



THOMAS CHITTENDEN
HEALTH CENTER

How Do I Find a Good Therapist?

While there are a lot of therapists offering their services in our area, finding someone you like takes dedicated effort, especially if you have never seen a therapist before. It can be difficult to find a therapist who takes your insurance or is affordable, is in your geographic area, fits your schedule, has openings for new clients, *and* is someone you can work with. Fortunately there are plenty of options and tools to help!

Option 1 – Internet search

While just doing a blind search for a therapist on the internet can be overwhelming, there are online tools to make it easier. Navigate to www.psychologytoday.com, click the link at the top of the screen for **Find a Therapist**, and enter your zip code to view a list of all the therapists in that immediate area. You can then select criteria from the menu list on the left to narrow your search based on insurance, mental health issue, gender, sexuality, type of therapy, etc. From there, you can click on each therapist to read about their background, education, philosophy, availability, and cost. Once you've identified two or three potential options, you can reach out to them right from the website by email, or you can call them directly.

Option 2 – Counseling centers

Chittenden County has a number of counseling centers or affiliated groups of therapists. The therapists may all be located under one roof, or the center may have multiple locations throughout the county. Oftentimes, the center may be able to help you identify the counselor who they feel would be most beneficial to you before beginning therapy. The list of counseling centers in Chittenden County is at the end of this handout.

Option 3 – Personal assistance from our Care Coordinator

Our Care Coordinator, Lisa Anderson, is a Medical Social Worker with an extensive background in identifying services for patients. While she does not do ongoing mental health counseling, she is available to help patients through the steps of identifying and establishing with an outside therapist. If you would like Lisa's assistance in finding a therapist, ask your Primary Care Provider to refer you to Lisa for assistance.

Option 4 - Onsite therapy at Thomas Chittenden

Thomas Chittenden Health Center is very fortunate to have an in-house social worker, Liz Moss, LICSW, who provides ongoing counseling for clients here at our office. Because space is limited, priority is given to patients who are uninsured or under-insured, or who have significant issues that prevent them from seeking therapy outside of our office. Clients must be referred by their Primary Care Provider.

Remember that this is the first step on a multi-step journey! Above all else, for therapy to be successful, you must have a good rapport with your therapist. This can take time to develop. If you find that you are unable to develop that rapport and you don't feel like you are making headway, then it may be time to look for another therapist.

Counseling Centers in Chittenden County

The Adams Center for Mind and Body , South Burlington, VT www.theadamscenter.com	802-859-1577
Associates at the Gables , Williston, VT https://associatesatthegables.com	802-876-1100
Associates in Psychology , Burlington, VT www.associatesinpsychologyvt.com	802-863-6114
Associates in Psychotherapy and family Counseling , So.Burlington, VT www.associatesinpsychotherapy.net	802-658-4208
Azimuth Counseling and Therapeutic Services , Essex Jct, VT www.azimuthcounseling.org	802-288-1001
Catamount Center for Psychological and Counseling Services , Williston, VT 802-878-0550	
Cedar Brook Associates , Williston, VT www.cedarbrookvermont.com	802-879-5333
Cornerstone Psychotherapy , Burlington, VT	802-862-7876
Counseling Connection , Colchester, VT www.counselingconnectionvt.com	802-264-5333
Dolan House , Burlington, VT www.dolanhousevt.com	802-862-2334
Mansfield Psychotherapy Associates , Burlington, VT www.mansfieldpsychotherapy.com	802-863-9079
Networks, Inc. , Burlington, VT www.networksvt.org	802-863-2495
New England Counseling and Trauma Center , Williston, VT	802-489-5826
Northeastern Family Institute (NFI) , South Burlington, VT www.nfivermont.com	802-658-0040

Otter Creek Associates , Burlington, VT and other Locations www.ottercreekassociates.com	802-865-3450
Pathways to Well Being , Burlington, VT www.pathwaystowellbring.org	802-862-0836
Spectrum Youth and Family Services , Burlington, VT www.spectrumvt.org	802-864-7423
Stillwater Counseling Center , Winooski, VT	802-654-7600
Stonehouse Associates , South Burlington, VT www.stonehouseassociates.com	802-654-7607
UVM Behavior Therapy and Psychotherapy Center , Burlington, VT 802-656-2661	
Vermont Center for Integrative Therapy , South Burlington, VT www.vtcit.com	802-658-9440
Vermont Counseling and Wellness , Williston, VT www.vermontcounselingandwellness.com	802-878-4991