



THINGS TO CONSIDER WHEN HIRING A GRIEF PROFESSIONAL

A grief professional is someone who can help you explore your emotional, psychological, and behavioral well-being in order to develop a better quality of life. They might be a psychiatrist, a therapist or counselor, a member of the clergy, or a life coach. Finding a grief professional you feel comfortable with takes dedicated effort and how you choose who to work with is a very personal matter. Sometimes you may need to meet with a few different professionals before you find someone who is a good fit for you. Soaring Spirits International does not provide referrals to grief professionals, though we have some suggestions for what to consider as you begin your search.

QUESTIONS TO ASK THE PROFESSIONAL DIRECTLY

- How long have you been in practice?
- What specialty licenses and certifications do you have?
- Can you tell me about your experience with grief?
- How much do you charge? Do you take insurance, if so what providers do you accept?
- Describe your ideal client.
- How many clients do you have that have a similar circumstance to mine?
- What steps do you take if a client is in crisis?
- What is your philosophical approach to therapy/coaching?
- How do you approach PTSD issues?
- What techniques are you trained to offer? EMDR? Tapping?
- Do you typically develop goals for our work together? How are these goals determined? Do we work together to choose these goals?
- Do you have a spiritual or religious aspect to your work?
- How often do we typically meet and for how long?
- How long might I need your services to meet my goals?
- Are your sessions offered in person, online, or both?
- What should I expect from a typical session?

QUESTIONS TO ASK YOURSELF

- How long do I expect to work with a grief professional?
- What are my personal goals for hiring this professional?
- Am I in crisis?
- Do I need to work with someone who can also manage pharmaceutical treatment?
- Am I experiencing addiction or substance abuse?

RESOURCES

- Ask your local Hospice for referrals to a professional or local grief support center
- Psychology Today has an extensive directory (psychologytoday.com)
- Check with your Physician
- American Foundation for Suicide Prevention (afsp.org/get-help)
- Mental Health Directory and Matchmaking (helloalma.com)
- Mental Health Directory For People of Color (therapyincolor.org)
- 101 Online Mental Health Resources for Diverse Communities (self.com/story/marginalized-mental-health-resources)
- For help finding spiritual support try Spiritual Directors International (sdc Companions.org)