

# Reactive Attachment Disorder (RAD) Clinician Checklist: 8 Great RAD Therapist Qualities

1

## The clinician is licensed.

Some states allow people to practice therapy without professional training. A good therapist, however, has the necessary credentials.



2

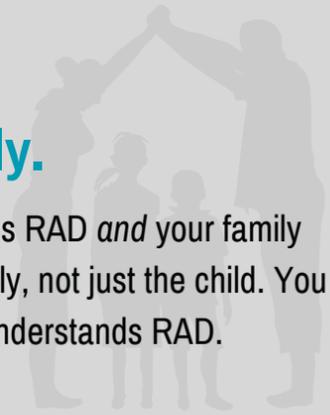
## The clinician specializes in RAD.

While a variety of therapeutic techniques exist, no one person can master them all. It's a red flag when clinicians say they do. Seek those who have had RAD-specific training or first-hand experience with the disorder. University classes provide little information on RAD, therefore, a degree alone isn't enough.

3

## The clinician understands your family.

You need to feel very comfortable that the clinician understands RAD *and* your family situation. Reactive attachment disorder impacts the entire family, not just the child. You wouldn't need to explain this dynamic to a clinician who truly understands RAD.



4

## You're never blamed for your child's behaviors.

A good therapist supports rather than shames you as a parent. Also, they should not advise you on how to parent in front of your child. Your child needs to trust *you* as a leader rather than the therapist.

5

## You play an active part in your child's healing.

While traditional therapists often establish and build trust individually with a client, such an approach isn't effective for RAD. Your child's therapist should consider you a part of the "therapy team" (rather than often leaving you in the lobby). This prevents the parent-child-therapist triangulation (common with RAD that further damages the relationship you're trying to establish with your child).



6

## The therapist leads the sessions.

Some traditional therapists allow children to guide therapy. For children with RAD, however, this approach can make matters worse given the controlling and manipulative nature of their disorder. It is fine for the clinician to ask your child to check in about how he or she is doing, etc. However, the clinician should have a plan for and direct every session with your child.

7

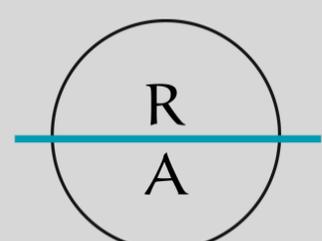
## The clinician focuses on your child's traumatic experiences rather than the fine details of past events.

Your child needs to process, not recount, how he or she experienced past trauma. The way your child remembers past events, often inaccurate anyhow, only distracts from the work of true healing.

8

## The therapist meets where your child is developmentally, rather than chronologically.

The therapist should understand that trauma impacts the brain and tailors therapy accordingly. The ways in which a 16-year-old brain can articulate and process trauma, for example, is far different from that of a 5-year-old brain in a 16-year-old body.



RAD ADVOCATES

GUIDING FROM EXPERIENCE. LEADING FOR CHANGE.