

How to Find a Counselor for Your Child:

- Ask for recommendations or referrals from others that you trust.
- Ask what licenses the counselor has and what their training and experience is in working with children.
- Ask what their approach to treatment is and take some time to learn about that approach to decide if you think it would be helpful for your child.
- A counselor should be an ally with the parent and help strength the child's support, not try to replace you or other supportive adults.
- A counselor should help families in learning skills and taking actions that create positive change, not blame the child, family, school or other for issues.
- A counselor should understand and respect your culture, and be willing to build on how your culture can help strengthen your child.
- Not all counselors are a fit for every person. If the counselor can't seem to build a rapport with your child or your child isn't engaging with the counselor, find another that works.

DIFFERENT TYPES OF PROFESSIONALS
Psychiatrists: These are doctors who specialize in the diagnosis and treatment of mental or psychiatric illnesses. They have medical training and are licensed to prescribe drugs. They are also trained in psychotherapy, or "talk" therapy, which aims to change a person's behaviors or thought patterns.
Psychologists: These are doctoral degree (PhD or PsyD) experts in psychology. They study the human mind and human behavior and are also trained in counseling, psychotherapy, and psychological testing -- which can help uncover emotional problems you may not realize you have. Cognitive behavioral therapy is the psychologist's main treatment tool -- to help people identify and change inaccurate perceptions that they may have of themselves and the world around them. Psychologists are not licensed to prescribe medications. However, they can refer you to psychiatrist if necessary.
Social Workers: These are specialists that provide social services in health-related settings that now are governed by managed care organizations. Their goal is to enhance and maintain a person's psychological and social functioning -- they provide empathy and counseling on interpersonal problems. Social workers help people function at their best in their environment, and they help people deal with relationships and solve personal and family problems.
Licensed Professional Counselors: These counselors are required by state licensure laws to have at least a master's degree in counseling and 3,000 hours or post-master's experience. They are either licensed or certified to independently diagnose and treat mental and emotional disorders.