

Questions You Might Ask a Counselor or Psychotherapist Prior to or During a First Session

Specific Questions regarding LGBTQIA Matters:

1. What experience do you have working with clients with a queer or non-heteronormative sexual orientation or gender identity, specifically _____(fill in your specific concern)?
2. What experience do you have working with gay/lesbian couples on relationship conflict?
3. Where do you stand as a Christian on the subject of gay marriage and gay relationships? Do you believe the Bible condemns gay marriage?
4. Do you believe that God compels same-sex oriented people to live a celibate life?
5. As a Christian, where do you stand with regard to persons who identify as transgender or non-binary? Do you believe the Bible condemns gender transitioning?
6. Are you aware of the churches in our area that are debating the issue of God's acceptance of gay and lesbian people who are married or in a committed relationship? What is your position on this debate?

General Questions:

1. Is your Christian faith a valued and important aspect of your life?
2. What is your policy on the use of medical insurance to cover the costs of counseling sessions? What insurance do you accept, if any?

3. Are you a member of a panel of approved providers for a specific insurance carrier?
4. Do you have a specific approach to therapy that you favor such as Cognitive Behavior Therapy, Dynamic Therapy, Insight Oriented Therapy, Nondirective Counseling, Biblical Based Counseling, Trauma Focused Counseling?
5. How often might we hold sessions and when would we start?
6. Do you have a family practice medical doctor or a psychiatrist you refer to for medication if it is seen as indicated? Would you be open to collaborating with my general practice physician?
7. Do you conduct group therapy sessions? If not, do you ever refer clients to group therapy sessions? If so, where do you refer them?