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.

FOR MORE INFORMATION

healthcenter.gwu.edu/counseling-and-psychological-services

To register for this or another workshop or group, email counsel@gwu.edu or call 202-994-5300 during virtual walk-in hours:

12:00-4:00 PM, 7 DAYS A WEEK

Have other questions or want to learn more? Email counsel@gwu.edu and our Clinical Services Coordinator will assist you!