



HOW do I FIND the BEST COUNSELOR?

One of the biggest and most life changing investments you are going to make is in working with a counselor. You have already taken the first step – “investing in yourself and your wellbeing”.

There are many counselors who are educated, experienced and waiting to work with you. Yet – there are only a limited amount who can truly bond with you. The counseling relationship will be intimate, sacred and something that you (or your future you) will hold dearly. This is why it is so important to that you are working with the right professional counselor.

The list below highlights important areas that I have noted through education and the experiences of my clients. These are aimed to help you identify the right counselor.

If you are ready to shop for a great professional counselor here are **9 requirements that will land you in the right office.**

1. You feel comfortable with the counselor prior to meeting face to face. This can be accomplished by researching the counselor, their picture and expertise. A great place to start is [psychology today](#) (I have linked it to mine as an example).
2. You are able to reach them through multiple avenues of communication. Life gets busy and unpredictable. You should be able to reach your counselor through phone, video as well as Face to Face.



3. Is the counselor an expert in the area you desire support with? You deserve an effective and well balanced counselor.

4. Most counselors provide [a FREE 30-minute phone consultation](#). Take advantage of this. Call and ask as many questions as you have regarding your topic of support. [Here is an example of how it is listed](#).

5. They listen to your feedback and seem genuinely interested. You almost want to feel “as if you are the sole client”.

6. How well known is your counselors by the community. Do a google search on your counselor. First name and location to see what comes up. You want your counselor to have a large grab on the internet as this shows that he/she is reachable & notable.

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7. They are up to date of research and give more than just “advice”. The best way for you to find this out for yourself is to do a google search and see



what they have [written](#), where they have been published, if they are on the [radio](#) – TV – social media avenues. Also – you can again take advantage of the FREE phone consultation.

8. Are you able to view them in [a video](#) or hear them speak? This may give you a comfort feeling towards your initial meeting and moving forward.

9. They give you homework. This is a great edge for your counselor to have as it greatly supports your success in counseling as well as your rate (short or long) of treatment.

Now that you have the tools go out and shop!



Mr. Santos is a professional counselor, author, media personal, and blogger. His practice specializes in counseling for distant couple's, struggling parents, adoptive families and “a little bit of everything in-between”. Counseling offices are conveniently located in [Greensboro](#) & [Winston-Salem](#), NC.