

## **CHILD AND INDIVIDUAL THERAPY**

Psychotherapy for children is quite different to psychotherapy for adults. Children do not understand the role of psychologists and can be threatened by being alone with them. Quite commonly, children will want their parents to be present before they trust psychologists enough to talk with them alone. It may help to give the psychologist a non-threatening name like “the talking doctor” so that children can better understand their role. Psychologists commonly adopt [play therapy](#) when they are working with children. This allows them to develop a fun and comfortable relationship with the child, and can also give the psychologist an idea of how the child is coping.

## **ADOLESCENT AND TEENAGE THERAPY**

Adolescence is a time when children learn to embrace independence and make decisions for themselves. However, with this new responsibility and freedom, many adolescents struggle psychologically. Peer pressure and sexuality can be very confusing and upsetting. Techniques used for adolescents are similar to those used for adults. Teenagers are more likely to be defiant towards the therapy. Therefore, more time and patience need to be adopted by both the psychologist and parents for the psychologist to “get through” to the adolescent and for the therapy to be effective.