



Guide to Choosing the Right Therapist for Your Teenager Struggling with Depression

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Finding a suitable therapist for your teenager who is dealing with depression is a crucial step toward their mental health and well-being. Here are key factors to consider when selecting a therapist for your teenager.

1. Specialization and Experience

- Look for therapists who specialize in treating teenagers with depression.
- Consider the therapist's experience working with adolescents and treating mental health issues in this age group.

2. Therapeutic Approach

- Understand the therapist's treatment approach and whether it aligns with evidence-based practices for adolescent depression.
- Discuss the therapeutic techniques the therapist uses and how they tailor treatment to meet the needs of teenagers.

3. Rapport and Trust

- Pay attention to the therapist's ability to establish rapport and build trust with your teenager.
- Consider your teenager's comfort level with the therapist and whether they feel understood and supported.

4. Communication and Collaboration

- Evaluate the therapist's communication style and how they involve both you as a parent and your teenager in the therapy process.
- Ensure the therapist is open to feedback and collaborates with you and your teenager to set goals and track progress.

5. Credentials and Licenses

- Verify that the therapist is licensed to practice in your state and holds relevant credentials in mental health counseling or psychology.
- Check for any additional certifications or specialized training in adolescent therapy and depression treatment.

6. Accessibility and Availability

- Consider the therapist's location, office hours, and availability for appointments.
- Determine if the therapist offers telehealth or online therapy options for greater accessibility and flexibility.

7. Cost and Insurance Coverage

- Inquire about the therapist's fees, payment options, and whether they accept your insurance plan.
- Discuss any potential out-of-pocket costs and ensure that the therapy services are financially sustainable for your family.

8. Feedback and Reviews

- Seek recommendations from trusted sources, such as other parents, healthcare providers, or school counselors.
- Look for reviews and testimonials about the therapist



Thank you!

