



THE RIGHT-FIT THERAPIST TOOLKIT

A STEP-BY-STEP GUIDE TO FINDING
YOUR PERFECT THERAPEUTIC MATCH

BY SANNI BOWEN

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Disclaimer: This toolkit is based on personal experience and is for educational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of qualified health providers with any questions you may have regarding a medical condition or mental health concern.

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INTRODUCTION

YOUR JOURNEY

STARTS HERE

After 24 years of therapy that didn't work and 8 months of searching, I finally found my right-fit therapist at age 37. This toolkit contains everything I wish I'd known from the beginning - the questions to ask, the red flags to watch for, and how to trust your gut when you find "the one."

You don't have to waste years in therapy that doesn't help. You deserve to be heard, understood, and supported in your healing journey.

- This toolkit will guide you through:
- Preparing for your therapist search
 - Screening potential therapists effectively
 - Evaluating first sessions
 - Making confident decisions about fit
 - Trusting your instincts throughout the process

Remember: Finding the right therapist isn't about being picky - it's about finding someone who can actually help you heal.

PART ONE

PREPARATION PHASE

Before you start your search,
get clear on what you need and
prepare the practical details.

STEP 1: SELF-ASSESSMENT QUESTIONS

Before reaching out to any therapist, get clear on what you need:

WHAT ARE YOUR MAIN CONCERNS?

<input type="checkbox"/>	Depression
<input type="checkbox"/>	Anxiety
<input type="checkbox"/>	Trauma/PTSD
<input type="checkbox"/>	Relationship issues
<input type="checkbox"/>	Family dynamics
<input type="checkbox"/>	Grief/loss
<input type="checkbox"/>	Life transitions
<input type="checkbox"/>	Trauma
<input type="checkbox"/>	Mental disorder
<input type="checkbox"/>	Personal development
<input type="checkbox"/>	Seeking Support
<input type="checkbox"/>	Other:

STEP 2: PRACTICAL PREPARATION

Get your practical details sorted before you start contacting therapists:

DOCUMENTATION NEEDED:

- Referral from doctor
- Insurance card and coverage details
- List of current medications
- Previous therapy/psychiatric records (if relevant)

LOGISTICS TO CONSIDER:

- Budget (with/without insurance)
- Schedule availability
- Transportation/location preferences
- Childcare needs during appointment

Pro Tip: Call your insurance first to understand your mental health benefits. Ask about copays, deductibles, and if you need referrals.



PART TWO

THE SEARCH & SCREENING PROCESS

Learn how to find potential therapists and screen them effectively before committing to sessions.

STEP 5: PHONE CONSULTATION EVALUATION

This call is your first real test of compatibility. Pay attention to how you feel during and after.

GREEN FLAGS:

- Takes charge of the conversation
- Asks questions about your needs
- Explains their approach clearly
- Sets boundaries and expectations
- Makes you feel heard
- You feel comfortable opening up
- Professional but warm tone

RED FLAGS:

- Makes conversation about themselves
- Doesn't ask follow-up questions
- Seems distracted or disengaged
- Pushes for immediate commitment
- Doesn't explain their approach
- You feel judged or uncomfortable
- Poor listening skills evident

QUESTIONS TO ASK:

- How would you describe your therapeutic style?
- What's your experience with [your main concern]?
- How do you typically structure sessions?
- What should I expect in our first few sessions?
- How do you handle it if we don't seem like a good fit?

FINAL REMINDERS

YOU HAVE THE RIGHT TO:

- Feel safe and respected
- Be heard and understood
- Ask questions about their approach
- Take time to decide if they're right for you
- Leave if it doesn't feel right
- Keep looking until you find your fit

Trust your body. If your gut says no, listen. If your body relaxes and you feel hope, that's your answer.

The right therapist is out there. It took me 8 months to find mine after 24 years of searching. Don't give up.

Your healing matters. You deserve therapy that actually helps.

Remember: This toolkit is based on personal experience and is not a substitute for professional advice. Trust your instincts and prioritise your safety and well-being above all else.

THANK YOU

Finding the right therapist changed my life at 37, after 24 years of struggling.

