

# Checklist: Questions to ask a potential divorce therapist or coach

---

**Before working with a therapist, take time to schedule brief conversations – in person, by phone or via video chat – with at least 3-4 potential therapists. Allow yourself the space to meet different therapists, and to see how differently each might approach their relationship with you.**

## **BACKGROUND:**

- How long have you been practicing?
- What brought you into this line of work? What do you enjoy most about it?

## **THEIR PROCESS:**

- Can you describe the typical client who comes to see you? What are the biggest challenges most of your clients face?
- Can you walk me through your process? What should I expect during our first meeting together? How will things likely progress from there?
- What's the average length of time you see clients?
- How flexible are you in terms of the way you counsel clients? Do you meet only in-person, or do you offer telephone or video counseling services?

## **PERSONALITY:**

- How do you think your clients would describe you?
- Can you describe your ideal client?
- What do clients do (or don't do) that drives you crazy?
- You've been doing this a while and probably know early on whether a client will be a good fit. What helps you identify a good client when they walk in the door? And how do you turn away a client you feel is not a good fit?

**And remember, it's *perfectly* acceptable to follow up on your initial conversation with one or two additional questions by email. We all forget to ask things in the moment. Be respectful of the therapist's time, but also be sure that your most important questions get answered.**

HelloDivorce offers Legal Coaching to help make the process hassle free and affordable. **CLICK HERE** for a Free Strategy Session.