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AGENCY

Before You're On The Couch

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Low-Cost Therapy Options

Insurance

Be mindful of the implications of using insurance for therapy.

Sliding Scale

Inquire if therapist provides adjusted rates based on income or hardships.

Group Therapy

Instead of individual therapy, group therapy is a more affordable option and connects you with others who share a form of common ground.

Community Mental Health Centers

Research if your city offers discounted mental health treatment via non-profits, government organizations, or religious organizations.

College/ University Mental Health Centers

Many universities or colleges offer free or discounted services to its students. Additionally, some schools provide discounted services to the community if you are willing to work with a graduate student in training.

Biweekly Counseling

You are not required to attend therapy each week. You could opt to attend every other week as a means of cutting the cost. You and your therapist could structure homework/introspective activities for "off weeks."

Prescription Assistance

If you use medication to manage your mental health and therapy, there are programs to provide financial assistance to those who need it.

- Together Rx Access
- The Partnership for Prescription Assistance

Low-Cost Therapy Options

Virtual Therapeutic Resources

Apps and online therapy are typically more affordable than in-person sessions and make therapy more accessible for people with disabilities or who reside in rural areas.

- iPrevail
- Talkspace
- 7 cups of tea
- eTherapyPro (text therapy)
- BetterHelp
 - ReGain (Android, iOS) for couples
 - Teen Counseling (Android, iOS) for teens
 - Pride Counseling (Android, iOS) for the LGBTQ+ community
 - Faithful Counseling (Android, iOS) for if you prefer a Christian therapist

Drug & Alcohol Addiction Treatment

- Phoenix House (accepts insurance and Medicaid)
- Samaritan (offers sliding scale and accepts Medicaid)

Discounted or Free Therapy for Activists

This is a list of US based therapists who offer discounted or free therapy to activists.



Free Therapy Options

Crime Victims Services

If you're the survivor of a crime that's on record with the police, in many cases you're eligible to receive free counseling services or reimbursement from the city.

Scholarships for Therapy

- Loveland Foundation: Therapy scholarships for Black women
- Scholarships and funded programs for eating disorder treatment
- Boris L. Henson Foundation – Free Virtual Therapy Program for Black men and women of color, ages 23 and up.
- Black Men Heal – 8 free sessions for Black men
- Therapy for Black Men – Financial Assistance
- Future Front Texas x Colors of Austin Counseling: Community Leaders of Color Mental Health Fund

Give An Hour

An organization that provides mental health treatment to US veterans and their families.

National Alliance on Mental Illness (NAMI)

Provides free national support groups, virtual and in-person (pre-pandemic)

Alcoholics Anonymous (AA)

Provides support groups to those affected by alcoholism

Narcotics Anonymous (NA)

Provides support groups to those affected by narcotics addiction

Rape, Abuse, Incest, National Network (RAINN)

Directory of *mostly free resources for survivors of sexual abuse

Therapist Directories

Latinx Therapy

Ourselves Black

Therapy for Latinx

Inclusive Therapists

Therapy for Black Men

Therapy for Black Girls

Melanin + Mental Health

Asian Mental Health Collective

Institute for Muslim Mental Health

National Queer and Trans Therapists

Open Path Collective and Psychology Today

*This is not an exhaustive list. Many hospitals and community mental health centers maintain directories for therapists in their area. You may be able to call or email them for a location specific directory.

Conversation Starters

When deciding to initiate therapy, it's important to schedule an initial consultation prior to the first session. This consultation is typically free and allows for you and the therapist to determine if it's a good fit.

Standard (Pre-Session) Questions

- Are you currently accepting clients?
- What's your license?
- What are your hourly rates?
- Which insurances do you accept?
- Do you offer sliding scale?
- How am I expected to pay?
- How often would you anticipate seeing me?
- How do you set up counseling goals? What's considered successful?
- What's your area of expertise?
- How long have you been practicing?
- What's your approach to working with clients?
- How many clients have you supported with similar circumstances to my own?
- Who is your ideal client?
- How would I prepare for my first session?

In-Depth Questions

- What's your experience working with Black women? (Substitute with your identity or main concern)
- Do you consider yourself as an ally to the LGBTQIA community? (Substitute as relevant to you)
- How do you actively educate yourself?
- What's a critique you've received from a client and how'd you respond?
- How often would we "check in" and provide feedback to one another?

Disclaimer: These conversation starters do not guarantee any positive outcomes. They offer a starting point for dialogue regarding your wellness needs. You are encouraged to use discernment about how and when to present these topics.

Conversation Starters

Check In with Your Therapist:

In therapy, it's important for you and your therapist to routinely check in about the pace and tone of your experience. It's an opportunity to learn what's effective or ineffective, and make adjustments to better support your growth.

Things to consider before talking to your therapist

- What's working well in therapy?
- What's not working or not as helpful?
- What adjustments would be helpful?
 - If you're unsure of which adjustments you'd like to try in session, you can pose this question, "I'm not sure of a specific alternative but could we brainstorm options based on the things I've found helpful thus far?"

Desiring New Approaches

Hey (Therapist Name), my friend shared a technique she's doing with her therapist. It sounds really interesting. Could you tell me more about it? I'm curious how we could incorporate that in our work together.

Hey (Therapist Name), in the past few weeks, I've really committed to the sessions and activities we've identified. As much effort as I've given it, it doesn't seem to be a good fit for me. I'd love for us to explore other possibilities that better suit me.

Addressing Mishaps

In our last session, (detail what happened). It made me feel really uncomfortable and I didn't know how to respond. When it happened, I had reservations about returning to session but I wanted to have the courage to share it with you and give us a chance to address it.

Example: In our last session, I noticed that you repeatedly looked at your phone in our session. I didn't know how to address it without feeling like it would be rude for me to say something. But the entire time, I felt really hurt because it made me feel rushed as if I was wasting your time. When I went home, I debated if I should even come back. I've worked really hard to have the courage to be vulnerable and share my feelings... and that moment made me feel like I should reconsider... and I feel like I really needed to let you know how that impacted me.

*Keep the focus on how the actions or comments impacted you and your ability to be present and trust the therapeutic relationship. Give them an opportunity to respond.

If you are interested in maintaining the relationship, you can conclude with, "How do you think we can move forward after this?"

Rest assured that you have the right to present your concerns to your therapist. If you feel that your concerns are not honored and the therapist is unwilling to rebuild trust, you have the right to terminate the therapeutic relationship.

In therapy, you should feel safe to express your needs and have them met.

In the event that a therapist's actions are beyond a misunderstanding and are inappropriate, such as hateful comments, inappropriate touch, etc, you're encourage to report them to their licensing board.



well wishes from me to you

Thank you for reading "Before You're On The Couch." I genuinely hope it was helpful and educational. While this workbook doesn't cover every element of therapy, I am confident it can be useful throughout different stages of your healing journey.

I am genuinely honored that you trusted me enough to be part of your journey, even if for only a moment in time. I genuinely wish you a smooth journey in finding your support team as you make your efforts towards growth, evolution, and healing.

May you always be reminded that you are deserving of peace and joy.

Wishing you peace and restoration.

With Care,



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