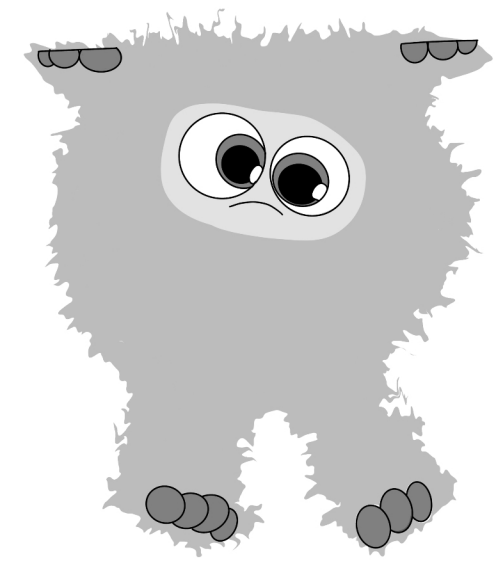


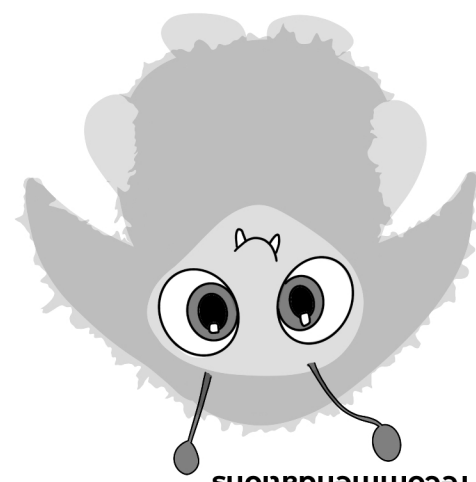


**Monster's
Guide to
Finding a
Therapist**

Identify your need
Do you need specific care for
depression? anxiety?
trauma? relationship issues?



Hi, my name is Karen Goldsum
and I am a professional
counselor

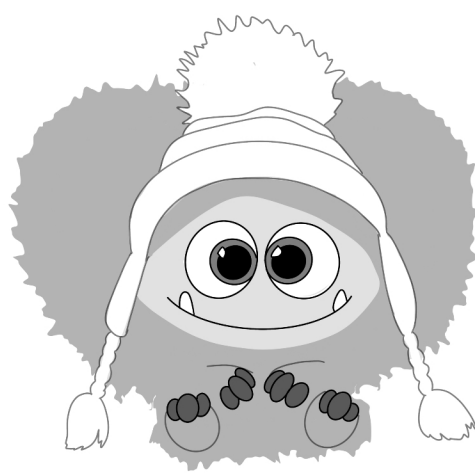
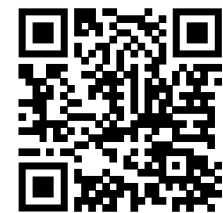


**Ask your friends or family for
recommendations**

Check your insurance
You can call your insurance
company and ask for a list of
in-network therapists to help
minimize costs.



**Check out
my
webpage to
learn more**



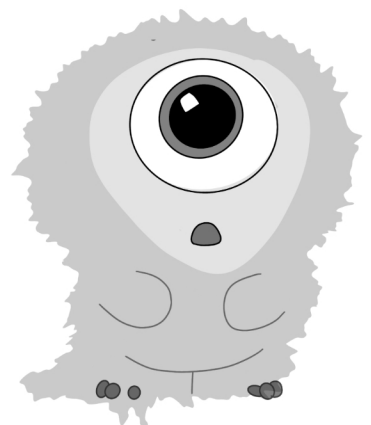
If you don't hear back from
of your candidates after a
week, repeat steps 3-6
It might be more important
to prioritize starting therapy
with a suitable counselor,
rather than waiting to find
the perfect fit.

Head to therapy directories
Therapy Den, GoodRx,
GoodTherapy, APA Locator,
and Psychology Today. Filter
the results to only show
counselors that take your
insurance and help with your
identified issues.



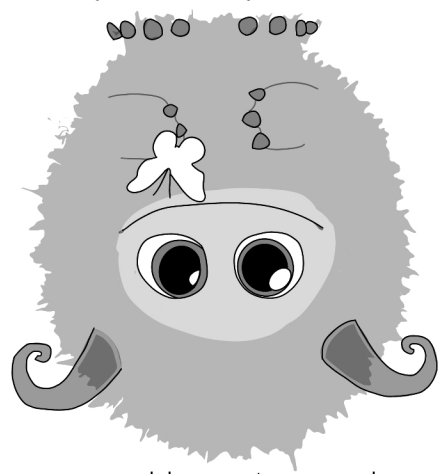
Schedule a consultation

See if you feel comfortable
and understood.
Confirm if they offer in-
person or virtual sessions.
If you are not using your
insurance, ask how much
the sessions will cost.



Evaluate the Candidates.

Read the bios, look for
credentials (LPC, LMFT,
LCSW, Psychologist),
experience, and approach.



**Call multiple therapists
that fit your needs.**