

# COUNSELING & PSYCHOLOGICAL SERVICES

## HOW TO FIND A THERAPIST 101

Looking for off-campus support but don't know where to start?  
Overwhelmed by your medical insurance and navigating copays?  
Not sure which therapist may be right for you or if you'd rather just use an app? Then this is the workshop for you!

Join our Clinical Services Coordinator for a deep dive into the basics of how to find a therapist in DC!



### WHAT WILL I LEARN IN THIS WORKSHOP?

#### **Navigating your Behavioral Health Insurance Benefits**

Don't know the difference between a PPO and an HMO plan? Do the words deductible and coinsurance make your head spin? Not to worry! We will talk in depth about insurance coverage and how to make your insurance work best for you!

#### **How to Find a "Good" Therapist**

Not sure how to find a therapist that you will like, or what questions to ask them? We'll talk about some of the important things to keep in mind as well as some tips for finding that right clinical match!



#### **Online Database Tips and Tricks**

Learn how to use online resources to narrow down your therapeutic search by clinician identity, location, insurance, therapeutic style, and more in no time!

#### **Teletherapy Pros and Cons**

Considering using TalkSpace or BetterHelp? Let's talk through the pros and cons of teletherapy and figure out what might work best for you!

#### **Low-Cost Community Resources**

Underinsured? Can't utilize your insurance? Or just looking to save some money? We will talk through local low cost options for ongoing therapeutic care.

### INTERESTED IN SIGNING UP?

This one-session workshop will be held once a week, alternating between Friday at 2pm and Wednesday at 3pm. The first session will be held on Friday, January 14, 2022.

To register, please email [counseling@gwu.edu](mailto:counseling@gwu.edu) or call 202-994-5300 during the walk-in hours below.

**VIRTUAL WALK-IN HOURS**  
**12:00-4:00 PM, 7 DAYS A WEEK**

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