

SUPPORTING YOUR YOUTH IN THERAPY

WHAT IS COGNITIVE BEHAVIORAL THERAPY?

KEY POINTS:

Emphasis on collaboration:

Collaborative therapeutic relationship in which the therapist, client, and caregivers work together as a team to identify and change maladaptive cognitions and behaviors, incorporate each client's unique background.

Empowering

Caregivers are the experts of their child. Therapists help with technical expertise. Including teaching skills to change behaviors and unhelpful thoughts.

Problem Solving:

The focus of CBT is goal-oriented, with an emphasis on the present. Unlike some other talking treatments, it focuses on 'here and now' problems and difficulties.

Thoughts and Behaviors

Many mental health problems are based in part on unhelpful ways of thinking and learned patterns of unhelpful behavior. Addressing thoughts, feelings and behaviors is effective

RESOURCES

Websites

<https://infoaboutkids.org/>

Geared toward parents and educators the site covers common parenting concerns, such as sleep difficulties, drug and alcohol use, etc.

<https://www.apa.org/topics/parenting/resilience-tip-tool>

"Developed by APA's Children, Youth, and Families Office and its Office on Socioeconomic Status, this site provides parents and caregivers with tips on how to boost children's resilience in the face of adverse experiences"

<https://effectivechildtherapy.org/>

"Provide parents and other caregivers with easy-to-access, comprehensive information on the symptoms and treatments of behavioral and mental health problems in children and adolescents."

Books

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson

How to Talk So Teens Will Listen and Listen So Teens Will Talk

Book by Adele Faber and Elaine Mazlish

YOUR ROLE

Research shows that child therapy is generally more effective when the caregivers are involved. Caregiver involvement also improves treatment adherence and attendance.

Being Transparent: discussing the present issues, what was your youth life before the issues became a concern, key stressors or events, and your goals and priorities for treatment

Check-ins: Typically sessions are 50 mins once a week. With that in mind it is important to have check-ins between the caregiver and therapist to provide accurate picture of your child's needs. As well as know the skills that your child is learning and knowing the homework.

Asking Questions: Understanding that it is okay to ask the therapist any questions that you might have or for further clarification. Research suggests that psychoeducation has a huge impact on family engagement and progress in therapy.