QUESTIONS TO ASK SEX THERAPIST CANDIDATES

➤ What population do you focus on in your current practice?
If a therapist says they see “everyone,” children, adults, families and couples, you may want to be wary. Good couple’s counselors usually do just that and one other area.

➤ How long have you been seeing couples?
Experience counts here. Someone who has a long-time flourishing practice is probably a better bet than a brand new sex therapist.

➤ What do you consider “normal” sexuality?
It’s important to have a therapist who is “sex positive.” That is, you want a therapist who thinks a wide range of sexual activity is normal and healthy. You do not want a therapist who has their very rigid and fixed idea of how often and how a couple should be having sex.

➤ What are your feelings regarding the physical (medical) components of the problem?
True, we’re biased here. But any sex therapist that isn’t open to the idea that there may be a physical component isn’t keeping up with the current literature and isn’t being responsible.

➤ What are some of your approaches?
Often the best therapists are not ones that use “one magic solution,” but will incorporate a number of modalities. Be wary if a therapist says: “I only use the ____ method of therapy.”

➤ What is your accreditation?
The largest accrediting body for sex therapy is AASECT: The American Association of Sex Educators, Counselors and Therapists. Their website has a tremendous amount of information on what different types of accreditation are available and lists of local sex therapists.
THE BOTTOM LINE

You’ve interviewed several candidates and gotten a variety of input. How do you determine when you’ve found a good fit? Suitability ultimately comes down to one key consideration: **Both you and your partner have to feel you can be open and comfortable with the therapist.**

You have to find someone you feel understands your situation and will guide you responsibly towards a real solution. The ability for both you and your partner to be honest with your therapist will have the single biggest impact on your ability to move forward to a solution.

The choices can be overwhelming.

Interviewing therapist candidates can be a daunting task, especially when you’re in an area that has many therapists to choose from. The worksheet below will prove to be a helpful tool as you go through the interview process:

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<tr>
<th>THERAPIST/OFFICE NAME</th>
<th>PHONE</th>
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<th>POTENTIAL FOR FIT</th>
<th>NOTES</th>
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If you would like to learn more, or are unsure if Maze Women’s Sexual Health can help you, we encourage you to call (914-328-3700) or email us and request a **free 10-minute phone consultation** with our clinicians.