

Psychology Today maintains the largest directory of therapists across the United States. Use these steps to narrow your search to find licensed therapists who treat alcohol problems.

# Search for addiction therapists

Go to Psychology Today <a href="https://therapists.psychologytoday.com/addiction">https://therapists.psychologytoday.com/addiction</a>

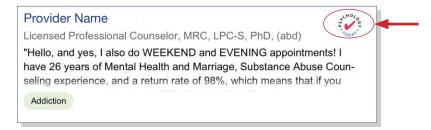
### Step 1: Start with your zip code

1. Enter your Zip Code.

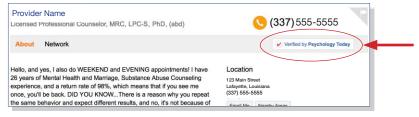
#### Step 2: Be sure the therapist has been "verified" by Psychology Today

On the results page, first do a **quality check.** Most – but not all – of the therapists listed in this directory have been "verified" – this means that they have shown that they have at least a Master's degree, and a current license to practice in their state. These are signs of quality.

Therapists who have been verified by Psychology Today will have this symbol on the results page:



and this symbol on their individual profile page:



If a therapist hasn't been verified, move on to the next one.







## Tips to Help You Search for Addiction Therapists

#### Step 3: Narrow your list

- 1. Click on the therapist's name to see their profile page.
- 2. Make sure they have "Addiction" listed under Specialties (on the right hand side).
- **3.** Read about the therapist to learn:
  - Their general attitude and experience, from their "About" statement
  - Their fees and what insurance they accept
  - The ages of clients they work with (to be sure they treat adults)
  - Their **Treatment Approach** (bottom right of profile) generally, you should look for someone who is skilled in Cognitive Behavioral Therapy (CBT), unless a health professional has told you to look for a different approach
- **4.** For those who look like they might be good candidates, add their names and phone numbers to your Treatment Options Chart.

(https://AlcoholTreatment.niaaa.nih.gov/toolkit-niaaa-alcohol-treatment-navigator)

If after following these tips you can't find therapists nearby, learn about other options for finding qualified therapists (https://AlcoholTreatment.niaaa.nih.gov/FAQs-searching-alcohol-treatment).

Be sure to search for the other two options--that is, accredited treatment programs and addiction doctors, if you haven't done so already (https://AlcoholTreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/how-to-search-what-to-ask).

NIAAA cannot endorse any treatment providers nor be responsible for the options ultimately chosen. The NIAAA Alcohol Treatment Navigator<sup>SM</sup> cannot ensure that the search process will deliver higher-quality treatment providers in your vicinity who are using evidence-based approaches. In addition, the search tools on the Navigator may not capture every possible higher-quality treatment provider in your vicinity. For any provider you are considering, be sure to check for the five signs of higher-quality care and ask the 10 recommended questions. (https://AlcoholTreatment.niaaa. nih.gov/quality-treatment)





