

Psychotherapy Referral Resources

Individual Psychotherapy

There are a couple of respected online directories that make it possible to search for a psychotherapist by location, issues of concern, price, insurance accepted, and a number of other variables. You can read therapists' online profiles, click through to their websites, and then reach out for an initial consultation to see if they have openings and assess whether they are a good fit for you.

Psychology Today

<https://www.psychologytoday.com/us/therapists>

Good Therapy

<https://www.goodtherapy.org/>

Couple Psychotherapy

There are several effective approaches to working with couples. I personally find Imago Relationship Therapy to be among the most powerful. Help is available in couple sessions and in workshops.

Imago Relationships North America

<https://www.imagorelationshipswork.com/couples-and-individuals/imago-therapy>

Mid-Atlantic Association for Imago and Relationship Therapists (MAIT)

<https://imagoma.org/couples-and-individual-resources>

Other couple therapy approaches I recommend include the Gottman Method (based on the work of John Gottman) and Relational Life Therapy (based on the work of Terry Real).

The Gottman Institute

<https://www.gottman.com/couples/find-a-therapist/>

Relational Life Institute

<https://terryreal.com/therapist-map/>

Group Psychotherapy

If you want to understand how others perceive you and learn to relate more effectively, I recommend working in a therapy group with a therapist who has earned the Certified Group Psychotherapist (CGP) credential. The national association of group psychotherapists maintains a directory of clinicians.

American Group Psychotherapy Association (AGPA)

<https://member.agpa.org/cgpdirectory>

The mid-Atlantic association of group therapists has a list of specific group offerings. Unfortunately, most of the listings are only visible to members of the organization. The Webmaster and Listserv Editor (listed under [Contact](#)) may be able to help you identify therapists who are currently running groups.

Mid-Atlantic Group Psychotherapy Society (MAGPS)

<https://magps.org/findgroup>