

Points to Consider When Selecting a Therapist



The following questions may help families find a therapist who is a good fit for their child:

What is your assessment process?

- Look for a combination of rating scales, child observations, and clinical interview involving multiple sources, placing the child and family in the role of experts over their own experiences.
- Look for an organized strategy of identifying a specific clinical issue and then working efficiently toward improving mood, behavior, or interactional pattern.

How do you set goals for treatment?

- Are they written down at all?
- Are they measurable and is there routine review of how treatment is progressing toward those goals?
- Are there “quick win” goals in addition to longer term goals?

What is the format of the assessment, presentation of recommendations, and treatment sessions?

- How involved are caregivers/family members?
- What is the structure of the appointments?

How are interventions and recommendations determined?

- The clinician should be able to explain exactly what they are doing and why.
- There should be some explanation of how specific recommendations fit with a particular understanding of the specific relationship between child development, brain functioning, experiences (including understanding of traumatic stress responses), emotion, self-confidence, and behavior.