

Published based on [How Do I Know if I Have a Good Shrink?](#)

How Do I Know if I Have a Good Shrink?

Finding a good psychologist can be challenging. Here are a few guideline rules that may help you find a great psychologist. Click on the link for the guideline.

I work in a university hospital, and most of my patients come to me for a second (or third or eighth) opinion, because their treatment isn't working. Beyond talking to these patients about their problems, I review the notes and records from their treating doctors and therapists, and usually speak with the referring clinician.

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