

Using a planned, organized approach to locate a therapist may increase your chances of finding one sooner!

- Do you have copies of your child's most recent clinical reports or developmental evaluations with treatment recommendations to share with potential therapists?
- Are you asking multiple referral sources to help you compile a list of therapist names to contact, for example:
 - Your child's pediatrician
 - Special Education (SPED) Coordinator
 - School psychologist
 - Local Special Education Parent Advisory Council (SPED-PAC) or parent support group?
 - Case manager, service coordinator, family support coordinator from a social service agency funded by the Department of Developmental Services (DDS) or the Department of Mental Health
 - Trusted family members or friends
 - A carefully selected therapy referral service
- Did you call your insurance company to review your mental health coverage or request additional referrals for therapists if needed?
- Did you contact a minimum of 3–5 potential therapy providers?
- Are you using a set list of questions to ask each therapy practice when you call?
- Are you using a notebook to keep a running log of the therapists you contact and a calendar to remind yourself which therapists you may want to follow up with in the future?
- Are you being flexible with your search criteria for finding a therapist, for example, flexibility with regard to:
 - Scheduling appointment times
 - Office locations
 - Pay arrangements
- Have you considered using additional methods to help expand your therapy search, for example:
 - Online therapy directories
 - A professional therapy referral/matching service such as William James Interface (<https://interface.williamjames.edu/>)
- Are you asking for help if the search process makes you feel overwhelmed or you're unsure of how to begin/continue the search? Perhaps a social worker or trusted family member can help you make phone calls or reach out to providers on your behalf.