

Red Flags to Watch Out for in a Therapist

1

Lack of Empathy or Compassion

- Sharing too much personal information or becoming overly involved in your personal life.



2

Judgmental Attitude

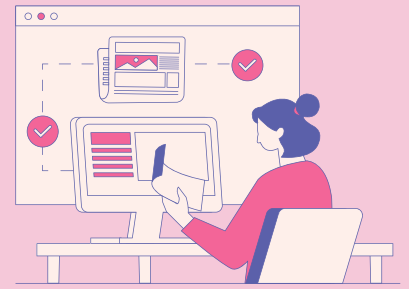
- Criticizing your feelings, choices, or experiences instead of providing support.



3

No Clear Treatment Plan

- Failing to set goals or provide structure to therapy sessions.



4

Minimizing or Invalidating Your Experiences

- Telling you your issues are “not that bad” or comparing them to others in a dismissive way.



5

Unprofessional Behavior

- Consistently arriving late, missing appointments, or being distracted during sessions.



If you're seeking **mental health services in the Northwest suburbs of Chicago**, make sure to choose a therapist who fosters a safe, professional, and supportive environment. Trust your instincts and don't hesitate to switch providers if you notice any of these red flags.