

“Things do not change; we change.”

Henry David Thoreau, 1854
Walden, Volume II, p. 506

Thinking of talking with a psychotherapist? If so, you may want to consider two factors.

The first: Does your potential therapist have training and experience with the issues *you* wish to address? You can answer this question, of course, by reviewing the person’s curriculum vitae or resume, or by asking specific questions in a phone conversation.

A second factor is more personal. When talking with your potential therapist—and it is a good idea to talk on the phone before you meet—are you comfortable with the conversation? Are your questions welcomed? Are the answers clear, specific, and kind? Do you feel understood? Respected? Can you begin sharing some of your private concerns?

I believe it is also a good idea to talk with more than one potential psychotherapist, and then trust your “inner guide” as you make your choice about which direction to take.

Does psychotherapy work? I summarize research that addresses this question in the document [Evidence that Psychotherapy Works](#). The short answer is Yes. But Thoreau had it right. No psychotherapist can change you or your situation. However, that person can work *with* you as you begin changing yourself.

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