

HOW TO **CHOOSE A THERAPIST**

Going to therapy for the first time can feel overwhelming in a lot of ways, but there are a few steps you can take to help make the process a little easier. One of the first steps is finding the right therapist for you.

Easier said than done – until now!

ASK YOURSELF THESE QUESTIONS:

🌾 WHAT AM I STRUGGLING WITH RIGHT NOW?

Even if you can't pinpoint the exact issue, you probably know what's bothering you in general. Maybe you're feeling stressed, anxious or depressed, have low self-esteem, or having relational issues. Having a sense of what's bothering you will help you choose a therapist who is most helpful on those issues.

🌾 HOW WOULD YOU PREFER TO TALK TO A THERAPIST?

Some people like to chat in-person while others prefer the flexibility of virtual or telephone sessions. A therapist will tell you what options they have for you.

🌾 WHAT TYPE OF THERAPY INTERESTS YOU?

Some therapists specialize in more short-term approaches like Cognitive-Behavioral Therapy and others can dig deep into issues using talk therapy such as Psychotherapy. There are many types! Maybe you have a preference, maybe not now. Most therapists use a variety of treatment approaches to meet your needs.

WANT A THERAPIST WHO UNDERSTANDS FARMERS?

We've spent the past few months seeking therapists who have farming clients or a farming background. We did this to help you connect faster with a person who understands your lifestyle, your stresses and issues. In short, the therapists in our referral network speak farm! We have a range of therapists listed there. We recommend that you scroll through the list, read about them, and choose one that resonates with you.

WANT A THERAPIST WHO UNDERSTANDS YOU?

The AgKnow Referral Network is a growing list of mental health professionals who have some connection to the agriculture community and have chosen to focus on understanding current farm stressors and therapeutic approaches that work on the farm. Each AgKnow professional comes with their own unique background and experience working with rural farming families in Alberta. Alberta farmers and their immediate family who book through the AgKnow website can access up to two free sessions, allowing you to try before you buy.

WHAT DO THE DESIGNATIONS MEAN?

Sometimes the letters behind a professional's name look a lot like alphabet soup. These letters refer to a therapist's credentials. Here's a brief list of what those mean:

RPC - REGISTERED PROFESSIONAL COUNSELLOR

This is an experienced-based counsellor who usually has a diploma in the field or other counselling credentials. To be a RPC, they've been supervised by others in the field.

R.PSYCH - REGISTERED PSYCHOLOGIST

A registered psychologist has a graduate degree in psychology. They focus on different talk therapy or counselling approaches to treatments, and don't prescribe medication. They have graduate degrees in psychology.

REGISTERED PROVISIONAL PSYCHOLOGIST

A person in training to become a psychologist. They have a graduate degree in psychology and are completing their internship hours under the supervision of a registered psychologist.

PSYCHIATRIST

A psychiatrist is a medical doctor with additional years of training in mental health and the brain. Being a medical doctor, a psychiatrist can prescribe medication.