

## **Points to Consider When Selecting a Therapist**

The following questions may help families find a therapist who is a good fit for their child:

### **What is your assessment process?**

- Look for a combination of rating scales, child observations, and clinical interview involving multiple sources, placing the child and family in the role of experts over their own experiences.
- Look for an organized strategy of identifying a specific clinical issue and then working efficiently toward improving mood, behavior, or interactional pattern.

### **How do you set goals for treatment?**

- Are they written down at all?
- Are they measurable and is there routine review of how treatment is progressing toward those goals?
- Are there “quick win” goals in addition to longer term goals?

### **What is the format of the assessment, presentation of recommendations, and treatment sessions?**

- How involved are caregivers/family members?
- What is the structure of the appointments?

### **How are interventions and recommendations determined?**

- The clinician should be able to explain exactly what they are doing and why.
- There should be some explanation of how specific recommendations fit with a particular understanding of the specific relationship between child development, brain functioning, experiences (including understanding of traumatic stress responses), emotion, self-confidence and behavior.