

HELP US FIND THE GREAT ATTACHMENT THERAPISTS!

By spending a few minutes to answer these twenty questions you can help other parents be able to access effective help for their child. All identifying information will be kept confidential. Recommended Attachment Therapists will receive a star from each parent's recommendation. Starred therapists will be listed by state at www.attachment.org as well as other listings.

Parent's Name _____ Phone (____) _____
Address _____
City _____ State _____ Zip _____
Therapist's Name _____ Phone (____) _____
Address _____
City _____ State _____ Zip _____

Child's age at start of therapy _____ Diagnosed with RAD? ____ Length of therapy ____

**** Please number the therapists skills 1-5 (one being the least and five the most) ****

1. _____ Is this child's primary caregiver expected to actively participate as a vital part of the therapy sessions?
2. _____ Has your child's attachment and behavior improved as a result of the work with this therapist?
3. _____ Does this therapist physically hold the child or have the parents physically hold the child in order to help the child release their rage in a safe environment?
4. _____ Does this therapist schedule more than 50 minutes for an appointment when needed so the session does not end before the child can complete their rage cycle?
5. _____ Does this therapist believe the parent's word over the emotionally disturbed child's word?
6. _____ Does this therapist share effective parenting techniques that worked for you?
7. _____ Is this therapist willing to work with the whole team? ie. The parents, respite provider, the school, psychiatrist, caseworker, etc.
8. _____ Is the effectiveness of therapy based on the child's behavior at home rather than their behavior during therapy?
9. _____ Does this therapist recognize when the therapeutic needs of the child have changed, such as the need for different therapy, residential inpatient, respite, etc.?
10. _____ Does this therapist work to build the attachment between the parents and the child before any other bonds?

11. ____ Does this therapist encourage the parents to take good care of themselves, such as taking regular “breaks”, sending the child to their room, using a specially trained babysitter (respite) regularly?
12. ____ Has this therapist had training in Attachment Therapy from a trained professional?
13. ____ Does this therapist have hands-on experience doing Attachment Therapy, rather than insight/talk based therapies?
14. ____ Does this therapist believe in and support the parents; not using hurtful implications, such as “the child isn’t loved enough” or blaming parents for the child’s misbehavior?
15. ____ Is this therapist in control during sessions, confronting difficult issues promptly, rather than being controlled by the child’s pathology?
16. ____ Does this therapist support parents by putting directions in writing, when needed, i.e. for legal purposes?
17. ____ Does this therapist explore the child’s need for chiropractic, nutritional, exercise, Brain Gym, Sensory Integration, etc.?
18. ____ Does this therapist do an accurate assessment, such as taking an accurate history and using the RADQ, or CHAFCA?
19. ____ Does this therapist take into account parents’ concerns about medication?
20. ____ Would you recommend this therapist to other parents with an emotionally disturbed child?

Additional Comments:

Please send questionnaire to: **Families by Design, PO Box 2812, Glenwood Springs, CO 81602** **970-984-2222** info@nancythomasparenting.com

Thank you for taking the time to help other parents find help!!!!!!!!!!!!!!