

## Finding a Good Fit

The success of therapy is strongly related to the strength of the relationship you develop with your therapist. Factors that determine fit include personality, theoretical approach and style of therapy.

Questions to ask yourself after speaking with a potential therapist include: Do I feel comfortable working with this person? Do I feel like they are able to understand me (or at least are working to understand me)? Do I believe they can be helpful to me?

We want all of our students at Carolina to be satisfied with the services provided at Counseling and Psychological Services (CAPS). If your provider is not a good fit, please speak with your provider about exploring other options.

If communicating with your provider is too difficult, please contact Avery Cook (Assistant Director) to discuss further. A transfer to another provider at CAPS or a community referral can be made at any time.

---

**Source URL:** <https://caps.unc.edu/services/individual-therapy/finding-good-fit>