



# 10 Questions to Ask an Addiction Therapist [Worksheet #2]

*These questions are for clinical psychologists, licensed professional counselors, and licensed clinical social workers. Visit the Navigator website to learn why these questions are important, and what answers to listen for. (<https://AlcoholTreatment.niaaa.nih.gov/questions-addiction-therapists>)*

Therapist Name:

Phone:

Hello. My name is [first name], and I am looking into treatment options for a drinking problem. May I ask you a few questions about your practice?

1. Are you accepting new patients?
2. I found your name in a directory of therapists who treat alcohol and drug addiction. Can you tell me briefly about your background and your credentials?
3. Will you start with a complete assessment and diagnosis? What does that involve?
4. Can you tell me about your treatment approach for people with alcohol problems? What kinds of services do you offer, and what does treatment “look like”?
5. Are you able to arrange for someone to prescribe a medication to treat alcohol use disorder if it is appropriate?
6. If you identify other important issues that need to be addressed—say, mental health or medical issues, or other drug use—what arrangements do you have to help someone receive appropriate care for those issues?
7. What is expected of your patients and their families during treatment?
8. What do you do if someone has a relapse while they are in treatment?
9. Can you help me estimate the cost of treatment? Will insurance cover these costs?
10. If this turns out to be the best option, how soon could treatment begin?

Add any other questions that are important to you or to the person needing treatment.



National Institute  
on Alcohol Abuse  
and Alcoholism

[AlcoholTreatment.niaaa.nih.gov](https://AlcoholTreatment.niaaa.nih.gov)

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