# Finding an LGBTQIA+ Affirming Therapist

QUESTIONS TO HELP YOU FIND CARE WHERE YOU CAN BRING YOUR WHOLE SELF

Finding the right therapist is about more than credentials. You deserve a therapeutic space where your identity is respected without assumptions—and where being LGBTQIA+ does not automatically have to become the focus of therapy.

## Questions You Might Ask

YOU DO NOT NEED TO ASK EVERY QUESTION. CHOOSE THE ONES THAT MATTER MOST TO YOU.

- [ ] What experience do you have working with LGBTQIA+ clients?
- [ ] How do you approach LGBTQIA+ affirming care?
- [ ] Are you comfortable discussing sexuality, gender, relationships, and different family structures?
- [ ] How do you support clients who are exploring their identity or deciding whether, when, or how to come out?
- [ ] How do you approach the impact of discrimination, minority stress, or family rejection?
- [ ] What is your approach if my LGBTQIA+ identity is not the reason I am seeking therapy?
- [ ] How do you make your practice inclusive of transgender and gender-diverse clients?
- [ ] Are you comfortable working with nontraditional relationships or family structures that may be relevant to my life?

## Additional Things to Consider

THERE ARE MANY WAYS TO FIND AN AFFIRMING THERAPIST. YOU MIGHT:

- [ ] Look for therapists who explicitly list LGBTQIA+ affirming care or related specialties.
- [ ] Ask about their training, consultation, or ongoing education in LGBTQIA+ mental health.
- [ ] Consider whether their website, intake forms, and communications feel inclusive and respectful.
- [ ] Notice whether they use inclusive language (e.g., partners, relationships, chosen family).
- [ ] Pay attention to how they talk about identities and experiences that are important to you.

## Notice How the Conversation Feels

AFTER TALKING WITH A POTENTIAL THERAPIST, ASK YOURSELF:

- [ ] Did I feel respected and listened to?
- [ ] Did the therapist seem comfortable rather than awkward or overly focused on my identity?
- [ ] Did I feel like I could correct them or ask questions?
- [ ] Did they avoid making assumptions about my identity, relationships, body, or family?
- [ ] Could I imagine talking openly with this person?

## My Priorities

What do I most want from a therapist?

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What would help therapy feel safe and affirming for me?

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Are there any experiences, identities, or concerns I want my therapist to understand?

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## A Gentle Reminder

An affirming therapist does not have to make your LGBTQIA+ identity the center of every conversation. Affirming care means there is space for your identity when it matters - and space for everything else, too.

*You are allowed to ask questions, notice how you feel, and decide whether a therapist feels like the right fit for you.*