# 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