

Interviewing Questions to ask Therapists

Make sure to tell the therapist about your child - age, gender, the reasons (i.e., moods, behaviors, and physical symptoms) that led you to seek help. Ask the therapist about their practice and their philosophy towards therapy. Below are some questions you can ask them.

How long have you been practicing therapy?

What kind(s) of therapy do you practice? Is it in line with my child's diagnosis and treatment plan?

Do you have special training in, or a particular experience with, any particular disorder?

Are you a preferred provider? If yes, for which insurance companies? Do you submit the bill to insurance?

What happens to the therapy and fees if the insurance company denies payment?

Involve your child, if you think it's appropriate, for the following questions. Children & teenagers, not surprisingly, often resist the idea of therapy. You may get more buy-in from them by including them.

Do you have special training to treat children and/or teenagers? Do you work regularly with my child's age group? Gender identification?

Do you feel comfortable treating my child based on their diagnosis, treatment plan, age, and gender identification?

How often would you see my child?

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Can my child contact you if they need to talk about an issue in between sessions? If so, how?

How do you know whether the therapy is working? Do you set goals with patients?

How do you work with families? Do you generally recommend family therapy?

Will you meet with me regularly to talk about my child's progress? How often? How openly can you discuss what is going on in therapy with me?

How should I contact you to let you know if something is happening at school or home?

How can I tell whether the therapy is working?

Have you ever had a patient who was not a good fit, or whose therapy was not working? How did you handle that situation?

How would you work with other professionals in my child's life - their physician, another therapist, school personnel?

How do you handle emergency situations?

How do we know when it's time to end therapy?
