

What is the Process?

Initial Appointment

Usually, a family will be invited to an initial appointment in order to establish what everybody is concerned about and whether everybody has the same concerns and worries. If it is clear that there are significant concerns about the child and that these have been persisting for quite a long time or are significantly impeding the child's development or emotional wellbeing, the child psychotherapist may suggest an assessment.

Assessment

The primary aim of the assessment is to establish whether the child or adolescent, and their parents and / or family could benefit from psychotherapy.

An assessment gives all the parties an opportunity to experience the therapeutic process and to communicate their difficulties, which may be multi-layered. Sometimes it happens that some of the difficulties may not even be recognised by the parents or family members: to that end an assessment can be helpful in itself, as a child or adolescent, and their parents or family, can feel significant relief as the process of understanding begins to unfold. Knowledge and understanding of a child's difficulties can help to support and give guidance to parents and families. Similarly, parental or family insight into their own difficulties can significantly help the child.