

# CHRISTIAN THERAPIST GUIDELINES

MELISSA GENDREAU MS, LMHC, NCC  
HUMBLEFAITHFAMILYWELLNESS.COM

## ABOUT

- Make sure there is a connection between you and the therapist. You should feel comfortable with them.
- For some people gender and age are important.
- Building rapport is an important first step that the therapist should take.
- Discuss the process of developing and reviewing treatment goals. You should be a part of this process.

## EXPERIENCE

- It is okay and encouraged to ask your therapist about their professional experience to ensure they have a background in dealing with your particular issue.
- It is also okay and acceptable to ask your therapist about their Christian faith history. That can also include key doctrine components that are important to you or that you are willing/wanting to discuss.

## QUALIFICATIONS (SHOULD BE POSTED)

- STATE LICENCES
- CERTIFICATES
- DIPLOMAS
- CREDENTIALS

## EDUCATION

Ask what college(s) they went to and why they chose.

Ask what Major in Education.

## CONTACT

- Check with the therapist's availability to ensure it will work with your schedule. Days, times, and frequency.
- Also address their ability and willingness to reply to emails or voicemails. There should be some availability but it is important that your therapist has boundaries, too.

## SKILLS: THERAPY MODALITIES

Ask what therapy modalities they follow and to explain the process and benefit of each.

## PUBLICATIONS/AWARDS

Ask if the therapist has had anything published or if they have received any awards.