

# FINDING THE RIGHT THERAPIST FOR YOU AND YOUR FAMILY

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# Where to start?

## Behavioral

- Especially helpful for addressing patterns and habits, addictions, specific anxieties
- Great for people seeking more structure and concrete direction
- Examples include: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR)

## Psychodynamic/ Psychotherapeutic

- Especially successful for longer-term therapy
- Addresses unconscious patterns and explores more abstract concepts
- Examples in the upcoming slides!

# More on Psychodynamic Therapy:

There are numerous branches within this therapy category! What is helpful to know for yourself are your personal preferences when it comes to connecting with your inner life.

For example:

- Do you use physical modalities for healing? **Somatic Experiencing** or **Authentic Movement** might be for you!
- Are you interested to explore how your reactions and surrounding environment interrelate? You might consider **Gestalt Therapy**!
- Do you find that you are interested in dreams and unconscious behavior? **Jungian Psychotherapy** could be beneficial!
- Are you hoping to find support in rewriting long-held thought patterns? **Narrative Therapy** is a great place to start!
- Would you like to explore your family patterns, either on your own or as a team? I would recommend **Family Systems Therapy** or **Family Constellation** work!
- Are you looking for a younger child to receive guidance through trauma or behavioral challenges? **Play Therapy** is a popular choice!

# Where does one *find* a therapist?

- Psychology Today
- Bainbridge Psychotherapy Guild
- Helpline House
- Bainbridge Youth Services

\*More complicated, but often worthwhile: through searching your newfound preferences!\*

# Points to keep in mind and to ask when speaking with a potential therapist:

- 1.) Behavioral or Psychodynamic (Or combined? Many therapists have trained in both!)
- 2.) Training and Experience (Do you have a preference on the training your therapist has received? Are you looking for particular Continuing Education (CE) training?)
- 3.) Areas of Interest (examples: trauma, addiction, families, couples, sexuality, gender identity, children/youth/adults, etc.)
- 4.) Identity (Are you wanting someone that you can identify with? Factors to consider: age, gender/sex identity, race/ethnicity, etc.)
- 5.) Fees and Insurance (Are you paying out of pocket or through insurance?)
- 6.) \*New category: Will you want to stick with telehealth in the long-term, or potentially return to in-person sessions?

# When you identify what you want out of therapy, you can find many more options!

- Be sure to inquire about a meet-and-greet, to see if the therapist is the right fit for you!
- Know that there is the right therapist out there. It is completely normal to explore options and even to ask for referrals while you search!
- Pay attention to how the conversation flows or does not flow: Are you feeling comfortable and heard?
- Finally, you might find that therapy is not what you had thought it would be! This could mean that your therapist is giving less advice than you'd like, or you are surprised by all the memories that come up as you talk about \_\_\_\_\_. This can be a great sign, and your comfort level is the best indicator!

# Enjoy the search, and good luck!

- Questions/comments?
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