Questions to Ask Mental Health Providers

- 1. Does the individual/agency that provides therapy conduct a comprehensive trauma assessment?
 - What specific standardized measures are given?
 - What did your assessment show?
 - What were some of the major strengths and/or areas of concern?
- 2. Is the clinician/agency familiar with evidenced-based treatment models?
- 3. Have clinicians had specific training in an evidenced-based model (when, where, by whom, how much)?
- 4. Does the individual/agency provide ongoing clinical supervision and consultation to its staff, including how model fidelity is monitored?
- 5. Which approach(es) does the clinician/agency use with children and families?
- 6. How are parent support, conjoint therapy, parent training, and/or psychoeducation offered?
- 7. Which techniques are used for assisting with the following:
 - Building a strong therapeutic relationship
 - Affect expression and regulation skills
 - Anxiety management
 - Relaxation skills
 - Cognitive processing/reframing
 - Construction of a coherent trauma narrative
 - Strategies that allow exposure to traumatic memories and feelings in tolerable doses so that they can be mastered and integrated into the child's experience
 - Personal safety/empowerment activities
 - Resiliency and closure
- 8. How are cultural competency and special needs issues addressed?
- 9. Is the clinician or agency willing to participate in the multidisciplinary team (MDT) meetings and in the court process, as appropriate?