

The following material is adapted from *Worried No More: Help and Hope for Anxious Children* by Aureen P. Wagner, Ph.D. This excerpt is available free of charge to parents, school personnel and health care professionals. This excerpt may be reproduced and distributed as long as it is in its entirety, and Dr. Aureen Wagner is given credit for the material. This excerpt may not be adapted or modified without specific permission from Dr. Aureen Wagner.

The information and techniques offered in this excerpt should not be used as a replacement for guidance, consultation, assessment or treatment by a qualified mental health professional.

Suggested Questions for Selecting a Therapist

- Do you use Exposure & Ritual Prevention to treat OCD? If so, please explain how ERP works and what it might involve.
- How many children have you treated with ERP? What is your rate of success?
- What is your approach to getting a child ready for treatment?
- How frequent are the treatment sessions, and how long is each session?
- How long can we expect treatment to be, and what affects the length of treatment?
- When can we expect to see results?
- What signs do you look for to know if treatment is working?
- What do you suggest if no improvement is seen at that point?
- What is your approach to working with parents and families of children with OCD?
- Can we meet with you privately, without our child present, if necessary?
- How do you involve parents in making treatment decisions?
- Will you be able to help us with day-to-day parenting issues?
- Are you available to us if we have question or a crisis in between sessions?
- What is your opinion about medication for children with OCD?
- If you do not prescribe medications, can you refer us to a child psychiatrist with whom you would work closely in treating our child?
- Would you consult or meet with my child's school staff if required?

Copyright © Aureen Pinto Wagner, Ph.D. 2002

Contact: Permissions@Lighthouse-Press.com or (585) 594-0311 for permission to adapt.

For more information and to order, visit www.Lighthouse-Press.com or call toll-free 1-888-749-8768