

WHAT TO EXPECT from a good therapist



Safety & a good relationship.

It's important for your child to feel safe talking to their therapist, and it's also important that your therapist's personality matches well with your child.



Education & experience.

Your child's therapist should have an advanced degree and training in working with the problems your child is experiencing.



A plan to help your child.

Your child's therapist should be able to tell you how they plan to work with your child, and what they think will help make problems more manageable.



Openness to feedback.

Your child's therapist should be willing to talk with caregivers and listen to you & your child's feedback on how therapy is going.



THINGS TO REMEMBER:

- A good therapist will **never** act in sexually inappropriate ways. They will not talk to other people about your child's treatment unless you specifically ask them to, and they will not try to have a relationship with you or your child outside of therapy.
- Unless you or your child are specifically asking for advice, a good therapist **won't spend a lot of time in therapy telling you exactly what to do**. They'll recognize that you know your child best, try to understand your goals and values, and gently coach you or ask you questions to help you figure out the right course of action on your own.
- A good therapist is someone you can feel **comfortable sharing things with** and someone who **spends time listening and understanding** you and your child's emotions and experiences.

WHAT TO EXPECT from a good therapist



Safety & a good relationship.

It's important for your child to feel safe talking to their therapist, and it's also important that your therapist's personality matches well with your child.



QUESTIONS TO ASK

- How will you help my child feel safe in therapy?
- How would you describe your style of therapy?
- Do you offer an initial consult call so we can see if you are a good fit for my child?



Education & experience.

Your child's therapist should have an advanced degree and training in working with the problems your child is experiencing.



QUESTIONS TO ASK

- What type of degree do you have & what are your areas of specialty?
- Do you have experience working with other kids like my child?
- Do you ever consult with other providers if you aren't sure how to treat something?



A plan to help your child.

Your child's therapist should be able to tell you how they plan to work with your child, and what they think will help make problems more manageable.



QUESTIONS TO ASK

- Do you have a treatment plan for my child?
- What strategies or techniques will you use to help my child get better?
- What can I do at home to help my child?



Openness to feedback.

Your child's therapist should be willing to talk with caregivers and listen to you & your child's feedback on how therapy is going.



QUESTIONS TO ASK

- How often will you meet with me to talk about how my child is doing?
- How can we give you feedback when things are going well or not going well?
- Do you have other providers you can recommend if we feel you are not the best fit for my child/our family?