



CHOOSING YOUR GUIDE

Key elements to
consider when
choosing a therapist

RICHARD LISTENS
RICHARD OELBERGER, Ph.D.

WINTER 2020

CHOOSING A THERAPIST

As both a psychologist and practitioner, Dr. Richard Oelberger brings his unique expertise on human behavior to the space of working through individuals' experience. A therapist can be an important guide in sorting through the terrain of stress of everyday life and the experiences of our past that have an impact on our life today. By discovering and mapping the terrain, you and your therapist can develop a unique path forward that suits your individual needs. Below is a space to consider important questions on your path to overcoming life's challenges.

DO YOU RESONATE WITH WHO THEY ARE?

Does their message relate to you and how you see yourself and the world or how you would like to envision yourself if you could overcome the position you are in?
List the values conveyed in their message that are important to you:

WHAT ARE YOUR GOALS?

What are some of the outcomes and benefits you would like from your sessions?
What is the effort and attention level you would like to invest towards these goals?

DO YOU TRUST THEIR APPROACH?

List three elements of the therapist's vision for care and wellbeing that are in line for what you define as healthy and happy or explores problems or challenge in these areas for you?
