

Psychoeducation-Child



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Psychoeducation may help children who have depression, anxiety or behavior problems. The therapist helps a child understand why he or she needs help. A child learns that his or her behavior is a normal response to the way he or she feels, but sometimes the way he or she feels does not fit the situation. A child learns that people react to situations in different ways. His or her behavior and emotions show how he or she feels about something. Being different is OK, but some behaviors might make a situation worse. The goal of therapy is to help a child recognize a positive change in behavior and emotion that makes he or she feel better.

How does this practice work?

- Therapist and child identify the problem/s.
- Child learns that problems change his or her behavior and the way he or she feels.
- Child learns that his or her body reacts to his or her thoughts, feelings and behaviors.
- Child learns why he or she feels a certain way.
- Child learns why the therapist chooses a particular kind of therapy for him or her.

Examples:

Emily tells the therapist she avoids kids at school because she thinks they don't like her. When anyone says something to her, Emily usually responds with a negative comment. She says she is tired most of the time. Emily is depressed.

She learns from the therapist that cognitive behavioral therapy allows her to practice new behaviors (doing a fun activity with a friend), in order to change how she feels (relaxed but energetic) and thinks ("this person enjoys spending time with me.") which improves her mood.

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