

What to Expect from Therapy

Therapy is used to treat mental health concerns and challenging life situations. The idea of working with a therapist may seem scary but there are many research-driven therapies that have been shown to make people feel better. Therapists are typically Psychologists (PhD or PsyD), Social Worker (LCSW), or Licensed Counselors (LCPC).

Before the First Session



Learn about payment, not all therapists accept insurance.



Speak with the therapist about the reason for referral and the evidence-based treatments that they have trained with. Make sure they have specific training with children and adolescents.



Individual or Patient Therapist is most common. However, family and group therapies may be important to address challenges.

During the First Session

-Youth and parents should understand goals and expected outcomes of treatment

-Your therapist should be able to give you a goal of time for treatment and have a way to measure outcomes

-Discuss confidentiality and the limits of where information is shared

-There should be "homework" or expectations following most therapy sessions

-Make sure to discuss level of parental involvement in treatment. Families should have some direct involvement in nearly all youth focused therapies

Common Evidence Based Therapy Treatments

Cognitive Behavioral Therapy (CBT): Treatment of choice for anxiety and depressive disorders. CBT works to address thoughts, feelings, and actions associated with distress. Acceptance Commitment Therapy and Dialectical Behavior Therapy are newer "types" of CBT.

Parent Management Therapy (PMT): Used for working with families to address challenging behaviors, often associated with ADHD and disruptive behaviors.

Family Therapies, Functional Family Therapies or Multisystemic Therapies: Often used to address disruptive behavior and substance abuse.