

Suggested questions to ask a potential practitioner:

- What kind of office space do you have?
Is it in a rented space or do you work from home?
- Can you provide me with detailed directions and/or a map to your location?
- What kind of parking does your facility have?
Is it properly lit for evening appointments?
- What forms of payments do you accept?
- Do you offer phone consultations and/or support?
- What hours do you work?
- What is your cancellation policy?
- What is the best way to reach you directly?
- How long have you had your business?
What drives you in your field?
- Do you have any other skills or healing modalities that you use during your sessions?
- Can you suggest other healing modalities that could complement or enhance your work/therapy?
- What healing methods do you enjoy?
How often do you recommend doing them?

1) These are some recommendations adapted from the American Holistic Medical Association. This link will take you directly to the article "How to choose a Holistic Practitioner".

<http://www.holisticmedicine.org/displaycommon.cfm?an=1&subarticlenbr=14>

2) The American Holistic Health Association offers you a booklet, **Wellness From Within: The First Step**, as a tool to help you to understand the power you have to effect change using your everyday lifestyle choices and the importance of being an active participant. It introduces you to the relationship between your physical, mental, emotional, and spiritual aspects. There is a section modeling your role in your relationship with the healthcare professionals supporting you on your healing journey. This link will take you directly to the booklet.

<http://ahha.org/booklet.asp>