

## Finding a qualified child therapist

Finding a qualified child therapist can be exhausting and frustrating. It is difficult to know where to start looking. Many times, parents resort to simply opening up the local phone book and making a call to the first name that catches their eyes. While this technique can be effective, it is not always the best approach. Phone books rarely provide a potential client with the most necessary of information regarding a prospective therapist. For instance, does this therapist use a behavioral approach or does he or she use a more spiritual approach? Is this therapist well-established or is he or she fresh out of graduate school? Does this therapist have office hours that work with your schedule or will you struggle to find a mutual appointment time? Can this therapist prescribe medication if needed, or will another individual need to be part of the treatment team?

The above questions are rarely, if ever, answered in a small one-line phone book listing. You essentially get two bits of information from a phone book: a name and a phone number. This minimal amount of information obviously fails to provide an answer to some of the more important questions you may have. Such a lack of information can lead to a lot of unnecessary phone calls and wasted time.

To deal with this problem, we have created a *Child, Adolescent, and Family Services Directory* to help guide you in your search for a compatible therapist that will work specifically to address your child, adolescent, and/or family issues. You will find a listing of child psychologists, child psychiatrists, child counselors, therapists, parent coaches, speech and language specialists, and many other mental health professionals ready to assist you with their services.

Feel free to browse this directory for [free](#).

[Click here](#) if you are interested in offering your services in this directory.