

How to find a therapist

FRAME

1 Gather the following information prior to your search

- Insurance carrier (e.g. Cigna, Aetna)
- Zip code
- Preferences (e.g., gender, specialized in anxiety)

2 Search for a therapist via [Psychology Today](#)

- Enter your zip code
- Apply filters based on any of the following:
 - Insurance accepted
 - Gender preference
 - Issues (e.g., anxiety)
 - Price

3 Review profiles

- Use the therapists' profiles to get a sense if they would be a good fit for your needs
- Note if therapist accepts new patients, in person and/or online

4 Call / Email to confirm

- Verify your health insurance coverage
- Double check that the therapist has experience supporting your concerns
- Ask when their next available appointment is
- Confirm you'll be able to make ongoing appointments that work with your schedule

If you have limited / no health insurance coverage

Consider using [Open Path](#) to access affordable, in-office and online therapy sessions

- Lifetime membership fee \$59
- \$30 to \$60 for individual sessions
- \$30 to \$80 for couples sessions

Choosing a therapist is a very personal decision, so ensuring mutual trust in the relationship is key. Ask your potential therapist if they offer a free consult. This is a great opportunity to confirm it's a good fit.

For more information, send us an email:

careteam@frameyourfuture.com