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Psychotherapy for Children and Adolescents: Psychotherapy may involve an individual child, a group of children, a family, or multiple families. In children and adolescents, playing, drawing, building, and pretending, as well as talking, are important ways of sharing feelings and resolving problems. As part of the initial assessment, a qualified mental health professional or child and adolescent psychiatrist will determine the need for psychotherapy. Psychotherapy is often used in combination with other treatments medication, behavior management, or work with the school. The relationship that develops between the therapist and the patient is very important. The child or adolescent must feel comfortable, safe, and understood. Psychotherapy helps children and adolescents in a variety of ways. They receive emotional support, resolve conflicts with people, understand feelings and problems, and try out new solutions to old problems. Goals for therapy may be specific change in behavior, improved relations with friends or family , or more general less anxiety, better self-esteem. The length of psychotherapy depends on the complexity and severity of problems. Parents should ask the following questions about psychotherapy: Why is psychotherapy being recommended? What results can I expect? How long will my child be involved in therapy? How frequently will the doctor see my child? Will the doctor be meeting with just my child or with the entire family? How much do psychotherapy sessions cost? How soon can we expect to see some changes? A child and adolescent psychiatrist will be able to provide you with answers to your questions and concerns. Child and adolescent psychiatrists and other child mental health professionals are specifically trained and skilled to provide psychotherapy to children and adolescents. Your support will help us continue to produce and distribute Facts for Families, as well as other vital mental health information, free of charge. You may also mail in your contribution. Box , Washington, DC The American Academy of Child and Adolescent Psychiatry AACAP represents over 9, child and adolescent psychiatrists who are physicians with at least five years of additional training beyond medical school in general adult and child and adolescent psychiatry. Hard copies of Facts sheets may be reproduced for personal or educational use without written permission, but cannot be included in material presented for sale or profit. Facts sheets may not be reproduced, duplicated or posted on any other website without written consent from AACAP. If you need immediate assistance, please dial

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