My mission is simple: help you avoid wasting years like I did. You deserve to be heard, understood, and supported in your healing journey.

If this toolkit helped you even a little bit, that makes every moment spent creating it worthwhile.

Your story matters. Your healing matters. Keep going.

CONNECT
WITH ME

Blog: jotlily.com/blogs/from-one-lily-to-another-the-jotlily-blog
TikTok: @jotlily Email: sanni.jotlily@gmail.com

PRACTICAL WORKSHEETS & RESOURCES

TOOLS TO GUIDE YOUR
MENTAL HEALTH JOURNEY

Utilise these tools to effectively assess
your needs and facilitate your search
for the right therapist.

THERAPIST RESEARCH WORKSHEET

Use one worksheet per potential therapist. Print multiple copies.

Therapist Name: _____ Practice/Clinic: _____

Phone: _____ Email: _____

Website: _____

Location/Address: _____

Specialties: _____

Session Cost: _____

Availability: _____

Initial Impression from Profile/Bio: _____

Questions to Ask Them:

1. _____

2. _____

3. _____

Notes

Rating (1-5): _____ Would I contact them? Y / N

ABOUT JOTLILY & OUR MISSION

Jotlily exists for people who are tired of surface-level mental health advice.

After 24 years of therapy that didn't work, I found healing at 37. Now I share the raw, honest truth about what recovery actually looks like - not the pretty, polished version you see everywhere else.

Our mission is simple: provide authentic mental health content and practical tools for adults who've struggled long enough. No toxic positivity. No quick fixes. Just real stories and resources from someone who's been in the darkness and found a way through.

What makes us different:

- Lived experience across trauma, medical crisis, and mental health struggles
 - Honest about the messy reality of healing
 - Practical tools that actually work
- Community where struggling is okay and healing is possible

This isn't about being "cured" or "fixed." It's about learning to live authentically with yourself, set boundaries, and trust that you're worthy of love and care - especially from yourself.

If you've ever felt broken, too much, or like you're the only one who doesn't have it figured out, you're in the right place.

Your story matters. Your healing matters. You're not alone.

*Thank you for trusting me with
your healing journey.*

RESOURCES

FOR CONTINUED SUPPORT

Your healing journey doesn't end with finding a therapist. Here's where to find ongoing support and authentic content.

FOLLOW JOTLILY FOR MORE:

Blog: jotlily.com/blogs/from-one-lily-to-another-the-jotlily-blog

Read weekly posts about real healing experiences, therapy insights, and practical mental health tools.

TikTok: @jotlily

Daily posts about mental health, therapy journey updates, and honest discussions about topics that need to be talked about.

Email: sanni.jotlily@gmail.com

Questions? Feedback? Just need someone who gets it? Reach out anytime.

WHAT YOU'LL FIND:

• Authentic stories about childhood trauma recovery • Practical boundary-setting guides • Medical trauma and mental health intersection • People-pleasing recovery strategies • Real therapy session insights • Lynch Syndrome and chronic illness mental health • Fertility struggles and emotional impact

UPCOMING DIGITAL PRODUCTS:

• The People-Pleaser's Recovery Toolkit

COMMUNITY:

Join others who understand that healing isn't linear, perfection isn't the goal, and struggling doesn't make you broken.

REMEMBER:

This toolkit is just the beginning. Your healing journey is uniquely yours, and it's okay to need ongoing support, resources, and reminders that you're not alone.

Keep going. You're worth it.

STOP WASTING YEARS IN THERAPY THAT DOESN'T HELP

- ✓ Find your right-fit therapist faster with proven strategies
 - ✓ Avoid red flags that waste time and money
 - ✓ Navigate insurance and practical concerns confidently
- ✓ Use actual worksheets and templates that save you stress
- ✓ Learn from someone who spent 24 years getting it wrong
- ✓ Trust your instincts with clear guidance on what to look for

 **JOTLILY - Peers Supporting Peers**

Written by a peer who finally found healing at 37 after decades of struggle. Because no one is above another when it comes to mental health struggles.

Your healing journey deserves the right support. Start with the right therapist.