Finding a Therapist for Headache Psychology Treatment With Private Insurance

1) Call your health insurance:
   • Ask about your mental/behavioral health benefits, including your copay.

2) Go to www.psychologytoday.com:
   • Click on the “Find a Therapist” link at the top – this will take you to a new page.
     Type your zip code or the city/town where you seek services into the search bar.

3) Use the “Refine your search” options on the left-hand side of the screen.
   Choose from the list, making sure to select:
   • Insurance
   • Issues: 1st select “Chronic Pain”. In many areas, this search term may be too limiting. Try replacing it with another issue that impacts your child (ex: “Anxiety” or “Depression”)
   • Age
   • Treatment Orientation: Select “Cognitive Behavioral (CBT)”, unless otherwise indicated by your provider.

4) Find at least 5 therapists to call. Ask them:
   • Are you taking new patients? If yes, how long is your waitlist?
   • Do you accept my insurance?
   • Do you have experience with Cognitive Behavioral Therapy (CBT)?
   • Do you have experience treating children with [describe child’s concerns]?

5) At your first session, provide your therapist the “An Introduction to Cognitive Behavioral Therapy (CBT) for Pediatric Migraine FOR MENTAL HEALTH PROVIDERS” document.

6) Go to at least 2 visits with the same provider before deciding if it’s a good fit.

If you have any trouble finding a therapist and/or have questions or concerns related to next steps, we encourage you to contact the UCSF Pediatric Brain Center social work team:
   • Desiree Dieste, LCSW (415) 514-2934 desiree.dieste@ucsf.edu
   • Peggy O’Grady, LCSW (415) 514-2497 peggy.ogrady@ucsf.edu

In the case of an emergency or for concerns related to safety, dial 911 or take yourself and/or your child to the Emergency Department.
24/7 National Suicide Prevention Lifeline: 1-800-273-TALK (8255) En Español: 1-888-628-9454
24/7 Crisis Text Line: Text “HOME” to 741-741