

Questions to ask a new therapist:



Here at Aucademy Angela Kelly, an Autistic counsellor, has been thinking with us about how to improve Autistic experience in counselling and specifically how we can start therapeutic relationships off armed with as much information as possible to ensure a prospective therapist has adequate tools and knowledge to best support our needs as Autistic clients. Please use this list of questions as a guide and remember that a good therapist will be happy to answer anything you might need clarity about.

What are your qualifications/certifications?

How long have you been qualified?

What modality [type of therapy] are you qualified in?

Do you work from a trauma informed perspective?

How do you understand the difference between being Autistic and mental health concerns?

What Continuing Professional Development have you undertaken since qualification in relation to supporting Autistic people? Do you update this regularly?

Are you a member of a professional body? (In the UK we have UKCP, BPC, NCS, BACP, PTUK, BABCP, ACAT, ACC, ACP, ADMP, BAPT, BPA, COSRT, COSCA, EAGT, UKAHPP, FDAP, HCPC, HGI, IACP, UKATA, UPCA) UK law does not regulate therapy so finding out if a therapist is registered with a professional body can be an important question to ask.

How will you ensure confidentiality/ how does your safeguarding work?

What is your connection to autism/ are you Autistic?

Do you know of, or are you able to learn about my experience of being Autistic? (list things you know about yourself: hyperphantasia/ aphantasia; alexithymia; weak/ strong interoception etc).

What motivated you to train to become a therapist?

Do you offer concessions/free sessions?

Do you have a minimum amount of sessions?

Do you have a contract?

Do you receive supervision, how often?

Have you been in therapy yourself?

Do you offer a free session/intro session?

How does contact in between sessions work?

Do you offer crisis therapy?

How do you support Autistic clients when sessions are coming to an end?

What happens if we don't get on?

