

Online Searches for Therapists

[#findingatherapist](#)

When you begin to search online for therapists it can seem overwhelmingly. It certainly was for me a couple of years ago when I decided to find a therapist to help with my social anxiety. The following are just some quick suggestions that helped me find my therapist:

1) Distance.

Consider how far you are willing to drive and type in different search engines “therapy near me,” “therapy in (your area),” or “therapist near me,” etc. These types of searches will still give you a long list, but at least you will find the professionals that are within your preferred area.

2) Know your main concerns.

Consider your 2 or 3 main problems and use them in your keyword search. For example, if you have issues with anxiety, try typing in “therapy for anxiety,” “therapy for anxiety in (your area),” or “anxiety therapist near me,” etc. Although all therapists should have received training to help alleviate most issues, most therapists will have developed specific areas of expertise. You might want to choose a professional who limits their specialties to around 5 to 10 basic areas, knowing they have extensive with specific problems.

3) License.

Most reputable therapists will list their credentials online. If they do not, I would recommend calling ahead of time to make sure to

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confirm they are licensed for the state in which you live. Some online directories, like psychologytoday.com, require the therapist to list their license number. I list my license number on my professional website.

4) Gender.

Not everyone is comfortable with any gender. You have every right to find a therapist who has a gender in which you feel comfortable. If you are not comfortable with your therapist, the chances of long-term success drop significantly.

5) Pictures

Glance at all the therapist's on-line photos, not just their profile picture. Look at any pictures of their waiting room area and therapy rooms. If your intuition sends up any red-flags or hesitation, then move on to the next therapist.

The above list is certainly not exhaustive. I encourage you to find other tips and suggestions to see what works well for you. Bottom line, it will take time to find your right therapist. Be prepared to search. I recommend against quickly and blindly choosing a therapist online.

Good luck with your search!

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