

Information for Parents/Carers of Children Attending Counselling



Having your child attend counselling sessions can be daunting for you as a parent/carer. This information is designed to help answer any questions you may have about the process and how you can help your young person at home.

Due to the confidentiality within counselling, you may feel that you are not being included or involved in the process with your child. Confidentiality in counselling is key in order to allow the client to be fully honest and transparent, without fear of any repercussions to what they are sharing. Confidentiality also helps to make the counselling space a safe place to be.

What is happening in the therapy room?

Your young person will be supported to open up and discuss their fears, issues, worries and concerns. This may be done through talking only, or through the use of other creative activities such as drawing, sand play, board games, question cards. The approach is tailored to the needs and interests of each individual.

The counsellor is there to listen and help the young person explore their thoughts, feelings and behaviours so that they can understand themselves more clearly.

The counsellor will not give advice or answers, but will help the young person to find their own solutions and answers to what they want to understand and change.

What you may notice.

Therapy supports clients to explore deep feelings and emotions, which many people, children especially, can find hard to verbalise. You may see different behaviours in your young person as they process what they are talking about. They may be:

- More emotional than usual;
- Show more anger or aggression as they process challenging situations;
- Ask more questions about family/experiences/circumstances as they try to process and understand the facts of situations;
- May need more attention from you than usual, or may withdraw more, needing some quiet space and time.

How you can support.

You can help your young person during their time in counselling through some of the following ways:

- Respect their right to confidentiality and privacy regarding their counselling;
- Let them tell you about their therapy if/when they are ready. Try not to ask them direct questions;
- Listen to them if they want to talk and acknowledge their feelings;
- Be honest with them in any discussions that you have. They are asking questions or seeking more information for a reason.
- Show them that they are safe and secure with you at home, give them reassurance that they are safe.
- Give them space if that is what they are seeking, but whilst keeping a keen interest in their wellbeing.

Further information can be found on my website, including a document outlining the benefit of counselling for children and young people. www.dragonflycounsellingservice.co.uk or on my Facebook page. Please do feel free to get in touch if you have any questions.