



How to Find a Therapist for an Individual With Autism

General

1. Contact the insurance company

Insurance companies can be a great starting point for the search for a therapist. You can typically search for local therapists through the insurance company's online self-service portal or by calling the customer service number on the back of the insurance card. You can find out what therapists are nearby, what insurance they accept, and whether or not they're accepting new patients. If the person has medical assistance, contact the Special Needs Unit for additional help.

2. Psychology Today

Psychology Today is another great resource for finding a therapist. Their therapist directory can match people to a number of qualified therapists nearby. Therapist profiles typically include what insurance plans they accept, how much they charge, and what the therapist specializes in treating, letting you know exactly what to expect before scheduling the appointment. However, it's good to contact the therapist to verify the information on the website and make sure they have experience working with individuals who have autism before scheduling an appointment.

3. Ask a Healthcare Provider

Primary care physicians often have therapists or agencies that they partner with and can give a referral. An added benefit is that they may be able to answer some questions about the provider and the services that they offer before contacting them to schedule a session.

4. Do some research

When choosing a therapist, it's important to know the type of treatment they use. Some types of treatment are better than others, depending on the mental health condition, and have research to support using those strategies. These are called Evidence-Based Practices. Research the treatment types local providers specialize in to select a therapist who uses an Evidence Based Practice. A quick Google search can give plenty of information about which types of therapy are evidenced based.

5. Don't give up

Sometimes the first therapist doesn't work out, and that's okay! The relationship between a therapist and client is a key part of treatment success, and sometimes that relationship doesn't develop. Don't get discouraged if the person doesn't connect with the first therapist; there are others out there, and they can always try again with someone else!

6. Plan ahead

Therapy is a big commitment and can take a lot of time and energy, so it's important to ensure that the therapist can meet the person's scheduling needs. Think about things like: Do their hours accommodate the person's schedule? How will they get there? Therapy should be an experience that is enjoyable and helps the person, not something that adds stress. Planning early on can help reduce stress and lead to a better experience.



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