

5 Questions to Ask Before Choosing a Couples Therapist

A short guide for couples exploring therapy in Austin

Choosing a couples therapist is a personal decision, and it's normal to want to feel confident before your first session. These five questions can help you find a therapist who's the right fit for where you and your partner are right now.

QUESTION ONE

Do they specialize in couples work, or mainly see individuals?

Couples therapy is its own skill set, distinct from individual counseling. Ask directly whether a therapist has specific training in couples or relationship modalities, and how much of their caseload is couples versus individual work.

QUESTION TWO

What approach or framework do they use?

Therapists draw on different models — Emotionally Focused Therapy, Gottman Method, or an integrative approach that blends several. There's no single "correct" method, but understanding their approach helps you know what sessions will actually look like.

QUESTION THREE

How do they handle conflict or tension in the room?

Sessions can surface real disagreement. Ask how the therapist keeps sessions productive when things get tense, and how they make sure both partners feel heard rather than one partner feeling ganged up on.

QUESTION FOUR

What's their availability, and does it fit your life?

Consistency matters in couples work. Ask about session frequency, typical length of engagement, and whether they offer in-person, virtual, or hybrid formats so it's realistic for both of your schedules.

QUESTION FIVE

What does the first session actually involve?

A good therapist should be able to describe what to expect — whether that's an individual intake for each partner first, a joint session, or something else. Knowing this in advance can ease first-session nerves.

Ready to talk it through?

Our couples and family therapists bring EMDR, DBT, and relationship-focused training to every session — in a space built for open, honest conversation.

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