Hello [therapist’s name],

I found/received your information on/from \_\_\_\_\_\_\_\_\_\_. Your profile resonated with me because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I am seeking therapy for [anxiety / PTSD / family stressors / etc]. I have [Medicaid / Cigna / MVP] for insurance and would prefer to meet [in person /via telehealth / no preference]. My schedule would best accommodate a session time [in the evenings / monday-friday / etc].

In regards to interpersonal relationships, I respond best to [a warm / straightforward / nurturing approach] and [relatability / transparency / validation] are very important to me. I’d love to schedule a time to meet with you to determine if we would be a good therapeutic match for one another. Here are some things I would like to discuss:

* + How would you describe your clinical style?
  + If I need medication, do you prescribe or can you recommend someone who does?
  + What do we do if our treatment plan isn’t working?
  + What types of treatments have you found effective in trying to resolve [depression, trauma, anxiety, relationship issues, etc]?
  + What do you consider to be your specialty or area of expertise?
  + What are some things you do to promote your own work life balance and self-care?
  + How have you navigated conflicts with clients in the past if you or the client have to give one another feedback?
  + What are some topics for which you have received training or continuing education?

Thank you for your time and I look forward to speaking with you further.

[Your name]