



Questions to Ask Your Potential Therapist

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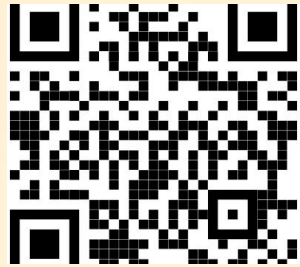
Objectives

- What is your approach to treatment?
- What modality do you offer (individual, couples, group)?
- Do you have experience in ____?
 - For example, what is your experience working with BIPOC clients?
- What is your fee?
- What is the structure of the sessions (duration, frequency)?



Color of Success Podcast Episodes for Guidance

- [How to Find a Therapist & Pay for Sessions](#)
- [Types of Mental Health Providers & What to Expect in Therapy](#)



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A promotional graphic for the podcast 'The Color of Success' hosted by Dr. Stephanie J. Wong. The background is purple. At the top, it says 'TIME TO CATCH UP ON ALL THE EPISODES!' in pink. Below this are three episode covers: 'The Color of Success' featuring two people, 'BLING EMPIRE' featuring a woman in a black hat, and another 'The Color of Success' episode featuring a woman and a man. At the bottom, it says 'Stand up to Racism and Hate' in pink cursive and 'colorofsuccesspodcast.com' in white.