

Questions to Ask a Therapist

Questions to help you identify a trauma-informed therapist

 It's okay to ask.

You're not being rude or difficult. You're choosing safety.
A good therapist will welcome your curiosity.

QUESTIONS FOR THERAPISTS



You don't need to ask every question in this handout. Ask as many as you need to feel confident that the therapist you're speaking with is truly trauma-informed. Use the space below each question to jot down anything you want to remember or reflect on later.

What training do you have in treating trauma? Do you have any certifications for treating trauma?

What is your experience in working with DID or OSDD?

- Do you believe DID or OSDD is a real condition? If so, how rare is it?
- Is it possible for clients to recover? If so, what does that look like?
- What is the ideal outcome of treatment for DID or OSDD look like?

How do you view trauma clients? (For instance, are they damaged people, trauma survivors, or something else?)

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How would we start our work together? (For instance, would you expect me to tell you my trauma story?)

Can you provide examples of how your therapy is trauma-informed?

- **How do you make therapy a safe space for me?**
- **What do you do to show trustworthiness and transparency?**
- **How do you prioritize client autonomy (client's ability to make decisions for themselves)?**
- **How do you work to prevent re-traumatization within the sessions**

What do you do to take care of yourself so that secondary trauma doesn't leave you impaired as a therapist?

Space for other notes:

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♥ How This Helps You Heal

Finding a trauma-informed therapist isn't just about credentials—it's about safety, trust, and the potential for real healing.

When you ask these questions, you're doing more than vetting a provider:

- You're protecting yourself.
- Many people with DID have been harmed by misinformed or dismissive therapists. These questions help you avoid that pain and protect your system from re-traumatization.
- You're advocating for your system.
- Asking what matters to you shows your system—especially younger or fearful parts—that their needs are important and worth speaking up for.
- You're reclaiming power.
- Survivors are often taught not to question authority. Using this guide helps shift that dynamic, letting you take a more active, empowered role in your healing process.
- You're laying a foundation for trust.

You're Not Alone.

Healing isn't easy, and there are no shortcuts. But you've already made it through the hardest parts—and that strength is still with you. This resource was created to support you on your path. Take what helps. Leave what doesn't. Keep going.

◆ More Support Is Available

Looking for more tools, videos, or gentle guidance?



Explore free and premium resources:

www.communiDID.com/resources



Watch videos for DID systems:

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Get new tools each week—free in your inbox:

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CommuniDID: Support for Dissociative Identity Disorder
that's gentle, grounded, and real.

Your voice matters.

If this resource was helpful, confusing, or brought something up for you — I'd love to know. I'm always working to make these tools more useful and more supportive. You can share feedback (even anonymously) here:

<https://www.communiDID/feedback>

☀️ This document is more heartfelt than fancy—made to support you, not impress anyone.

