



Christina Meighen, LLC

GETTING STARTED IN THERAPY

STEP 1
FIGURE OUT WHAT YOU
NEED HELP WITH

WHAT ARE MY

STRUGGLES?

RELATIONSHIPS {FAMILY OR ROMANTIC}, FEELING SAD, TIRED, STRESSED, BURNT OUT, ANGRY, ANNOYED, OVERWHELMED. HAS THERE BEEN A TRAUMATIC EVENT?

In your search for a therapist, use these words. Do a search for "therapists that work with ____" or "therapy for ____"

STEP 2
FIGURE OUT WHO CAN
HELP WITH THAT

WHO CAN GIVE ME A

REFERRAL?

WHO DO YOU TRUST? ASK YOUR DOCTOR, HAIR DRESSER, FAMILY MEMBER, ACUPUNCTURIST, FRIENDS. ALSO TRY GOODTHERAPY.ORG OR GOOGLE SEARCH

STEP 3
MAKE A LIST OF OPTIONS

THERAPISTS THAT I WILL CONTACT

TODAY

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STEP 4
MAKE INITIAL CONTACT

WHAT DO I WANT TO BE DIFFERENT?

IF A MIRACLE HAPPENED OVERNIGHT, HOW WOULD YOU KNOW THAT MIRACLE HAPPENED WHEN YOU WOKE UP?

As you are talking to your potential therapist, think about these things.

WHAT WILL MAKE ME FEEL SAFE?

IS THERE A CERTAIN RACE, GENDER, OR AGE FOR YOUR THERAPIST? DO YOU PREFER VIRTUAL OR IN PERSON? IN YOUR INITIAL CONTACT DID YOU FEEL LIKE THEY "GET YOU"?



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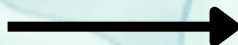
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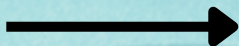


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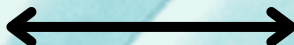
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