

1: Counselling for Children and Young People - Counselling Directory

Children of all ages can attend counseling sessions, from young preschoolers to teenagers. Every age within this range falls into the realm of child counseling until they are adults and no longer need children's counseling techniques.

Over the last 20 years, he has worked with organisations in most European countries, the USA and Japan and brings a broad understanding of the psychology of individuals and organisations. My approach is to use an integrative model of therapy, using only complementary and appropriate, evidence-based methods. Issues Addressed by Child Counseling If your child has experienced tragic or unsettling events in his or her life, such as the unexpected loss of a loved one or an abusive episode, the stress of the situation may be difficult for them to understand. Some of the most common issues that child counseling addresses are: Some of the signs that your child is in distress and could need counseling include: Some of the common goals of child counseling include being able to cope with difficult situations such as: Anxiety Children who attend counseling are encouraged to learn techniques to deal with emotional distress and anxiety on their own. Children can learn to prevent panic attacks or cope with anxiety in a variety of ways, which they will learn in their counseling sessions. Some strategies they will learn may include breathing exercises, changing negative self-talk, muscle relaxation, talking to a trusted adult about their feelings instead of keeping them inside, and asserting themselves by knowing when to remove themselves from a stressful situation. Teaching these techniques to children gives them a toolbox of coping mechanisms that they can use when they become anxious or experience a panic attack. Trauma Unfortunately, some children experience traumatic events and are exposed to disturbing situations that they should not have to witness or be part of. After a trauma, a child may experience shock, disbelief, detachment or emotional numbness, fear, and may develop post-traumatic stress disorder. Symptoms of PTSD include strong desire to avoid the people or places where trauma was involved, vivid and distressing memories or flashbacks, nightmares or insomnia or fear of going to sleep, and being easily angered or agitated. Child counseling aims to help children talk about the trauma that they faced, rather than keeping their experiences and emotions inside. Many children who experience trauma develop trust issues and may have a difficulty finding the words to express their feelings and may blame themselves for what happened. When a child has a flashback to their trauma, child counselors teach them tools such as deep breathing, seeking out an adult to talk to, relaxing their muscles, and correcting the misinterpretation of traumatic events. Divorce When a marriage dissolves, it can be very challenging for children in the family to cope with. Many children blame themselves for their parents splitting up or have feelings that they are unloved. With divorce often comes changes in custody, and in some cases, there are tense custody battles between parents. Child counseling teaches children to deal with feelings of sadness, fear, and guilt by giving them techniques to use such as deep breathing, journaling or art therapy, practicing positive self-talk, and talking about their feelings with their parents or another trusted adult. For children, it may be difficult to understand their feelings of loss, despair, sadness, and missing the person who died. Often, children may have irrational thoughts such as the fear that they will also die, thinking that the death was their fault, or believing that they could have prevented it. Coping strategies may include being able to talk about their feelings, channeling grief through creative pursuits like journaling or art, and allowing themselves to speak or think about their loved one through sharing personal memories. Teaching children the stages of grief is another technique that helps them understand that how they feel is normal and natural. Significant Change For many children, events, like moving to a new city or changing schools, can be stressful. Many adults can accept these changes as part of life, so you may not realize the impact it has on your child. Children who have difficulty dealing with change can experience feelings of insecurity, anxiety or worry, or anger towards their parents. While these are normal reactions to significant change, many children have a hard time moving past these feelings on their own. Child counseling teaches children to cope with change through learning to focus on the positive and stable aspects of their life, positive self-talk, deep breathing exercises when anxiety arises, and understanding that change is natural, understanding that their feelings are temporary and will fade when they adjust to the situation. Self-Esteem and Confidence Many children struggle with poor self-esteem and low

