

## **Matt's Method for Finding a Therapist/Med Prescriber Online**

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### *Why search online?*

- Your insurance's website may not have an updated list of their approved clinicians.
- Therapists are usually busy ~53 minutes out of every hour, so calling them will likely result in leaving a message and then playing phone-tag.
- Online sites make it easy to search widely, and to contact a lot of therapists quickly.

### **Basic Steps**

1) Write up a brief blurb about what you're looking for. See "mad lib" section below for a template.

2) Go to [www.psychologytoday.com](http://www.psychologytoday.com) and/or [www.therapyden.com](http://www.therapyden.com)

- Use the filters on the left/top to find only those clinicians who take your insurance.
  - If you're looking for a prescriber, I encourage you to include "psychiatric nurse practitioners" in your search, not just psychiatrists.
- Use whatever other filters you want.
- Who appeals to you? — based on their picture, personal description, and specialties.

If you want virtual therapy, anywhere in your state works-- no need to search too locally.

3) Using the "contact me" button on people's pages, message 10-15 of them. Just keep cutting and pasting your blurb each time.

Using this method, I often get several hits, and then I get a free consultation from a few of them, and then make my choice. See "Vetting your potential therapy" section below

### **Writing your Blurb - Mad Lib**

Hi, I'm (name)-- (age),(gender),(relationship-status),(employment status), taking (any mental health related medication-- name, dosage, frequency).

I'm currently dealing with (name your diagnosis and/or say "stress") connected to (relevant life-situation). I'm seeking therapy in order to (goal).

Are you taking new clients? My insurance is (insurance). I'm free to meet (state your availability). I'd like to meet (in-person, virtual, or say that you're flexible).

### **Vetting your potential therapist**

See [here](#)