

Tips on Finding a Skilled Therapist or Coach to Assist in Healing & Finding Your Empowered “NO”

Interview different therapists until you find one that's really a good fit. This can be a process! It isn't immediately about the first one you go to. Many people are often unsure of how this process goes & they stick with the first one they see, even if it doesn't feel right. I encourage you to interview as many as you need until you find one that you actually LOOK forward to going to. You'll know!

- It's your right to ask questions and have them answered with patience & care, respectfully. If it feels “wrong”, trust yourself. Just because therapists are “doctors”, it doesn't mean they know better than you what you need.
- Ask about what approach they use (expressive arts, psychodynamic, depth psychology, etc.).



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- The “right” therapist would be easily connecting with you in a genuine, authentic way and be attentive to you, adapting their style of relating to a way that suits you.
- In my experience, it helps if the person has training in Psychology, Psychotherapy, particularly Depth or Psychodynamic Psychology, and is trauma-informed, or has some experience with somatic modalities, and is inclusive of the mind-body-connection.
- Possibly Helpful Lingo: It can be HELPFUL (not always necessary or applicable) when the therapist has a holistic or integrative orientation (they consider mind, body, beyond), and specializes in complex developmental trauma in adults (that means that they understand the idea of working with the Root & are not just using Cognitive Behavioral therapies in exclusivity, for example). This means they might be using somatic approaches, psychodynamic, including expressive arts in their therapy, and more. They are familiar with Attachment issues as they present themselves in adults.
- I work with many people from all over the world: I find that it can be helpful to work in your native language or at least a language you’ve used since childhood, if possible.
- There are some great practitioners out there that do not have the title “Psychotherapist”, but are Coaches or the equivalent (in Germany, Heilpraktikers). I like to keep an open mind and see what kind of training and experience they have. It always comes down to my first-hand experience with the person to see if they are the right fit for me (no matter who recommended



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them, etc.)

Red Flags: I would recommend to look for another therapist when/if....

- The therapist has a hierarchical, “I am the authority” and you are “underneath” me kind of vibe (they are very remote/distance, intellectualizing, cool, or authoritarian style). They seem to hold a “power over” you.
- The therapist isn’t responding with compassion to what's occurring in the therapy.
- The therapist is at all defensive or reacting angrily to your questions/requests. If they are unwilling to answer your questions.
- The therapist dismisses your concerns or doesn’t take responsibility for what might be going on in the therapeutic relationship (what you are feeling toward him/her or transference, or vice-versa, the counter-transference).
- Unclear boundaries, oversharing things that are not relevant to you, the client, overly rigid boundaries or withdrawn.



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