

Psychoeducation-Child



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Psychoeducation may help children who have depression, anxiety or behavior problems. The therapist helps a child understand why they need help. A child learns that their behavior is a normal response to the way they feel, but that sometimes the way they feel do not fit the situation. A child learns that people react to situations in different ways. Their behavior and emotions show how they feel about something. Being different is okay, 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 them 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:

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

