



TIPS TO HELP YOU

Search for Addiction Therapists

Psychology Today maintains the largest directory of therapists across the United States. Use these steps to narrow your search to find licensed therapists who treat alcohol problems.

Search for addiction therapists

Go to Psychology Today <https://therapists.psychologytoday.com/addiction>

Step 1: Start with your zip code

1. Enter your Zip Code.

Step 2: Be sure the therapist has been “verified” by Psychology Today

On the results page, first do a **quality check**. Most – but not all – of the therapists listed in this directory have been “verified” – this means that they have shown that they have at least a Master’s degree, and a current license to practice in their state. These are signs of quality.

Therapists who have been verified by Psychology Today will have this symbol on the results page:

Provider Name
Licensed Professional Counselor, MRC, LPC-S, PhD, (abd)

"Hello, and yes, I also do WEEKEND and EVENING appointments! I have 26 years of Mental Health and Marriage, Substance Abuse Counseling experience, and a return rate of 98%, which means that if you

Addiction

and this symbol on their individual profile page:

Provider Name
Licensed Professional Counselor, MRC, LPC-S, PhD, (abd)

(337) 555-5555

About Network

Verified by Psychology Today

Hello, and yes, I also do WEEKEND and EVENING appointments! I have 26 years of Mental Health and Marriage, Substance Abuse Counseling experience, and a return rate of 98%, which means that if you see me once, you'll be back. DID YOU KNOW...There is a reason why you repeat the same behavior and expect different results, and no, it's not because of

Location
123 Main Street
Lafayette, Louisiana
(337) 555-5555

If a therapist hasn't been verified, move on to the next one.



National Institute
on Alcohol Abuse
and Alcoholism

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Step 3: Narrow your list

1. Click on the therapist's name to see their profile page.
2. Make sure they have "Addiction" listed under **Specialties** (*on the right hand side*).
3. Read about the therapist to learn:
 - Their general attitude and experience, from their "About" statement
 - Their fees and what insurance they accept
 - The ages of clients they work with (to be sure they treat adults)
 - Their **Treatment Approach** (bottom right of profile)– generally, you should look for someone who is skilled in Cognitive Behavioral Therapy (CBT), unless a health professional has told you to look for a different approach
4. For those who look like they might be good candidates, add their names and phone numbers to your Treatment Options Chart.
(<https://AlcoholTreatment.niaaa.nih.gov/toolkit-niaaa-alcohol-treatment-navigator>)

If after following these tips you can't find therapists nearby, learn about other options for finding qualified therapists (<https://AlcoholTreatment.niaaa.nih.gov/FAQs-searching-alcohol-treatment>).

Be sure to search for the other two options--that is, accredited treatment programs and addiction doctors, if you haven't done so already (<https://AlcoholTreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/how-to-search-what-to-ask>).

NIAAA cannot endorse any treatment providers nor be responsible for the options ultimately chosen. The NIAAA Alcohol Treatment NavigatorSM cannot ensure that the search process will deliver higher-quality treatment providers in your vicinity who are using evidence-based approaches. In addition, the search tools on the Navigator may not capture every possible higher-quality treatment provider in your vicinity. For any provider you are considering, be sure to check for the five signs of higher-quality care and ask the 10 recommended questions. (<https://AlcoholTreatment.niaaa.nih.gov/quality-treatment>)

