

How to Find a Counselor

- Look for a licensed therapist for example, Licensed Professional Counselor, Licensed Marriage and Family Therapist, Licensed Clinical Social Worker, Licensed Psychologist.
- Ask your home church or other local churches for a list of licensed therapists who they refer to.
- Call counselors and ask if they are trained in trauma-informed care.
- Call potential therapists and ask a questions. Pay attention to how you feel when you are interacting with them. Do you feel safe and heard as you are interacting with them?
 - What is your experience and training working with trauma-informed care?
 - What is your approach in working with trauma/abuse?
 - How do you collaborate with your clients?
 - What is your philosophy toward recovery?
 - Are there any specific modalities you use?
- Look for a therapist who is respectful of your needs and willing to collaborate with you in your treatment.
- Look for therapists who have attended additional trauma-informed trainings such as EMDR, Somatic Experiencing, Trauma Informed CBT, general trauma certifications, etc.
- Ask others who have been in counseling themselves for names of licensed professional counselors/therapists or agencies that provide good care.
- Look on the internet and read website information about different counseling agencies along with counselor bios. Look for people who specialize in treating trauma/abuse/domestic violence, are trained in trauma-informed care, and the integration of faith/Christianity in the healing process.