



CHOOSING A THERAPIST

a guide for sex workers
and other sexy people!

Created by Jesse Belle-Jones and Katherine Control

So you're looking for a therapist

Choosing a therapist can seem like a tough task. You're deciding who's safe to share your deepest secrets with, but trying to avoid disclosing too much before you're ready.

People often wonder: Will they accept you as you are, without shaming or judging you? Will they understand your sex work or your sexuality? Will they report you to the police?

These are all valid questions! Here are some answers, and places to start your search for a therapist who feels safe and comfortable for you.

Before You Call

Read through their website

Look For...

- School should be CACREP, COAMFTE, APA, and/or CSWE certified.
- Sex-related certifications. Ex: AASECT, EDSE, certification in sex education or sex therapy from their school.

Look out for...

- Don't assume sex-/poly-/kink-positive therapists to be sex work affirming.
- References to sex addiction. This doesn't guarantee that the clinician is anti-SW, but should be addressed in consultation.

Privacy Considerations

- Information shared via phone or email is **not confidential**.
- **Illegal activity does not automatically require mandatory reporting** except in situations of abuse, self-harm, or intent to harm others.
- **Clinicians who work at agencies may be required to work within agency policy** regarding sex working and/or illegal activity, even if they are not legally required to report.

Questions to Ask

- Have you taken a SAR (Sexual Attitude Reassessment)?
- Can you tell me a little about your experience working with sexual minorities?
- Have you had experiences where you struggled to maintain neutrality around a client's experience, which seemed like pathology to you but not to the client?