



Interview Questions to Ask Eating Disorder Professionals

When searching for the right provider for you or your loved one, there are many things to consider when determining if this person will be a good match. The following interview questions may help you in determining which provider will be the best fit for you. As they answer your questions, be mindful of your personal reactions to what they are saying - your instinct will help you determine if this person feels like a good fit for you or your loved one.

- 1) Are you licensed by the state in which you are practicing?
- 2) How long have you been specializing in the treatment of eating disorders?
- 3) Have you worked with a diverse clientele, including men and racial/ethnic minorities with eating disorders?
- 4) Have you had clients successfully recover from their eating disorders?
- 5) What is your treatment style/approach?
- 6) What is your belief about why people develop eating disorders?
- 7) What is your belief about when and how people should try to stop using eating disorder symptoms?
- 8) How do you handle medical emergencies, in which symptom use is severe or somebody threatens to harm themselves or others?
- 9) What is your belief about whether or not people should take medication to help them recover from an eating disorder?
- 10) If I don't already have a treatment team established (e.g., psychiatrist, nutritionist), can you provide reliable referrals? Have you worked with these professionals before? Are they knowledgeable about how to specifically work with people who have eating disorders?
- 11) Do you allow family members and/or friends to participate in therapy if the client prefers that?
- 12) What is your belief about if and how parents can help their children recover from an eating disorder?
- 13) What is your appointment availability? How often will we meet? How long do the appointments last?
- 14) How long will the treatment process take? When will we know it's time to stop treatment?
- 15) Can I use my insurance to pay for services?
- 16) Are you available via phone or email in between sessions?