

# Looking for a **THERAPIST?**

I've had around ten therapists in my life.  
Some fabulous. Some awful.  
I hope this guide helps you find who is right for you!

Sending care to you on your journey,  
Zariya

P.S. Would you like this as a google doc so you can type your answers?

[Http://restoring.love/FindATherapistDoc](http://restoring.love/FindATherapistDoc)

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# Looking for a **THERAPIST?**

## ♥WHAT ARE YOU NEEDING?

What are you struggling with right now?

Are you wanting short term therapy for a specific challenge? Or long term therapy for rewiring attachment issues?

What are your goals for therapy?

What type of therapy would be best for your goals?

# Looking for a **THERAPIST?**

What type of personality do you need in a therapist to meet your needs?  
We all gel with different people!

What's the image of the therapist you have in mind for your needs right now? Do you have an idea of age, gender, religion, race, background?

How do you want to feel in a session with them? This helps to know before so when you have your first session you can check in.

When do you want to have therapy (time/day)?

How often are you wanting therapy?

What is your budget?

# Looking for a THERAPIST?

## ♥WHAT TYPE OF THERAPY DO YOU WANT?

What kind of therapy are you seeking?

It's worth searching in a browser: What's the best therapy for (whatever you're struggling with!)?

Talk therapies help with exploring and understanding your struggles.

*Note: If you had trauma, it's worth focusing on embodied therapies like Brainspotting, Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems therapy, and Somatic. These are therapies I've tried myself and would recommend. (Worth knowing that EMDR gave me migraines - which I'd never had in my life before so I switched to Brainspotting).*

If you had childhood neglect, it's worth doing Attachment Therapy to develop the skills you didn't receive in childhood.

# Looking for a THERAPIST?

## ♥ENSURING INCLUSION for your needs

It's worth ensuring that your diversity needs are met. Does the therapist have training and experience in the specific reality you have? You can enquire

- Are you ND? Is your therapist Neurodiversity affirming or focused on the medical model of ND? Do they offer tools that make you more neurotypical (Ensure to AVOID)? Are they aware of Neurodiversity traits in clients (especially women)? How do they work with ND clients (you want someone focused on YOUR goals)? What is their experience of ND? Are they ND? Do they have ND in their family?
- Are you Anti-racist? Are you comfortable discussing racism? How often have you worked with someone with my cultural background? What understanding do you have of Collectivist cultures? If you're BIPOC, check out Brown Girl Therapy and Clinicians of Color in the USA.
- Are you needing someone disability focused? Do they have experience of disability?
- Is your therapist LGBTQ+? Do they have understanding and engagement in the LGBTQ+ community?
- Are they body positive/body neutral/fat shaming?

# Looking for a **THERAPIST?**

## ♥FIRST SESSION: Questions you could ask to check they're a fit

In your first session, don't leap in and offload all your trauma. You need to take things one step at a time. It's worth asking these questions to ensure you're safe and they're right for you:

- What type of therapy do you do?
- What type of client do you most enjoy working with?
- How many clients have you had with similar circumstances (issues) to my own?
- What do you understand by being trauma informed? (You want to ensure they understand safety)
- How do you tend to work with (anxiety, grief, Trauma, depression - whatever your issue is)?
- What support do you offer between sessions if I'm in crisis (calls, texts, etc)?

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## ♥ REFLECTIONS AFTER THE SESSION:

How was the therapist?

What energy did you get from them?

Did you notice any red flags? Did they trigger you and not resolve it? Did they dismiss or bypass any issues? Did they make you wrong?

How did they make you feel safe and met?

If you had neglect in childhood especially, you want someone who is proactive, responsive and showing secure attachment skills. In what ways were they regulating and affirming?

How did you feel afterwards? Met, seen, heard? Did you feel loved and cared for?

# Looking for a THERAPIST?

## ♥WHO AM I?

Hi, I'm Zariya.

I have an online healing community. Some members do individual sessions with me online. Others want to see a therapist face to face. They often ask about finding a therapist. So I've put this together for them. I thought I'd make it available for you too.

I also run Restore - a membership online for folk who had bullying for being different, trauma, abuse, neglect or felt unloved. This is perfect for people between therapy sessions to get empathy, guidance and care. There's a resource library taking you through videos on regulation, safety, processing feelings, calming anxiety, healing, communication, parenting, relationships and more. We have an online group on facebook for support, encouragement and care. <http://restoring.love/365>

I'm a therapist working online. I do Brainspotting and Attachment therapy. Brainspotting was developed for working with trauma. It helps with anxiety, mood, OCD, PTSD, and depression. It's really impactful after an accident, a trauma, or conflict to get resourced. Attachment therapy helps to develop secure connections. It supports with growings the skills to self love, communication, empathy and regulation that you may not have received in childhood. You can share your needs in the form or book a session here: <http://restoring.love/help>

For folk who don't want to engage with others or attend calls I have self guided trainings to support your healing journey. There are trainings on Navigating Stormy Times, Reparenting Yourself, Resourcing you to Respond and Repair, Getting the Apology you deserved for abuse/neglect, a guide for Engaging with Your Inner Child, etc. Go here for more : <http://restoring.love/support>



# Looking for a **THERAPIST?**

## ♥ SOCIAL MEDIA LINKS

I create videos and posts to serve folk who're had trauma, neglect or were bullied for being different. My mission is to support you in growing the skills to love that you didn't receive. See you online, on your favourite platform:



Facebook: <https://www.facebook.com/RestoringLoveTheLufuWay>



Youtube: <https://www.youtube.com/@zariyalufu>



Tiktok: <https://www.tiktok.com/@zariyalufu>



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