

Approaches for Building Trust

In all interactions, do what you say you are going to do! Manage expectations with all stakeholders. Seek to understand and then be understood.

WHO	HOW to build Trust
The Kiddos	<p>Consistent Routine: Establish a predictable routine for therapy sessions, so children know what to expect. Consistency helps children feel safe and secure, fostering trust.</p> <p>Active Listening: Show genuine interest in what the child has to say by actively listening and responding to their thoughts and feelings. This validates their experiences and builds a trusting relationship.</p> <p>Positive Reinforcement: Use praise and rewards to reinforce positive behavior and achievements. This encourages children to engage in therapy and trust that their efforts are recognized and valued.</p> <p>Play to Their Strengths: Tailor activities to the child's interests and preferences. By incorporating their favorite games, hobbies, or characters, therapists can make sessions more enjoyable and build rapport.</p> <p>Empathy and Understanding: Demonstrate empathy by acknowledging the child's emotions and experiences. Show understanding and provide comfort when they are upset or anxious.</p> <p>Clear Communication: Use age-appropriate language and explain the purpose of activities and exercises. Children are more likely to trust the process when they understand what is happening and why.</p>
Parents	<p>Transparent Communication: Keep parents informed about their child's progress. Partner with parents on any changes to the therapy plan. Listen – seek to understand. Focus on honest communication which builds trust and confidence.</p> <p>Active Involvement: Involve parents in the therapy process by inviting them to observe sessions, participate in activities, and contribute to goal-setting. Their active participation fosters trust and collaboration.</p> <p>Empathy and Support: Show empathy towards parents by inquiring about and acknowledging their concerns and challenges. Provide support and reassurance, making them feel understood and valued.</p>

	<p>Education and Resources: Offer educational materials, workshops, and resources to help parents understand the therapy process and how they can support their child at home. Knowledge empowers parents and builds trust in the therapist's expertise.</p> <p>Personalized Feedback: Provide specific and personalized feedback on their child's progress and behavior. Highlighting both strengths and areas for growth helps parents trust the therapist's insights and recommendations.</p> <p>Consistency and Reliability: Be consistent and reliable in scheduling sessions, following through on commitments, and being punctual. Dependability builds trust and respect.</p>
Therapists	<p>Create Opportunities for Therapists to ADD VALUE: Each therapist has unique gifts and talents. Get to know what these are and find ways for each therapist to uniquely make a difference with their kiddos.</p> <p>Let Them Know they are VALUED: Regularly acknowledge and appreciate the hard work and achievements of your therapists. Public recognition and private thanks go a long way in building trust and morale.</p> <p>Open Communication Channels: Establish and maintain open communication channels where therapists feel comfortable sharing their thoughts, ideas, and concerns. Regular team meetings and one-on-one check-ins can help facilitate this.</p> <p>Professional Development Opportunities: Provide ongoing professional development opportunities, such as workshops, courses, and conferences. Showing commitment to their growth builds trust in your investment in their careers.</p> <p>Transparent Decision-Making: Involve therapists in decision-making processes, especially those that affect their work. Transparency in how decisions are made builds trust and a sense of ownership.</p> <p>Supportive Work Environment: Create a supportive work environment where therapists have the resources and support they need to succeed. This includes having adequate supplies, administrative support, and a manageable caseload.</p> <p>Fair and Consistent Policies: Implement fair and consistent policies regarding workload, performance evaluations, and conflict resolution. Ensuring that policies are applied uniformly helps build trust in the fairness and integrity of the practice.</p>

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complimentary tools to help you manage your practice so it doesn't manage you.