

Dear Parents,

I have prepared this letter to provide you with some information about my role, the therapeutic process, and what to expect from therapy. It is my hope that this information will help us work together so we can be a supportive team for your child. My role is to provide a safe therapeutic environment in which your child can openly express his or her thoughts and feelings.

The goal of therapy is to help children deal with life stressors in healthy ways. This involves helping children face their difficulties a little at a time, and teaching them skills to cope with their difficulties. Each child is unique and requires a treatment plan geared especially towards his or her needs. We will work together to develop realistic goals.

As therapy progresses, you may notice some changes in your child's behaviors and symptoms. This is normal as your child begins to confront his or her difficulties. If this becomes a concern, please do not hesitate to set up a session with me so we can discuss how to best support you and your child during this difficult time.

Please do not talk about your concerns regarding your child in front of your child. This usually makes children feel uncomfortable. Many children also find it uncomfortable when parents ask them to talk about the details of their sessions. It is helpful to ask your child a more general question, such as, "How was your session today?" The child can then decide what he or she feels like sharing, if anything.

Sincerely,

Megan Lukany, LCSW/CHES