

Common Questions for Therapists

Hello, this is _____ from _____. A patient of yours, _____ has applied to go on one of our courses/programs and you have completed the Counseling Questionnaire for us. I just have a few things I'd like to clarify with you/I'd like to collect some more information from you.

1. I see that you marked down several symptoms off the checklist- can you tell me more about/expand on his/her anxiety/depression/aggression/mood swings.... Let the counselor do the talking, just listen and you will get lots of information.
2. Now, with that behavior, does he/she present that way in school and the community or only at home with the parents?
3. Do you know if there have been any issues at school?
4. Look on the back of the Scoring Matrix for the primary diagnosis- anything not answered that you need to follow-up on? Example: Do you know of any attention seeking behavior/drinking or drug use/theft/impulsivity issues?
5. Do you know when he/she completed residential treatment/substance use treatment/was released from the hospital/in-patient treatment...
6. If an applicant is seeing a therapist more than once a week- ask why they are going so frequently. Current problems with home, school, friends?
7. If there is something you just don't understand or need more info on- asks the therapist to expand on it.
8. Other things to consider asking about: maturity level, social skills, relationship with authority figures, do they give up easily/follow-through with commitments
9. Does the therapist think that now is a **good time** for their patient to attend your program? Does the therapist think that the applicant is a **good candidate** for your program (as opposed to residential/therapeutic)?

Feel free to email the therapist with questions if they provide an email address.

Never email a therapist with the full patients' name- only first initial, last name and date of birth. Example: J. Robertson 1/13/92.