Child & Adolescent Psychotherapy

A Brief Guide for Children

the therapeutic consultants

What is Therapy?

Child therapists are people who are able to help children think about the things that are difficult in their lives. They don't have answers but they help you think about things, understand things, understand yourself and understand other people.

This often means that you start to do things in different ways and the problems you are having start to get better.

You don't have to talk to the therapist if you don't know what to say. You can play, draw, paint or use the sand-tray. If you want you can talk about things that you are interested in, your friends, the things you like to do and why. The therapist can use all these things to understand you better and help with the things that you need help with.

Starting Therapy

Lots of kids are a bit worried about starting therapy or shy of meeting someone new. Therapists are used to this and they will help you to feel safe when you arrive.

Therapy can be fun, there are lots of toys and art materials, and some children enjoy talking to someone who is really interested in what they have to say.

Sometimes therapy can also be hard, when you have to think about difficult things or sad things, or things that make you feel worried. But the therapist will help you with this and your parents can also help when you come out of the sessions.

What will happen when I get there?

Your parents will already have talked to the therapist and made sure that they are someone you can trust.

The therapist will usually start by telling you a bit about therapy and how they work. They will show you the room and all the things you can use in the room.

After they have introduced themselves and how therapy works they will usually let you choose what you want to do.

The parent that brings you will wait in the waiting room so if you are really worried or scared they will be there if you need them.

It usually doesn't take more than one or two sessions before you get to know the therapist really well and don't feel nervous about coming any more.