



QUESTIONS TO ASK A NEW THERAPIST

- What is your professional background?
- How many years have you been working with children and adolescents?
- My child has been feeling ____ and is having difficulties with _____. What experience do you have helping children with these types of concerns?
- What are your areas of expertise? Do you have experience working with children and adolescents with anxiety and ____? (Mention anything specific to your child, e.g., autism)
- What kinds of treatments do you use? Have they been proven to be effective? Are they evidence-based?
- How much will an initial therapy session cost?
- How much do individual therapy sessions cost?
- What types of insurance do you accept?