

What is Child and Adolescent Psychotherapy?

Child psychotherapy makes use of the regularity of meetings and the stability of the setting, as well as the availability of the relationship that the therapist offers to the child or young person, to establish an emotionally containing and trusting relationship in which the child's own view of the world can be expressed through words and / or actions, including play and creative work.

The work of the therapist is to find a way of carefully helping children to make sense of how they see the world and how they experience themselves in the world of relationships, so that distorted viewpoints or fixed misunderstandings can be recognised together and reviewed, in order to enable healthier understandings to develop. Over time, this understanding can be assimilated by the child so that they can begin to independently recognise and understand their own feelings and behaviour and the way their feelings and behaviours impact on others.

Left untreated, children may respond to people and situations in ways they do not understand and cannot control, repeatedly finding themselves in difficult relationships they cannot change. Furthermore, they may find it impossible to progress in their development and learning.

They may also develop more serious mental illness or continue to feel unhappy and inadequate into their adulthood.

Child psychotherapy helps children and young people:

- to get to know and understand themselves better
- to be more in touch with their feelings and anxieties, so that they are better able to manage them
- to be less stuck in particular emotional responses or patterns which are not helpful.