

Questions for Interviewing Potential Therapists

Individuals and families tend to have different things that are important to them when thinking about therapy. So, it is important for you to be able to ask your therapist questions that are important to you. When looking for a therapist, we recommend calling several therapists and interviewing them with regards to what you are looking for in treatment. It may help to write down some questions regarding the things most important to you and then ask potential therapists those questions. Feel free to use the sample list of questions below to get started.

- 1) Share with the therapist the nature of the problem and/or your concerns. Ask:
Do you have experience working with this type of issue? Do you have experience working with children or families with similar types of issues?
- 2) What are your areas of expertise/specialties?
- 3) How long have you been conducting therapy?
- 4) What is the involvement of parents/family within treatment?
- 5) Share what you are looking for in regards to therapy (individual therapy vs. family therapy vs. school consulting) and what you are looking for from a therapist (emotional support, feedback, parenting advice, skill development). Ask: Is this something you could provide?
- 6) What should I expect in therapy? How would it begin? What would be the phases of treatment?
- 7) What do you charge/do you accept insurance/ do you have a sliding scale?
- 8) After talking with therapist and sharing what you are experiencing and looking for in therapy, ask: Do you think you could help me?