



# Questions to ask Before Choosing a Therapist

A good therapist is professional, courteous, and respectful

How long have you been conducting therapy?

How many adoptive, foster or kinship families do you treat on a regular basis?

What specialized training have you had in adoption and/or foster care?

Do you include family members in therapy?

If my child does not respond to treatment, how will you decide when to change or modify the treatment?

As my child ages, will any symptoms change? Will the response to treatment change?

Will you coordinate my child's treatment with our family doctor or pediatrician?

How do you see yourself interacting with other professionals, e.g., caseworkers?

How will I know that my child is responding to the treatment and getting better?

Do you accept insurance? If so, what kinds?

How, and to whom, will you report progress?

If I were in crisis, would I be able to reach you?

*Parents should feel: Safe and reasonably comfortable, understood, respected, that your questions were answered adequately, and that your treatment goals were addressed.*