

Finding a Therapist

An excerpt from *Trauma Informed Polyamory* by Clementine Morigan

In order to do a lot of the work described in this zine, I recommend that you have the support of a therapist. Finding a therapist can be daunting so here's a basic 101 on finding a therapist that works for you.

Write a form email that you will copy and paste that includes what you're looking for, what your needs are, and if you need sliding scale pricing. Many therapists have a sliding scale with cheap options so definitely ask if you need that. You can ask for whatever you need and should mention specific traumas, areas of focus, and if you need knowledge / sensitivity around certain issues. Definitely mention that you need a polyamory competent therapist.

For example: "Hi. My name is _____. I'm looking for a therapist who has experience treating people with complex trauma and a history of child abuse. I'm working on relationship issues and building a secure attachment style. I need a therapist who understands queer and trans issues (including the use of they/them pronouns) and is supportive of polyamory (this is very important). I also need a sliding scale. Let me know if this seems like it could be a good fit." You should obviously change this so that it fits you and your specific needs.

Find a list of therapists. Psychologytoday.com is a great resource that lists therapists in many locations. There are also many other local lists. Many cities also have lists with queer and trans specific therapists, and these are also more likely to have knowledge and

experience regarding polyamory. Once you've found a bunch of therapists you can email out your form letter to a whole bunch of them.

If a therapist says they don't have room in their practice or don't fit your requirements ask them if they have any recommendations. They often will have recs. Email your form letter to all the recs.

If they do match your requirements and have space in their practice, they will usually offer a phone call or free short session to meet and see if it feels like a good fit. If it feels good keep seeing them, if not keep emailing. Once you find one, remember that you can always change if something feels really off. Therapy can be challenging but sometimes therapists are just not a good fit. That doesn't mean therapy isn't for you.

Many cities also have various free therapy programs that are worth researching and looking into. They usually have a limited number of sessions but can be a great start if you're broke.