

How to Support Your Child?

Children can often be anxious before therapy and may also be emotionally affected by the therapy session in a way which means that, afterwards, they may need some quiet time to assimilate what they have experienced or understood about themselves in the session. It is most helpful for parents to support a child by listening, but not to enquire too intrusively about what was said or done in therapy. Often a simple question, such as 'How did it go?', can be enough. Some children may want to tell parents in fine detail what happened in the session; others may choose to keep things private. If they do want to keep things to themselves, it is important to give your child the message that it is fine for them to do so.

Every child responds uniquely and - over the course of treatment – in different ways at different times to therapeutic help. Some seem to respond positively almost immediately, and others can take longer to engage, before improvement is felt.

As psychotherapy is a dynamic and developmental process, there are often challenges along the way. During the process of therapy, there may be periods which are harder, and children may not want to attend. Children may feel or appear to be suddenly 'better' before genuine and long-lasting change has actually occurred. It is important then for parents to support them in continuing to come to their sessions, to work through their anxieties (or their wish to prematurely and suddenly end therapy) with the support of their therapist.

Throughout the child's individual treatment, regular review meetings will be offered to parents to discuss their child's progress.