

# PART 1: BRAINSORM

## WHAT DO YOU NEED?

Name:

Date:

Type of therapy (individual, couples, family):

Budget per session:

Insurance: Y/N      If yes, Insurance Company:

## WHAT'S THE PROBLEM?

What has been going on that you want to change? What do you wish were different in your life? What is causing you pain or suffering?

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## WHAT DO I WANT?

How do you hope therapy will help? What outcome do you want? How will your life be different if therapy works?

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## WHAT DO I WANT IN MY THERAPIST?

What are your preferences? Are you looking for a specific type of therapy? Do you want someone who specializes in or is part of a specific cultural group (e.g. gender, age, race, sexual orientation, relationship style, single people, parents)? What qualities do you want in your therapist (e.g. warm, direct, intelligent)

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# PART 2: NOTES

## FILL OUT ONE FOR EACH THERAPIST

Date:  
Therapist Name:  
Neighborhood of Office:  
Cost:  
Do they take your insurance? Y/N

### HOW WILL YOU HELP ME?

After telling the therapist your problem, see how they respond, and what they say they can do to help. Take notes below:

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### WHAT KIND OF THERAPY DO YOU PRACTICE?

Ask about the kinds of therapy they use and have been trained in. Are they able to explain this in a way that makes sense to you? Does it seem like their kind of therapy is a good match for what you're looking for?

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### NOTES ON THE CONVERSATION

What did you like about this therapist? What did you not like? Were there any red flags (e.g. they didn't seem to listen, they didn't try to understand you, they were pushy?). Did you feel comfortable opening up to them? Do you feel like you could trust them to help?

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