



## **Therapy to Improve Children's Mental Health**

Mental, emotional, and behavioral issues in childhood can cause long-term problems that may affect the health and well-being of children, families, and communities. Treating a child's mental health challenges as soon as possible can help children reduce problems at home, in school, and in forming friendships. It can also help with healthy development into adulthood.

### ***A Brief Overview of Child Therapy***

Psychological therapy is meant to treat a mental health condition or help a child manage their symptoms so they can function well at home, in school, and their community.

When children are young, it is common for therapy to include the parent. Sometimes therapists work with the parents alone. Older children may meet with a therapist alone as well. Some types of treatment include working with the whole family or other significant adults in the child's life (for example, a teacher).

Parent-focused approaches typically mean that parents talk with the therapist about the child's behavior and feelings. Psychological therapy with children can include talking, playing, or other activities to help the child express feelings and thoughts. Therapists may also observe parents and children together and then make suggestions for finding different ways to react.

Psychological therapy for children can be done one-on-one or in groups. Sometimes, a combination of treatments is the most effective for helping a child.

For the most common childhood conditions, like ADHD, behavior disorders, anxiety, or depression, approaches using behavior therapy and cognitive-behavior therapy are more likely to reduce symptoms. Still, there is limited information about which type of therapy is best for treating each specific childhood mental disorder.

**Based on the scientific evidence available, different child focused therapies seem to work well for different types of problems:**

ADHD  
Disruptive behavior disorders  
Depression  
Anxiety  
PTSD

**For more information or to schedule an appointment contact:**

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**In person child therapy appointments available Saturdays 10:00 a.m. – 1:00- p.m.**