

Questions to Ask at the Start of Therapy

What do the diagnosis and treatment plan mean? (if you have a diagnosis and treatment plan)

What happens during therapy sessions? How frequently will sessions take place?

What changes in mood, behavior and physical symptoms will you look for? How soon do you expect them to occur?

What changes will my child feel or notice? What changes will we see at home?

How can the family help?

What can the school do to help?

Will there be "therapy homework?"

How frequently should we meet to talk about progress?

How can I contact you to let you know about important issues at home and school? How will you work with my child's physician, other therapist and school personnel? How can we reach you during an emergency?

What should we do if a session is missed without excuse?

Questions to Ask at the Start of Therapy

How do you know when therapy isn't working? What do you do in those situations? How do you know when therapy should be ended?

If your child is going to begin medication as part of their treatment, ask the psychiatrist about the medication they are proposing for your child:

How does the medication work?

Which symptoms will the medication alleviate? How long will it be before we see positive results? Do the symptoms disappear all at once or gradually over time?

How do you know when the medication is working?

What are the side effects of the medication? What should we do if they occur?

Which are serious and which are not? What should we do in the case of a sudden negative side effect?

How long do you think my child will be on this medication? How often will you see my child to monitor the medication?

What kind of tests will you run to make sure the medication is safe for my child? How often will you do these tests?

How should the medication be taken? Regularly, at a certain time of day? With or without food, liquids or other medications? Are there any foods or other substances that should be avoided?

Questions to Ask at the Start of Therapy

What should we do if a dose is missed?

What are the potential interactions with other medications, over-the-counter products, tobacco, alcohol, and street drugs?

Where can I get more information about this medication? Is it approved for use for my child's illness? My child's age group? Can I see the research on the medication? What are the long-term risks of the medication? medication?
