

Choosing a Therapist in Utah Who's a Good Match for You

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There are many therapists in Utah who are willing to help, once you finally admit that you cannot "carry the load" on your own. But how do you select one that you know will be a good match for you? One reason why people don't succeed at therapy is because they don't put a lot of thought into the process of selecting one. When they discover that their therapist is not a good match for them, they may abandon the process. Don't let this happen to you or your loved ones.

Here is some advice for choosing a therapist in Utah who's a good match for your needs.

1. Vet Potential Therapists & Programs

You probably wouldn't run to the first dentist you find in the phone book and simply let him start drilling your teeth without first doing some research. Why should searching for a therapist be any different? Look at the different therapists in Utah and check for testimonials from past clients. Did other people have success in working with a particular therapist or program to overcome their addictions? Thoroughly vet and research therapists as you would any other professional service.

2. Look for Training & Experience

There are many different types of therapists in Utah, so you want to select one who specializes in your needed area. Do the therapists you are considering have training and experience in working with people your age? If you are struggling with addiction, you

want a therapist who understands the recovery process, for example.

3. Ask for a Consultation

When you first meet a new person, you can often tell right away whether you like them or not. It's the same way with a therapist. If you have the opportunity to meet with a potential [therapist for a free consultation](#), you can get a sense of whether there can be a bond of trust and professionalism to help you on your journey. This is a great opportunity to continue the vetting process because you can ask a therapist about their treatment philosophy, success rates, and other important factors. After the consultation, ask yourself whether you felt able to trust and communicate honestly with that therapist.

4. Check Their Documentation

Research the background of a therapist or clinic before committing to seek treatment with them. Are they licensed with the Utah Division of Occupational and Professional Licensing? If they are a medical doctor as well as a therapist, is their license in good standing? You can also research a clinic's standing in the community to get a feel for how they do business. Do they have a good reputation overall? Also, do they accept [medical insurance](#) or financing to help pay for your treatment?

5. Know When to Tough It Out & When to Switch

You may have finally settled on a therapist, only to decide later that you need a new therapist. Is this really the case? It's perfectly fine to switch and move on to a new therapist if you genuinely are not working well with them. But for the best chance of success, don't move on to a new therapist just because the process is difficult. If you make a switch, do it for the right reason.

Ready to Begin Your Own Journey to Recovery?

Those are some suggestions for choosing a therapist in Utah who will be a good match for you. If you are ready to begin your own journey to recovery, Pathways Real Life Recovery program is here to help. Click here for the [Pathways Real Life brochure](#) that will introduce you to our practice and treatment philosophy.