

Choosing a Therapist for Your Child or Teen

Therapist's name:

Contact info:

Office hours:

What is their training and background?

Do they specialize in working with children, or how much of their practice includes working with children? (look for at least 50% children's therapy)

How long are each therapy visits?

What do they think about medication?

How do they work with & communicate with parents?

How long do children typically stay in therapy in their practice?