



## Interviewing a Potential Provider

Finding and selecting a provider can be scary, nerve racking, intimidating, and/or maybe even exciting. Starting the journey with your Second Wind Fund referral starts with figuring out which provider may be a good fit. The following information is meant to be a guide that may help you on the journey.

Your Second Wind Fund referral comes with a list of providers based on the initial referral call. From that list, it is ultimately up to you as a family/client to decide which provider is best. One way to do that is during the initial phone call when reaching out to providers. Below is a list of possible questions that you may want to consider asking. The following are simply suggestions, and you do not have to use all or any of them. These questions are just a guide to get you started.

### GETTING TO KNOW YOUR COUNSELOR QUESTIONS

- How long have you been practicing?
- What licenses and certifications do you have, and which professional organizations do you belong to?
- What is your counseling philosophy?
- How do you set up counseling goals? What are they like? What is success for you?
- What are your strengths and limitations as a counselor?
- What is your general philosophy and approach to helping? Are you more directive or more guiding?
- How often do you seek peer consultation and/or supervision?

### LOGISTIC QUESTIONS

- How do you prefer to communicate outside of sessions?
- What is a typical session like? How long are the sessions?
- What kind of homework/reading do you give clients?
- How do I prepare for my first session?
- How much do you charge? What are your sliding-scale options? (Use these questions if you are potentially thinking about continuing with counseling after utilizing your free sessions through the SWF referral).
- How often would you anticipate seeing me? (Be prepared that this answer may not be given until after a session or two).

**Please Note:** Do not expect providers to answer the phone right away as they might be in session and may take up to 24-48 hours to respond. Behavioral health care practices are generally managed by the providers themselves and are different than medical practices, so please be patient and make sure to call all the providers on the list. Thank you for your patience with the process and, as best possible, try to be available for their return call.