

Questions For Therapists

Have you ever worked with survivors? What kind of training do you have in this work?

How do you work with survivors? What are the techniques you use?

If you haven't worked with survivors before, how would you educate yourself on the subject?

Would you support my participation in a survivor's group?

Do you think sex with adults is always damaging to children?

Do you think children ever willingly participate in sex with adults?

Do you think women ever fantasize or exaggerate abuse?

Do you see family reconciliation as a goal? (Or why not)?

What do you think about touching clients?

(For lesbian clients) Have you worked with many lesbians? Do you see lesbianism as an issue in therapy? Do you think sexual preference has anything to do with a history of sexual abuse?

Do you think it is okay for therapists and clients to socialize or become friends during therapy or after it is over? Are there any circumstances when sex is appropriate?

How much do you charge? (If the fee is not within your means, ask if there is a sliding scale or the possibility of barter).

Can I call you at home or schedule emergency sessions?

Ask the questions that are most important to you. Add others to determine whether your prospective counselor is sensitive to particular issue that matter to you. You may want someone familiar with alcoholism or eating disorders, for instance.

Many survivors prefer working with a woman because they feel safer, because they were molested by a man, or because they are more comfortable discussing intimate feelings with a woman. Other women have gained benefits from working with a man because they learned to trust and relate to a man in healthy ways. Choose whichever gender you want to work with. You may also prefer to choose a counselor of your race, economic background, sexual preference, or religion.