

Questions to ask a therapist

1. What kinds of sexual issues do you treat?
2. Do you have any organizational affiliations?
3. What is your educational background, and what are your credentials?
4. Who will you tell about my attractions/issues, and what information will be shared with my insurance company?
5. How many years of experience do you have in sex-specific areas?
6. How many clients have you treated, and what are a few issues you have treated?
7. Have you treated any clients who have sexually abused a child, or who have been the victim of child sexual abuse?

8. What is your therapeutic approach? Do you use cognitive-behavioral therapy?

9. Do you think people who have a sexual attraction to children have specific needs or characteristics?

10. Do you use polygraph, plethysmography, or sexual arousal reconditioning? Would you try to change someone's sexual attractions?

11. Are you sex-positive?

12. What is the purpose of therapy for someone with a sexual attraction to children?

13. Are there any requirements or conditions I would be expected to follow?

14. What are the limits of confidentiality?

15. What are some situations in which you would be required to report to law enforcement?