confidence which can lead to depression, substance abuse, eating disorders , or thoughts of self-harm. When a child has poor self-esteem, they may feel unloved, worthless, and their friends and family would be better off without them. Child counseling can help children improve their self-esteem in a variety of ways, including digging deeper into underlying issues that may have caused these beliefs, recognizing negative self-talk and turning it into positive thoughts, using affirmations to gain confidence and self-acceptance, and talking to a trusted adult when troubling feelings arise. Types of Child Counseling Cognitive-behavior therapy CBT CBT focuses on helping children change negative styles of thinking and behaving by correcting or re-purposing the thought process toward a more positive response. CBT challenges the automatic internal beliefs a child has about themselves and teaches them to view themselves and their situation through a more realistic and positive lens. CBT provides children with practical tools for coping with difficult or stressful situations that they can learn to use on their own. As with traditional CBT, children are taught to see events more realistically without blaming themselves. TF-CBT teaches children strategies that they can use when they experience a flashback so they can work through the memories from a place of control and understanding, and gives them the ability to use these tools on their own. Alternative Therapies Children respond well to alternative types of therapies like art therapy, music therapy, movement therapy, equine therapy, mindfulness, or aquatic therapy. What to Look for in a Child Counselor When seeking a counselor for your child there are several considerations to keep in mind. First and foremost, a child counselor must be a good fit for your child. If your child is not comfortable with their counselor after several sessions, you may consider looking for another person who is a better personality fit for your child. Often therapists offer free consultations in which they can explain how beneficial counseling will be for your child. How to Find a Child Counselor Choosing to seek child counseling is not an easy decision, and finding the clinician who matches your needs may seem like a daunting task. When researching prospective therapists, fellow parents, caregivers, teachers, or physicians can often offer a personal recommendation. Search the TherapyTribe directory to find a child counselor in your area. Additional Child Counseling Articles.

2: Counselling for children: Working with parents

Art Therapy. For diagnostic purposes, counselors may give a child an assignment, such as copying, picture completion or instructions to draw a particular thing, such as an animal or the child's family.

An abused child often experiences fear, anxiety and severe emotional distress. The effects of child abuse can follow the child into adulthood. Thankfully, therapists have developed successful techniques that can help children effectively cope with the trauma they have endured. Therapists can help children understand that the abuse is not their fault and that they can lead a healthy, happy, abuse-free life. Therapists can also provide a loving and nurturing environment for these children and give them the tools they need to handle future crises. There are a variety of psychological techniques that are beneficial for children who have been abused. Play therapy is ideal for young children because they tend to imitate what they have witnessed or experienced. It is a psychodynamic counseling technique that is generally used with a child who is under the age of 12. Play therapy provides the therapist with an idea of what the child has experienced. The therapist provides support and a nurturing environment for the child. The most important element of play therapy is a warm, caring and secure atmosphere. Please note that counseling an abused child requires more than just listening and talking. In addition, play therapy has proven successful in providing children with a non-threatening environment to act out family issues. Some children require a combination of medication and counseling to heal from the effects of child abuse. This approach helps abused children achieve and maintain healthy and productive lives. The medical approach helps abused children cope with the trauma they experienced so that they can heal from the abuse. Art therapy is a psychological technique that is often used to treat children who have been abused. This type of treatment is often used in hospitals and university settings. Art therapy provides children with an opportunity to discuss sensitive topics and express how they feel about what has happened to them in a non-verbal way. Talk therapy, is a psychological technique, used to treat children and adolescents who have been abused. Talk therapy is goal-oriented. Its main goal is to reduce anxiety and rectify behavioral issues stemming from the trauma. This type of therapy helps abused children understand and cope with their emotions. Talk therapy is only appropriate for children who can fully understand the concept of abuse. Family therapy is a psychological technique that can help abused children and their families work through the effects of abuse. These issues may include: At the beginning of family therapy, abused children attend individual therapy sessions and later the family is asked to join the sessions. The family is looked at one whole unit instead of individual people and family therapy focuses on resolving issues within the family. Once the family issues are resolved then the family can help the child heal from the abuse. Abused children also benefit from developmental play groups. These types of play groups have proven especially effectively in younger children, but they help older children who are grappling with fluctuating emotions related to the abuse. Older children tend to do best when they are in a group of their peers who have experienced a similar trauma. What works when with children and adolescents: A handbook of individual counseling techniques.

