

FINDING THE RIGHT THERAPIST

An important part of your child's mental health journey is finding a therapist that can support them (and you!). Here are some ways to identify a therapist that will be a good fit for your family.

					
What kind of provider do I need?	How do I find therapists in my area?	How do I know if a therapist is right for my child?	How do I know what kind of therapy my child needs?	Will a therapist know how to work with my child?	How do I know if my child is getting better?
Does your child need a therapist, psychologist, psychiatrist, or another type of support? If you're not sure what all of these providers offer, check out our resource page on "Types of Mental Health Professionals" to learn more.	Decided you need a therapist but not sure where to start? You can take the screening survey on the BH Navigation website to get matched with providers, or you can look at sites like Psychology Today or your insurance company website to find a list.	Not every therapist is a good fit for every child - and that's okay! You can try a few therapists before you commit to one, and you can use the list of questions on the back of this page to learn more about each therapist and how they can help.	Usually therapists decide how to treat your child based on what diagnosis your child has. If you're not sure what your child is dealing with, you can take the screening survey or browse the problem areas page on the BH Navigation website to get a sense of what might be going on. You can also ask your provider for their thoughts!	Most therapists get general training in a lot of areas, but have a few things they know how to work with really well. Ask potential therapists what their specialty areas are, and what types of therapy they are trained in. Some therapists also work best with kids of certain ages, so you can ask providers about that too.	Ask your child's therapist how they will track progress, and how you'll know that your child is improving. If your therapist has experience working with children similar to yours, they can usually give you a good idea of what to expect in therapy.

It's important to **trust your gut** and find someone that both you and your child can work with, and who you feel best understands your family's needs and values. **Having a strong relationship with a therapist** is one of the most important things to help your child make progress in treatment!



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When you first reach out to a therapist to ask about services for your child, here are some questions you can ask to get more information and figure out whether they will be a good fit for your child's needs.

Do you have experience working with other kids who have similar problems or diagnoses to my child?

What ages are you comfortable working with in therapy?

What types of interventions & treatment modalities do you use?

How will you involve me (caregivers) in therapy?

Do you offer in-person or virtual sessions, or both?

How will you determine if my child is making progress in therapy?

How often will you meet with my child for therapy sessions?

How often will you talk with me (caregivers)?

What types of clients do you feel you are able to work with best?

Are you in-network with my insurance company?

What do you charge for sessions?

If you're not in-network with insurance, do you offer a sliding scale?

Are you willing to talk to other people involved in my child's care if needed? (such as school, caregivers, doctors, etc.)

How can we give you feedback if we feel that something isn't going well in therapy or my child isn't making progress?

What will you recommend if my child's symptoms get worse?

How will we know when my child is ready to end therapy?

What does a typical therapy session with you look like?

How will you develop a treatment plan for my child?

When are you available to schedule sessions?