



Therapy: What You Need to Know

About Therapy

- **Varied Approaches**

Therapists come with different specializations, treatment modalities, and approaches. For example, cognitive-behavioral therapy (CBT), play therapy, family systems therapy, etc.

- **Personal Connection**

Children need to feel comfortable with their therapist, and that connection is deeply personal. Our Clinicians can make referrals, but the right therapist-child rapport cannot always be predicted.

- **Patience**

It often takes 2-3 sessions to determine whether a therapist is a good fit. Give it time.

- **Persistence**

If you have tried therapy before and it was not effective, that does not mean that ALL therapy will not work. A different therapist or therapy approach may make a difference.

- **Goal Setting**

Therapy includes setting goals. Think about what you want to get out of therapy and share them with your therapist. Goals will look different for everyone, but examples include addressing problems with friends or learning tools to manage anxiety.

- **Licensed Therapists vs Pre-Licensed Therapists**

A pre-licensed therapist is someone who has completed their education and training in therapy but does not yet hold the full licensure required to practice independently. They typically are in the process of obtaining the necessary clinical hours needed for licensure and work under the direct supervision of a licensed therapist. This may be a good option for your family.

What to Know When Scheduling Therapy Appointments

- **Wait Times Will Vary**

If wait lists are longer than 6 weeks, we recommend adding your name to multiple wait lists.

- **Flexibility with Appointment Time**

Daytime (school-hour) appointments often have more availability, so flexibility may be necessary for urgent concerns. Preferred times may open later.

- **Accepted Insurance May Vary**

Not all providers accept insurance. You may be able to submit your bill to insurance for partial coverage – or use work-place benefits to offset the cost. We recommend checking with your insurance provider to confirm your mental health benefits.

- **In-Person vs Virtual Visits**

Virtual therapy can be a good option for many people, but in-person is better for children, and it can be easier to build rapport with the therapist.

- **Explore the Provider Website**

Use websites to review provider bios, confirm in-network insurance, & check scheduling guidance.