



KENTUCKY PSYCHOLOGICAL
FOUNDATION
PROMOTING HEALTHY
& MEANINGFUL LIVES

Once you have contacted your insurance company and scheduled your first session with a behavioral health provider, here are some questions you may consider asking at your first session:

1) What type of therapy will we be doing?

a) Some common types of therapy with strong research support for their effectiveness include psychodynamic, cognitive-behavioral, mindfulness based, interpersonal, and solution-focused.

2) How do you understand my problem and how do you expect therapy to help?

a) This includes your diagnosis (which is required for reimbursement from your insurance company), but also how your behavioral health provider thinks your problems developed and what the work of psychotherapy will be like with them.

3) How long do you expect I may be in therapy?

a) This should be discussed at the initial session, particularly if your insurance company has a limit to the number of sessions. Length of treatment will vary by both the condition you're being treated for and the approach of the therapist. You and your provider should agree to the estimated length of therapy.

4) How are we going to know we are on the right track?

a) This may include a combination of goals you set for yourself and brief questionnaires your behavioral health provider may use to track your progress.