

Interview Questions for a Parent Picking a Therapist

I recommend picking whichever questions below most resonate with you:

- Do you have any openings, and what is your availability?
 - Make sure s/he has times that work for you.
- If applicable: My teenage son/daughter is likely to be resistant to therapy. How do you handle resistance in counseling? How successful are you?
 - You are checking to see if they seem seasoned in dealing with resistance
- How long have you been practicing?
 - The longer the better typically since experience is very helpful
- How do you keep abreast on the latest research on working with adolescents?
 - If this matters to you ask this.
 - Keeping abreast research shows a high level of professionalism, and means that that the therapist may be able to provide interesting psychoeducation and an updated understanding of the issues at hand.
 - Note that old fashioned counseling techniques do work fine. If I were picking someone this would be less important to me, but you must decide what is important for your family.
- How do you approach counseling?
 - You want to know what meetings will look like.
- How do you feel about medication for issues like anxiety or depression?
 - Make sure you are comfortable with his or her approach. If s/he is overly enthusiastic, or too resistant to medication for your taste, these are things to notice.
- What are your areas of expertise?
 - Make sure there is overlap with the age range and issues faced by your family.
 - You may want to see if s/he practices family therapy or 'systems therapy'. This would mean s/he can work with you and your family together.
- What techniques do find are most effective in counseling? How does these techniques work, and whom are they best for?
 - You are looking to find out what techniques s/he uses, or that s/he has techniques.
- How will we know if therapy is helping? What should we expect to see happen at home?
 - Optional question, but could be useful info
- How many sessions are typically suggested? How often?
- What do you think are the most important things to know before picking a therapist?
 - Get his or her perspective on this very question. S/he might have some great advice that we've not thought of here.
- Is there anything more you think we should know about you?
 - This just gives him or her a chance to tell you anything that got left out.

Those are a bunch of questions, so I'd recommend picking the ones you like best. Also do not hesitate to google search "questions to ask a family therapist" or variations along that line of thinking.