

## Questions to ask a Potential Therapist

1. What type of practice – individual or clinic?

Reasoning: how many people are available to support the family? Is there an MD or PhD on staff for medication? or testing, if necessary? Is the therapist getting support from a team? If they don't work as a team, do they refer to someone that they regularly consult with. It's REALLY important that the therapist and psychiatrist be working together

2. What is his/her experience in general – education, types of work, populations?

You'll be looking for someone with a lot of experience with adolescents, families and depression, anxiety, & possibly issues with conduct

3. How often will you be seen for appointments? Will you have a regular appointment or will it be a new time every week? How quickly can you be seen in an emergency? Are they available by phone? Is there a charge for phone consults? How long is their current waiting list?
4. What is their specific clinical orientation – what type of therapy do they do and can they explain it? Will they meet with the family or would that be done by someone else? What information will they share with you (the parent) and what is their policy on confidentiality?
5. How much does therapy cost? What insurance do they take? How does billing work? Cancellation policy (this is really important if you have a resistant child)?
6. How are goals set? How do you measure success? How long might it take?
7. Will you work with the school? Teachers? Will you go to the school for a meeting?