

# Therapist Gut Check

When you're looking for a therapist as a person of colour, asking the right questions is crucial, especially if your therapist is not a person of colour. Even an incredibly skilled, compassionate and well-intended therapist might not be a good fit for *you*. If you're looking to do a gut check to see if they're the right fit, here are a few questions that you can ask them to confirm your feelings:

- ✓ **Do you feel comfortable talking about white and/or male privilege?**

- ✓ **Have you been trained on the ways discrimination and racism impact someone's mental health?**

- ✓ **Are you comfortable talking about the cultural/racial differences between us?**

✓ What is your approach to treating issues such as racial trauma?

✓ How do you practice cultural responsiveness in your practice?

✓ What is your experience when it comes to working with \_\_\_\_\_ (eg. specific racial/ethnic backgrounds, immigrant populations, LGBTQ, etc.)

✓ How do you work with clients whom have experienced racism, discrimination, or immigration-related concerns?