

Child and Adolescent Psychotherapy: A Brief Guide for Parents

Supporting your child through psychotherapy may be a new experience. The following information is offered to help with this process. Please do not hesitate to ask if you find anything unclear or wish to question or confirm any details.

Child and adolescent psychotherapy (I will use 'child psychotherapy or therapy' from, now on, for ease of reading) is usually considered when a child is experiencing problems that are having a significant effect on their everyday life or relationships. It is often considered in cases where other approaches have been tried without success. Child psychotherapy is a child-focused approach for children who may be experiencing a wide range of problems and where there are underlying emotional issues, anxiety or depression. Individual child psychotherapy aims to bring about change and emotional growth as well as a resolution of emotional problems for the child or young person. Family and parents / carers have an important role in supporting this change and development in the individual child.