



THERAPY BY YOU

## THERAPIST CULTURAL COMPETENCE CHECKLIST

(A quick guide to help you trust your gut and your values)

Not every therapist will get you, and **that's okay!** You deserve one who does. Use this guide to help you notice signs that a therapist **respects your identity, your culture, and your truth.**

Therapist Name: \_\_\_\_\_

### Before You Meet Them

**Do a quick check online:**

- ☐ Do they mention working with BIPOC or other communities like yours?
- ☐ Do they list terms like anti-racism, cultural humility, or trauma-informed?
- ☐ Do they share their pronouns and use inclusive language?

### During the First Call

**Notice how you feel—and what they ask:**

- ☐ Do they ask about your background, culture, or identity?
- ☐ Do they invite stories about family, race, gender, faith, or language?
- ☐ Do they listen with care—not try to “fix” you right away?
- ☐ Do you feel safe, respected, and not judged?

### Green Flags

- ☐ They say your pronouns and name correctly.
- ☐ Their space (or site) shows diversity in images or language.
- ☐ They offer sliding scale or flexible payment options.
- ☐ They talk about working with you, not telling you what to do.

### Red Flags

- ☐ They avoid talking about race, identity, or culture.
- ☐ They give advice that doesn't fit your values (like “cut off family”).
- ☐ They look confused or uncomfortable when you bring up racism, faith, or gender.
- ☐ They say things like:
  - “I don’t see color.”
  - “It’s all the same for everyone.”
  - “Let’s not make this about race.”