

Therapy 101: Finding a Therapist

Here are some online resources to help you choose a therapist who is right for you.

<http://www.aboutpsychotherapy.com/index.html> This is a very informative website with lots of information. May be too much for some.

[http://www.nami.org/Content/ContentGroups/HelpLine1/Mental Health Professionals Who They Are and How to Find One.htm](http://www.nami.org/Content/ContentGroups/HelpLine1/Mental_Health_Professionals_Who_They_Are_and_How_to_Find_One.htm)

<http://mentalhealth.samhsa.gov/publications/allpubs/KEN98-0046/default.asp>
<http://mentalhealth.samhsa.gov/publications/allpubs/KEN98-0046/default.asp>

<http://www.mayoclinic.com/health/mental-health/MH00008>
<http://www.mayoclinic.com/health/mental-health/MH00008>

For research on this topic, here is some scholarly literature.

Bergin, A.E. and S.L. Garfield, eds. (1994) *Handbook of Psychotherapy and Behavior Change, 4th Edition*. New York: Wiley.

http://counsellingbooks.com/bibliography/theory-and-research/general-and-comparative.html#Seligman_1995

<http://pn.psychiatryonline.org/content/36/3/21.full>