

Therapist Screening Worksheet

Use this worksheet to ask potential therapists key questions. There is space provided for notes under each question so you can track their responses and your impressions.

Background & Experience

Have you worked with clients who have experienced narcissistic abuse or coercive control?

What training do you have in trauma-informed care, particularly around narcissistic or emotional abuse?

Do you understand the cycle of abuse and trauma bonding?

Therapeutic Approach

How do you help clients who feel invalidated, gaslit, or emotionally manipulated?

Are you familiar with complex PTSD (C-PTSD) and dissociation?

Do you take a survivor-led approach to therapy?

Boundaries & Safety

How do you ensure your sessions are a safe, nonjudgmental space?

What steps do you take if a client feels re-traumatized during therapy?

How do you help clients rebuild trust and autonomy after abuse?

Family & Legal Awareness

Do you understand the challenges survivors face in family court or custody battles?

Can you provide documentation or expert testimony if needed?

Do you work collaboratively with attorneys or advocates when appropriate?

Tip: Trust your intuition. A good therapist will validate your experience, listen without judgment, and empower your healing journey.