

Below are questions that C.A.S.E. recommends parents ask a mental health professional as they are selecting a therapist for their child and family:

1. What is your experience with adoption and adoption issues? (Parents should be specific about the adoption issues that impact their children, such as open adoption, transracial adoption, search for birth relatives, children who have experienced abuse or institutionalization, children with attachment difficulties.)
2. How long have you been in practice, and what degrees, licenses, or certifications do you have?
3. What continuing clinical training have you had on adoption issues?
4. Do you include parents and other family members in the therapeutic process?
5. Do you prefer to work with the entire family or only with the children?
6. Do you give parents regular reports on a child's progress?
7. Can you estimate a timeframe for the course of therapy?
8. What approach to therapy do you use?
9. What changes in the daily life of the child and family might we expect to see as a result of the therapy?
10. Do you work with teachers, juvenile justice personnel, daycare providers, and other adults in the child's life, when appropriate?

Source: Child Welfare Information Gateway. (2005). Selecting and Working With an Adoption Therapist. Retrieved from http://www.childwelfare.gov/pubs/f_therapist.cfm