



Questions To Ask When Looking For a Therapist For Child Anxiety

What training and experience do you have in treating anxiety disorders?

Do you have experience with child? With this specific phobia?

Are you qualified to provide cognitive-behavioral therapy (CBT)? Exposure Therapy? Play Therapy?

What is your basic approach to treatment? How do you start and where do you go?

How frequent are treatment sessions and how long do they last?

Do you include family members in therapy?

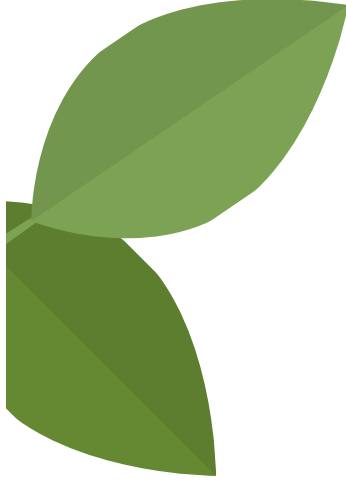
What is your fee schedule, and do you have a sliding scale for varying financial circumstances?

What kinds of health insurance do you accept?



Questions To Ask a New Therapist When You Think You Found "The One"

Does the therapist give the impression that forming a positive relationship or bond with your child is important?



Does the therapist see your child's behavior as a reaction to a problem rather than just a label or something that is wrong with your child?

Does the therapist seek to see your child's strengths?

Does the therapist want to include you and your family in the process of your child's treatment?



Does the therapist provide homework between visits?

Does the therapist promise to protect your child's privacy? (They should!)

Does the therapist promise to cure or fix your child? (They shouldn't!)