



Finding a Therapist While Finding Yourself: How to Shop For and Work With a Therapist When You're Ready to Come Out of the Closet

Vali Hawkins Mitchell PhD

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Coming out of the closet is a liberating experience. It is also fraught with uncertainties and vulnerabilities. Dr. Vali Hawkins Mitchell has helped many clients through this transformative process. She wants you to know that therapy is a consumer service. YOU are in charge at all times--or should be. Though you likely feel vulnerable at this time in your life, you must become an advocate for your own growth. Dr. Vali will guide you as you shop for a therapist, assess the quality of the services provided, and learn how to identify your goals and needs. In her compassionate, clear, practical style, Dr. Vali will help you become an advocate for yourself as you begin therapy and take your first steps out of the closet.

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