# Psychologist Consultation Worksheet

## How to Use this Worksheet

This worksheet can help you keep track of your consultations when searching for a new psychologist. The questions may help you determine if the clinician you are interviewing could potentially be a good fit for you. After your consultation appointment, take a few minutes to reflect on your experience and fill out the Evaluation section.

## Consultation Date: Name of professional/company:

|  |  |
| --- | --- |
| **Clinician Questions** | **Response** |
| *Are you fully registered or being supervised?* |  |
| *How would you describe your therapeutic style and approach?* |  |
| *Are there any of my presenting issues that are out of your scope of practice, or that you would refer me to other services for?* |  |
| **Therapy Questions** | **Response** |
| *What is a typical session with you like?* |  |
| *Do you provide homework, tools or strategies to try between sessions?* | [ ]  Yes [ ]  No |
| *What can I do to get the most out of our sessions?* |  |
| **Administrative Questions** | **Response** |
| *What are your fees? Are there fees beyond session fees (e.g. reports, letters)* |  |
| *What payment methods do you accept?* | [ ]  Visa [ ]  MasterCard [ ]  AMEX [ ]  Cash [ ]  E-transfer [ ]  Direct Billing  |
| *What are your hours?* | [ ]  M [ ]  T [ ]  W [ ]  R [ ]  F [ ]  Sa [ ]  Su  |
| *Do you offer phone, in person or virtual appointments?*  | [ ]  Phone [ ]  Virtual [ ]  In Person [ ]  Other |
| *Do you offer any other services? E.g. workshops, group therapy?* |  |
| *Are there any company policies I should be aware of, such as late cancellation fees?* |  |
| *Other* |  |

## Evaluation

|  |  |
| --- | --- |
| **Area** | **Rating**  |
| General sense of fit/my comfort level |  [ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5 [ ]  6 [ ]  7 [ ]  8 [ ]  9 [ ]  10 [ ]  |
| Approach/Style |  [ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5 [ ]  6 [ ]  7 [ ]  8 [ ]  9 [ ]  10 [ ]  |
| Services offered |  [ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5 [ ]  6 [ ]  7 [ ]  8 [ ]  9 [ ]  10 [ ]  |
| Administrative fit: payment methods, hours, etc.  |  [ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5 [ ]  6 [ ]  7 [ ]  8 [ ]  9 [ ]  10 [ ]  |

### What were my first impressions of this clinician?

### Was there anything that stood out?

### Would I return to this therapist? [ ]  Yes [ ]  No

## Next Steps

[ ]  Book Appointment [ ]  Keep Looking [ ]  Think about it more [ ]  Request Referral/Info