

## My Child in Therapy?

It is understandable that parents find it difficult to see their child struggle with difficult feelings and behaviours that they simply cannot change. It can be even more difficult for parents to feel powerless or unsure as to how to help their child. When parents decide to seek specialist help with their child, they may have many complicated and contradictory feelings about this decision. Parents may feel that they have let their child down or that they are to blame for their child's struggles. Most often, this is simply not the case. It is, however, always an act of generosity and care when parents decide to allow their child to seek and find their own understanding of their feelings and struggles with a therapist.

Before any individual work is undertaken with the child, a time is set aside for the parents to explore their views, feelings and concerns. Children whose parents have explored their own views often find it much easier to engage with their own individual treatment, and once they begin to make sense of their own experiences they become able to establish more nurturing and happier relationships with those they are close to.