3: Child Counseling: What Is Child Counseling & What Do Child Psychologists Treat? – TherapyTribes

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Therapy worksheets related to all subjects for Children Gratitude Journal: Three Good Things worksheet "Three good things" is a classic gratitude exercise where participants are asked to write down three good things from their day, whether big or small. Practicing gratitude regularly has been shown to increase positive emotions and improve well-being. Three Good Things worksheet provides three gratitude prompts per day, for seven days Gratitude Jar Activity worksheet Gratitude jars are a fun, artistic, and hands-on way for children to practice gratitude. In this activity, children will create a special jar for saving gratitude statements at the end of each day. Using blank slips of paper, or the prompts provided in this handout, they will write down three good things about their day Research has shown that CBT can be effective for children as young as 7 years old, if the concepts are explained in a simple and relatable manner. Thinking Errors worksheet Thinking errors, commonly known as cognitive distortions, are irrational beliefs that contribute to uncomfortable emotions and unwanted behavior. Children as young as 7 years old can benefit from cognitive behavior therapy CBT interventions, but it is important that the material is presented in an age-appropriate manner Discussion Cards, any game can be turned into a fun therapeutic activity for kids. Each Small Talk card asks a simple question about one of three topics, along with a more challenging "Digging Deeper" question or activity. This packet includes twenty-four cards in the categories of "family", "feelings", and "my world" Family Mindfulness Schedule worksheet Mindfulness, simply put, means paying attention to the present moment. It means taking a step back and noticing the world around you, as well as noticing your inner experiences like thoughts and feelings. With practice, mindfulness can help adults and children cope with problems such as stress, anxiety, and ADHD Anger Stop Signs worksheet Anger Stop Signs introduces children to anger warning signs through simple writing and fun activities. Warning signs are clues that your body uses to let you know your anger is growing. When kids learn to identify their own anger warning signs, they can intervene before their anger grows out of control Progressive Muscle Relaxation Script worksheet Progressive muscle relaxation PMR is a powerful technique with long-term benefits for stress and anxiety. When practiced regularly, the positive effects of PMR can become generalized. This means that the reduced levels of stress and anxiety will last well beyond the practice period. Our Progressive Muscle Relaxation Script can be used to guide clients through the exercise Sentence Completion worksheet Significant changes to a family, such as divorce or the addition of a step-parent, can have a major impact on the emotional health of children. It can be difficult for a child to understand why such changes are happening, and even more difficult to express their feelings about the matter. As a result, children often express their frustration and anxiety by acting out behaviorally Bullying Worksheet Packet worksheet "Bullying" refers to repeated verbal, social, or physical aggression that involves some form of power imbalance. Bullying is an important topic in the field of mental health because of its impact on the wellness of everyone involved, including the victim, the bully, and observers.

4: Counseling Techniques for Child Abuse

Counseling is a critically important component of representing and advocating for any court-involved child.

