Therapy, Your Way:

A Pocket Guide to Finding the Right Fit

You deserve therapy that feels safe and affirming. This brief pocket guide offers a few tips to help you start or return to therapy with clarity and confidence.

Step 1: Get Clear on What You Need

- Ask yourself: *What do I want from therapy right now?*
- Notice: Am I looking for crisis support, healing past experiences, or building new skills?
- Reflect: What parts of me feel ready to grow, and what feels scared?

Step 2: Start the Search

- Consult first. Most therapists offer 15–30 minute consults that are free or low-cost.
- Be honest. Share what you're looking for, even if it feels tender.
- Know it's okay to try again. You can consult with multiple therapists before choosing.

Step 3: Ask the Right Questions

- What does a typical session with you look like?
- How do you create safety in your sessions?
- What experience do you have working with Black women?
- How would you describe your style or approach?
- What happens if I feel stuck in therapy?

Step 4: Care for Yourself Along the Way

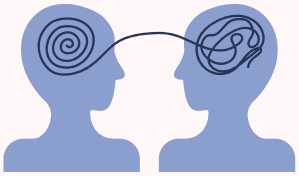
- Get enough rest and stay hydrated.
- Journal your thoughts and emotions.
- Spend time in nature or move your body.
- Try grounding practices like meditation, breathwork, or affirmations.

Step 5: Remember Healing Isn't Linear

- Therapy isn't just for crisis. It's for growth, joy, and unlearning.
- There's no "perfect" time to start. Curiosity and awareness are powerful first steps.
- You can always return to therapy, explore new approaches, or seek other healing practices alongside it.

A Few Different Therapy Modalities to Explore

This list is not exhaustive, but here are some therapy modalities to help guide your research.



- EMDR (Eye Movement Desensitization & Reprocessing) – often used for trauma
- Somatic Therapy – connects mind and body to process emotions
- Art or Music Therapy – expressive, non-verbal healing
- IFS (Internal Family Systems) – explores and heals different parts of the self
- Narrative Therapy – helps rewrite stories you've inherited or internalized

Learn More About Therapy Modalities

Here are a select list of website to help you learn more about therapy modalities, their benefits and more.

- Psychology Today: Types of Therapy
- Therapist.com: What Type of Therapy
- American Psychological Association: Evidence-Based Treatments
- Mental Health Match: Therapy Approaches Glossary

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You are worthy of care, rest, and healing.
Therapy is one way to claim it.