



HOW TO CHOOSE A HOLISTIC PRACTITIONER

Whether you hear about a service or practitioner through a personal referral or a directory, take the time to call for a brief interview. Most practitioners will be able to spend a few minutes speaking with you and answering your questions. Think about your questions ahead of time and be precise about your health concerns and previous treatment in order to obtain the information you need.

Here are some suggested interview questions:

Can you tell me about your education? How long have you been in practice?

Do you have experience with my particular concern?

How long is a treatment or session? What happens during a session?

What types of therapies are used?

Is there a series of sessions involved in the process?

What is a reasonable amount of time to expect improvement?

What is the cost of treatments? Do you process insurance claims?

Can you mail me more information or recommend a website?

If you feel rapport and confidence after this interview process, it is a good indication to proceed. If you feel hesitancy, investigate other modalities or practitioners.

Taking responsibility for your care is a vital aspect of continued health. Don't hesitate to voice your concerns in order to develop and maintain a meaningful relationship with your practitioner(s).

Here are some suggested questions to ask yourself after your initial appointment:

Did I feel valued and cared for?

How did I respond to the environment and staff?



Did I have to wait a long time?

What was my sense of the personal health and balance of the practitioner?

Did I feel the evaluation process was thorough?

Did I feel free to ask questions, and were they answered respectfully?

Were treatment options discussed?

Did I feel good about the session?

Was I educated about the the therapies used?

Was I able to discuss the financial aspects comfortably?

Were future health goals discussed?

Suggested questions to ask yourself after continued care:

Do I feel a sense of partnership?

Is my time and schedule being considered?

Have I been informed about aother treatment options?

Is my personal dignity being respected?

Am I being notified of test results within a reasonable period of time?

Are follow-up visits being scheduled without my feeling intimidated?

Am I being allowed time to gather information to make well informed decisions regarding treatment?

Are my phone calls being returned?

Do I feel accepted, no matter what develops or what decisions I make?

Has there been an evaluation of strategy and progress at reasonable intervals?

Would I send a close friend to my practitioner?