Nithyakala Karuppaswamy with Judith A. But children do have problems and feel stress. Times of special changes like divorce, a death in the family, or a move can be stressful for children. During times like that, children may have a range of feelings that are very confusing. Children need time to adjust to major family changes. During these times, you and the parents should give as much support as possible to the children. Often support from you and the parents is enough to help the children adjust to the family event and move on. Some children may need a little more help, though. They may need the help of a professional counselor or therapist. Getting professional help can support children in different ways. Counseling can help children get in touch with their feelings. When you see problems like this in childcare, ask the parents if they see them at home, too. Maybe you and the parent both feel that you are running out of ways to help. Counselors can help the children and parents deal with the family change. Here are some signs that might show that the child might need professional help. If you see these signs, you could encourage the parents to contact a counselor or therapist. Some of these signs are fairly common; many children will do the things on the list at some point. But when the behaviors become extreme or last for a long time, you and the parent may decide that the child needs professional help. Nothing helps the child feel better. You try to entertain or distract him, but nothing works. The child may cry over both little and big things and not be able to stop. Children might not talk about being sad; they show sadness mostly through their actions. That means they might get in trouble and break rules to show they are sad. Many children will talk about the past when their family was together, when the loved one was still alive, or when the family used to live in the old place. That is normal right after the event. At some point children should be able to move on and talk about the present, though. They want to be by themselves instead of being with friends or adults. They want to stay alone all the time. Or she may ask about the parents many times as the day goes on. This is a problem if the child was used to saying good-bye before the problem occurred. They may be distracted. Maybe they cannot settle on any play activities or jobs you give them. They may not follow instructions well. They may complain that they cannot concentrate. Some children may wake up, but may not want to get up. Or they can start having problems going to sleep. They may have nightmares. They may eat much more or much less than before. Adults may have trouble predicting what the children are going to do or when they are going to do it. Maybe a child will return to sucking his thumb or ask for a bottle. Some children may ask to be carried even though they can walk. They may think a divorce or a death is their fault. They may believe that they are responsible for taking care of a parent or sibling. They may also feel caught in the middle of parents or other family members. They may say they have difficulty talking with a parent. They may often get into fights with other children in the childcare. They may take their anger out on other children, and sometimes on adults, by hitting, biting, and shouting. Parents may complain that the children often fight with their brothers or sisters at home. They might say no to everything you ask them to do. Every small problem seems to become huge. They may worry about the parents when they are not at home. They may worry about their parents physically hurting each other or them. They may worry that another death will occur or that they will move again. They may find it very difficult to separate from one or both parents. A major change in the family affects all family members. Some parents may be dealing with many changes in work, schedule, or living situation. You may feel that the child needs more, but the parents cannot help at this point. You may suggest to the parents that they could get help from someone else. Many children do the things above at times. If the problems start suddenly after a divorce, death, or other stressful event, the child may need extra help. Getting help is important if: The parent will be responsible for getting help. You can suggest some places that they might look for help. Set a special time to the talk with the parents about this. You should have a list of resources to share with them. Let them make the final decisions. For more information, contact Judith A.

5: Counselling for Children & Young People | Relate

COUNSELING CHILDREN covers the most practical and up-to-date methods for developing effective approaches to counseling children. Authors Charles Thompson and Donna Henderson's text is unparalleled in its translation of theory into practice.

6: Counseling Children - Donna A. Henderson, Charles L. Thompson - Google Books

Counseling children and adolescents requires age appropriate communication skills and a genuine approach. There are many tools which can be used to assist in the process. These include drawing, sandplay, painting, telling stories, clay, games, play and drama.

7: Counseling Children by Donna A. Henderson

Child counseling, along with child therapy, is a private or clinical practice that bases its functionality on the field of child psychology, and attempts to offer real-world solutions to the.

8: Counseling Techniques With Children | Our Everyday Life

Children and Young People's Counselling You might be experiencing problems at school, issues with your parents or generally not feeling like yourself. Counselling lets you talk about how you feel, separate from school and home life and can help you get back to enjoying life.

9: Therapy Worksheets for Children | Therapist Aid

What is Child Therapy/Child Counseling? Child therapy (also called child counseling) is much the same as therapy and counseling for adults: it offers them a safe space and an empathetic ear while providing tools to bring about change in thoughts, feelings, and behaviors.

Christmas Keepers Catalog of the modern Greek collection, University of Cincinnati. XX. The Second Person of the Godhead (Continued 81 Human resource management essay questions and answers Manpower policy and programmes in Canada. Knick-knack Paddywhack! Unemployment and adjustment in the labor market Models in Our Midst The Black Baroness When the gods burned Indian street food recipe book Muckraking: past, present, and future. The Storytellers Craft Final cut pro x tutorial deutsch Life of George Bass President Wilsons great speeches and other history making documents Speed spanish. Jack london sea wolf A birthday in the barrio Complete book of horses and horsemanship. Resolving International Water Resource Conflicts (International Hydrology Series) The Invasion Before Normandy (Large Print) Nature and nurture in child development Capitalism, culture, and decline in Britain, 1750-1990 Savonarola (1452-98) How nonviewers gave up television Our nations flag From etymology to pragmatics IV. SIN AS A DEBT 86 Military unionism in the Italian armed forces : towards a new need for representation Eraldo Olivetta What every body is saying City of Glass (The Mortal Instruments #3) Day Trips from New Orleans, 2nd (Day Trips Series) Something About the Author v. 78 Running QuickBooks 2008 Premier Editions Standards setting for computer communication Jacob Rabinow: self-regulating clock (1954 74 Home from the party Dbms tutorial for beginners The Economist numbers guide