

Find a Therapist Checklist



A Step-by-Step Guide to Choosing the Right Relationship Support

Contents

Unified Lawyers offers expert family law services with a client-focused and compassionate approach.

Section 1: Credentials & Modality Checklist 03

Minimum Credentials To Look For In Australia

Preferred Modalities For Relationship Support

Practical Considerations

Section 2: Questions To Ask During A Discovery Call 03

About Their Practice

About Fit And Philosophy

About Logistics

Final Thoughts From Unified Lawyers 04

Section 1: Credentials & Modality Checklist

Use this list to understand what to look for and what language to expect on therapist websites or directories.

Minimum Credentials To Look For In Australia:

- Registered psychologist (AHPRA)
- Accredited counsellor (ACA or PACFA)
- Social worker (AASW) with mental health accreditation
- Marriage and family therapist with postgraduate training

Preferred Modalities For Relationship Support:

- Emotionally Focused Therapy (EFT)
- Gottman Method
- Acceptance & Commitment Therapy (ACT)
- Narrative Therapy
- Imago Relationship Therapy
- Trauma-informed or attachment-based approach

Practical Considerations:

- Available after-hours or on weekends
- Telehealth or in-person? (Or both?)
- Sliding scale or Medicare rebate (with mental health plan)?
- Experience with culturally or linguistically diverse couples?
- LGBTQIA+ affirming?



Tip: Don't stress about understanding every modality—just ask what their approach feels like in session.

Section 2: Questions To Ask During A Discovery Call

Most therapists offer a free 10–15 minute discovery or enquiry call.

Here's what to ask to help you feel confident about booking that first session:

About Their Practice

- “Can you describe your approach to couples therapy?”
- Try the “4-7-8” breathing method 2x/day
- Add a 5-minute stretch or slow movement break
- Reduce caffeine by 1 cup (if applicable)

About Fit And Philosophy

- “How do you work when one person is less motivated than the other?”
- “Do you take a neutral stance or challenge behaviours directly?”
- “What do you think helps couples change?”
- “Have you worked with ___ (specific issue—e.g. infidelity, burnout, trauma) before?”

About Logistics

- “How many sessions do couples typically need with you?”
- “What's your availability for new clients?”
- “Do you offer Medicare rebates or payment plans?”



Note: You don't need to “impress” them. A good therapist will welcome your questions and want to make sure it's a safe, respectful match.

Final Thoughts from Unified Lawyers

Therapy isn't just about "fixing problems." It's about **creating space**—space to understand, communicate, reconnect, and sometimes grieve.

Choosing the right therapist is like choosing a guide. You want someone steady, warm, and skilled in helping couples through rocky terrain.

If this is your first time, be proud of yourself:

You're showing up for your relationship. That's courage.

Find your closest
Unified Lawyers office



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Sydney CBD

Level 5, 299 Elizabeth Street, Sydney NSW 2000

Bondi Junction

Level 22, Suite 2201, Tower Two Westfield, 101 Grafton Street, Bondi Junction NSW 2022

North Sydney

Level 25, 100 Mount Street, North Sydney NSW 2060

Miranda

Level 4, 29 Kiora Road, Miranda NSW 2228

Parramatta

Level 14, Suite 1428, 3 Parramatta Square, 153 Macquarie Street, Parramatta NSW 2150

Marrickville

Suite 3, 369 Illawarra Road, Marrickville NSW 2204

Brisbane CBD

Level 19, 10 Eagle Street, Brisbane City QLD 4000

Gold Coast

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