

## What Can Child and Adolescent Psychotherapy Help With?

Child psychotherapists treat individual children and young people with a wide variety of difficulties. Problems may include:

- Difficulties with relationships or social interaction
- Aggression and angry outbursts
- Lack of motivation and low mood
- Irrational fears and worries
- Obsessive and compulsive behaviours
- Anxiety (often expressed in behaviour such as bed-wetting, sleep difficulties, soiling, refusal to eat or drink or refusal to go to school)
- Risk-taking or self-harming behaviour, suicidal thoughts
- Developmental problems
- Communication disorders such as autism
- A child being unhappy, anxious or withdrawn for no apparent reason
- The lasting effects of bereavement, family breakdown, chronic illness, disability, trauma, neglect or abuse.

Child psychotherapists also have specialist training in helping parents who feel they are struggling with parenting, whether their children are in earliest infancy or late adolescence.