



## **When Is It Time to Seek Mental Health Treatment for Your Child or Family?**

***Therapy can be a very rewarding experience in helping your child and family address emotional, social, and behavioral challenges and to achieve their goals.***

### **Therapy Can Be Helpful In A Variety Of Situations Including:**

- When your child is exhibiting challenges that do not seem age appropriate or interfere with their daily life, such as their relationships with others, their ability to learn, or to reach their full potential.
- To help build their social skills and to improve their peer relationships.
- To cope successfully with life transitions, such as a divorce, relocation, or loss of a loved one.
- To decrease difficulties, such as excessive worry, sadness, anger, inattention, hyperactivity, etc.
- To learn how to manage their behaviors more effectively.
- To decrease conflicts and learn how to communicate better with others, such as family members and/or peers.
- To manage the discomfort and challenges related to a chronic medical illness.
- When the child experiences physical symptoms that do not have a medical basis.
- To improve your parenting and learn more skills to handle challenges, communication, and behaviors.
- To help you manage life stressors.

### **What To Expect In Therapy:**

- Therapy in the most simplest of terms is a "conversation with a purpose." That purpose is to understand the current situation, set goals, and find effective means of achieving them in a context that is respectful, empathic, and non-judgmental.
- You will meet with your psychologist initially to share details about your child, the current situation, and to determine your goals and your child's goals.
- Your child will meet with the psychologist to better understand the situation and to learn specific skills to handle themselves better and to feel better.
- Depending on the situation, your child may meet individually, with family members, or in a therapy group and engage in play, talk, role playing, and other creative means to help your child express themselves.
- You can work with the psychologist to learn ways that you can help your child.
- For your psychologist to collaborate with your child's doctors and teachers, if desired, to help your child across settings.

***Please call us and we can help you determine if therapy could be helpful and to answer any specific questions you may have!***