
Questions to Ask When Looking for a Gender Therapist

1. Is this therapist knowledgeable in working with transgender clients?
 - a. Therapist's website
 - b. Psychology Today profile
 - c. Local LGBT provider directory
2. Do they have specific training in working with gender identity?
3. Do they see only individuals or do they also work with your significant other or family members?
4. Are they involved in supporting trans persons in the community?
5. Do they offer a consultation before committing to therapy?
6. Do they offer information about name change procedures or other resources such as support groups?
7. If you need a letter for hormone therapy or surgery, ask if they do an assessment without an obligation to go to long term therapy?
8. Are they familiar with the WPATH Standards of Care?
9. What are their rates? Do they accept insurance, HSA/FSA, or credit cards?

At the appointment:

1. Is the office environment comfortable for you?
2. Do you "click" with this therapist?
3. Does the therapist seem to understand your story?
4. Do you feel pressured to make the next appointment, or is there space for you to think about it?