

Therapist Screening Tool

Private notes for considering whether a clinician may be a safe, informed fit.

Private by design: Use this worksheet for your own notes. It does not diagnose, certify, or endorse any therapist, and you do not need to share it with The Fooled No More Foundation.

Background and Experience

What experience do you have supporting clients affected by coercive control, intimate partner violence, post-separation abuse, or emotional abuse?

What training do you have in trauma-informed care and in supporting survivors of coercive control and abuse?

How do you understand patterns such as isolation, intimidation, financial control, monitoring, threats, manipulation, and trauma bonding?

Therapeutic Approach

How do you respond when clients describe feeling invalidated, manipulated, or unsure of their own judgment?

How do you assess and support trauma responses, including hypervigilance, dissociation, grief, or symptoms associated with complex trauma?

How do you support a survivor's autonomy and avoid victim-blaming?

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Boundaries and Safety

How do you help create a safe, nonjudgmental space while respecting a client's pace, choices, and boundaries?

What do you do if a client feels overwhelmed or re-traumatized during therapy?

How do you help clients rebuild trust in their own judgment and autonomy after abuse?

Family and Legal Awareness

How do you support clients navigating family court, custody, divorce, or post-separation abuse without acting outside your clinical role?

How do you handle clinical records, requests for documentation, subpoenas, or testimony, and how do you explain confidentiality limits?

How do you coordinate with attorneys or advocates, with the client's written permission, when appropriate?

Trust your response. It is reasonable to seek another provider if a therapist minimizes your experience, blames you, pressures you, focuses on labels instead of patterns and impacts, or makes you feel unsafe. A poor fit does not make your experience less real.