


QUESTIONS TO ASK A CHILD THERAPIST

Making the decision to reach out to a child's therapist can be a difficult process for many caregivers. You're obviously worried about your child and want to make sure you find a therapist who has the right experience and is a good fit for your family. Here are a few questions you might consider asking during that initial phone call or the first appointment.

A decorative graphic on the left side of the page consists of a vertical grey bar with a blue question mark icon inside. A blue horizontal bar with a right-pointing arrow is positioned above the question mark.

BELOW ARE QUESTIONS TO CONSIDER ASKING YOUR CHILD'S THERAPIST DURING A FIRST PHONE CALL/APPOINTMENT:

1. What is your experience treating children with similar concerns as mine?
2. How will I/our family be involved in my child's treatment?
3. How often will we be able to meet to talk about my child's progress?
4. What are your office hours?
5. Do you offer in-person sessions, telehealth, both?
6. Do you take my insurance? If not, what are your fees? Do you have a sliding fee scale?
7. How are cancellations handled? Are there cancellation fees?
8. How can I reach you in between sessions if needed? Do you have after hours/crisis support available?
9. Who in addition to you will have access to my child's records/information?

A question you are likely wondering about is "how long will therapy take?" Unfortunately, this is not a question that a therapist can answer without having known you and your child for some time. Every child is different and what is making your child worried or sad will only be discovered with time.

One of the most important factors to consider is how comfortable you and your child felt with this person during that initial call or visit. While getting to know your child's therapist takes time, "chemistry" between the therapist and the family is important. Did you and your child feel heard? Did you feel as though the therapist was someone you could talk to openly and candidly? Is this person someone you feel you can partner with as you help your child with their worries?

If you did not feel like this person was the right fit for you and your child, keep looking. Do not worry about hurting the therapist's feelings. Every therapist knows that chemistry is important, and they want you to be with someone with whom you feel comfortable.

Remember that you're not alone. Many caregivers go through this process and see their child get better.