

Tips for Selecting the Best Mental Health Care Provider for You



Utah State University offers a variety of community-facing mental health services through the Sorenson Legacy Foundation Center for Clinical Excellence. Services are provided in person on the Logan campus or via telehealth throughout the state of Utah. The Sorenson Center offers mental health therapy across three speciality service areas: Clinical Rehabilitation Counseling, Marriage and Family Therapy, and Psychology and Counseling.

Services are provided by licensed clinicians as well as graduate students in training who are supervised by licensed clinicians. Ongoing therapy services at the Sorenson Center are provided on a sliding scale fee. Insurance can also be used with certain providers. In addition to ongoing therapy services, the Sorenson Center is currently offering a one-hour single session consultation free of charge. For more information on the mental health services offered, please visit sorensoncenter.usu.edu.

Whether you're struggling with significant distress, navigating life changes, or simply looking to grow and improve, therapy can be a transformative experience. However, finding the right therapist can feel daunting.

Consider these tips from Assistant Professor Jared Hawkins, licensed marriage family therapist with USU Extension, to help you through the process.

1. **Know when to seek therapy.** Therapy is recommended for individuals with symptoms that interfere with daily life. This includes people facing challenges with relationships and thoughts of self-harm. Therapy can also benefit individuals seeking personal growth or emotional regulation.
2. **Put in the work to find the right fit.** The client-therapist relationship is crucial to successful therapy outcomes. Studies show that the relationship with a therapist accounts for about 30 percent of the variance in client outcomes. It is also important to seek a therapist who is an expert in your specific challenges, such as anxiety, trauma, or relationships, and who uses an evidenced-based approach to treatment.
3. **Explore resources to help you find a therapist.** Some options include asking for personal referrals from trusted friends or family, discussing the matter with your doctor, or searching through directories like Psychology Today to filter by location, specialty, and insurance. Keep in mind that there are lower-cost alternatives available, such as sliding scale fees, employer assistance programs, and university clinics.
4. **Don't become discouraged as you navigate the process.** Finding the right fit can truly change your life. Trust your instincts, and if the connection doesn't feel right, it's okay to explore other options. Even if a previous experience with a therapist has been negative, don't let that define your view of and willingness to seek therapy.