Brainstorming Before Meeting with a Therapist

1. What was your child afraid of or what did they feel anxious about at the beginning of LUNA?	
2. What therapies/treatments have you tried?	
3. What therapies/treatments have worked for the anxiety listed above in #1?	

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4. What has worked well for your child?
5. What are some things that are still difficult for your child?
6. What other types of treatment or support is your child currently receiving?