Look Before You Book

Your counsellor comparison checklist

Counselling and psychotherapy are not legally regulated professions in the UK. Check the person, not just reviews, recommendations or an available appointment.

Write up to three counsellors' names below. Tick only when you have checked; leave a blank for anything you still need to ask. Keep notes free of confidential clinical details.

Checks to make	Counsellor 1	Counsellor 2	Counsellor 3
Professional qualifications Relevant counselling training and experience.	☐	☐	☐
Current professional registration Check name, status and registration number with the body.	☐	☐	☐
PSA Accredited Register Check the register's Quality Mark via the PSA register finder.	☐	☐	☐
Ethical practice and complaints Ask which ethical framework and complaints process apply.	☐	☐	☐
Supervision and ongoing learning Ask about regular supervision and professional development.	☐	☐	☐
Confidentiality and records Understand privacy, safeguarding limits and online arrangements.	☐	☐	☐
Practical arrangements Compare fees, plans, cancellation terms, format and availability.	☐	☐	☐
Approach and personal fit Can I ask questions, feel heard and take time to decide?	☐	☐	☐

Questions / next steps (use another sheet if needed)

Check the register, then the person: professionalstandards.org.uk/organisations-we-oversee/find-a-register

The PSA Quality Mark relates to the register, not a personal award. Registration does not guarantee outcomes. If a listing is unclear, ask the professional body before booking.

Created by Reset in support of the PSA campaign; not an official PSA checklist or endorsement. Check independent practitioners' registrations separately.

Reset is not a crisis service. Immediate danger: 999. Emotional support: Samaritans 116 123.