

A Brief Guide to Therapy for Children

What is therapy?

Child psychotherapists are people who have been trained to help children think about their feelings and thoughts; sometimes, these can be difficult to think about on your own. When you talk to a child psychotherapist, it helps you understand things and understand yourself and other people. When you talk about difficult thoughts and feelings, it helps you do things differently and it helps you talk to other people better. Over time, you will feel better in yourself.

You can talk about anything - like things you are interested in, your friends, your school or things you really like doing. But if you don't feel like talking, you don't have to - there are toys and drawing materials in my office, so instead of talking, you can play or draw.

Starting therapy

Some children feel a bit worried about coming to meet a new person, or they might be shy. That is normal. I will make sure you feel safe when you arrive, and over time you will not be worried at all.

Psychotherapy can be fun; there will be lots of toys and materials for you to use. During the lockdown, we will meet online and you can show me your toys and favourite things you like doing at home.

Sometimes you may feel sad or worried, but we can talk about it and I can help you whenever you feel that way.

What will happen when you arrive?

Your parents will already have talked to me and made sure that I am someone you can trust.

When you come to my office for the first time, I will tell you a bit more about me and the work I do, and I will show you around the room and show you your special box of toys and materials. You can then choose what you would like to do next.

During the lockdown you can show me your favourite things, toys and materials online.

Very quickly, perhaps after just two meetings, you will not be nervous any longer about being with me and coming to see me.