

How to Find a **Good Therapist** for Your Child or Teen

To find a therapist for your child, please follow the steps below:

1. Obtain a list of providers from your insurance company
2. Go to **psychologytoday.com** and select "Find a Therapist" on the top of the page
3. Type in zip code/city
4. On left side of the page, click on what you're interested in (i.e. family therapy, individual therapy)
5. Review list of counselors and cross reference with your list of preferred providers from insurance company

Ask the following questions during your first phone conversation with the therapist:

1. Are they accepting new patients? If yes, what days/times do they have openings?
2. Do they have a website you can look at?
3. How much experience do they have working with children/pre-teens/adolescents?
4. Do they have any experience working with children with acute or chronic medical conditions?
5. What is their understanding of how a chronic medical condition (like diabetes or IBD) affects the child's mental health and well-being?
6. What are examples of interventions that they might use? (It would be beneficial for the therapist to utilize play therapy, cognitive behavioral therapy or solution-focused therapy if appropriate.)
7. Would they also include the family/parents in the child's therapy?