

## Questions to ask a Food Addiction Professional Before Working with them

### Education / Training / Certifications:

What is their educational background?

Where did they receive their degree/training in counseling/psychology/food addiction/coaching?

How long have they been practicing?

What licenses and certifications do they have?

Which professional organizations do they belong to?

### Confidentiality:

What is their policy regarding privacy and confidentiality?

Do they adhere to professional ethical standards and keep client information secure?

### Professional Standards:

Are they in therapy themselves? How recently? How regularly?

Do they seek peer consultation? Do they participate in supervision?

### Treatment Style:

How many clients have they had with similar circumstances to yours?

When was the last time they worked with someone similar to you?

Have them describe their ideal client

What are their strengths and limitations as a Food Addiction professional?

What is their general philosophy and approach to helping?

Are they more directive or more guiding?

What does a typical session look like?

How long are the sessions?

What kind of homework/reading do they give their clients?

How do you prepare for your first session?

What therapeutic approach or modalities does the Food Addiction professional utilize?

Are they trained in specific methods: Cognitive-Behavioral Therapy (CBT), Dialectical Behavioural Therapy (DBT), Motivational Interviewing (MI), Solution Focused Brief Therapy (SFBT), Psychodynamic Therapy, Somatic Practices or Mindfulness-Based approaches?

How do they tailor their approach to meet your individual needs?

**Treatment Goals and Progress:**

How do they collaborate with their clients to establish treatment goals?  
How often do they assess progress?  
What strategies do they use to monitor and adjust the treatment plan?  
How do set up counseling goals? What are they like? What is success for you?

**Availability and Scheduling:**

What are their working hours and availability?  
How far in advance do they typically schedule appointments?  
Are there any options for remote or online sessions?  
Is it all 1:1 or are there group sessions?  
How often would they anticipate seeing you? For how long?

**Costs:**

What are the fees for each session?  
What are their sliding-scale options?  
Are there any additional charges or expenses to consider, such as assessments or paperwork fees?  
Do they accept insurance, and if so, which providers?  
Do they offer a contract where all this info is stated?

**Refund Policy:**

What is the cancellation or no-show policy?  
Are there any provisions for refunds if sessions are missed or terminated prematurely?

