

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.

NOTE: Chronic pain expertise is helpful but not necessary when finding a local therapist. The tools of CBT are similar for treating other concerns (ex: anxiety).

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