What Do Child Psychology Therapy Sessions Look Like?

At Healthy Young Minds, therapy sessions are designed to be engaging, supportive, and tailored to your child's individual needs, strengths, and goals. We aim to build on your child's existing abilities while helping them develop new skills and strategies that support their everyday functioning and wellbeing.

Initial Session

The first session is usually attended by both the parent and child. This appointment focuses on getting to know your family, understanding your child's strengths and challenges, discussing goals, and beginning to build a positive relationship between your child and therapist. We also gather information about your child's development, daily functioning, family priorities, and any concerns you would like support with.

In some situations, parents may attend part or all of the first session without their child present. This can be helpful when there is sensitive information that parents would prefer to discuss privately, or when a more detailed developmental, family, medical, or behavioural history is required. The therapist will work with the family to determine the most appropriate format for the initial appointment.

Ongoing Therapy Sessions

For most school-aged children, therapy sessions are typically structured as follows:

- **First 5 minutes:** Parent, child, and therapist check in together and discuss any important updates since the previous session.
- **Next 40 minutes:** The therapist works directly with the child on their therapy goals through a range of activities, discussions, games, skill-building exercises, and practical strategies.
- **Final 5 minutes:** The parent rejoins the session for feedback, discussion of progress, recommendations, and any strategies or practice activities to support learning and development between sessions.

This structure allows children to develop a strong therapeutic relationship while ensuring parents remain actively involved and informed throughout the therapy process.

Children Under 6 Years

For younger children, particularly those under 6 years of age, parents will usually remain in the therapy room throughout the session. In many cases, therapy at this age involves a significant parent coaching component, with the therapist working closely with parents to develop strategies that can be implemented in everyday routines at home. This approach recognises that young children learn best through the support of the important adults in their lives.

What Happens During Sessions?

Depending on your child's goals, sessions may include:

- Play-based activities
- Games and interactive tasks
- Emotional regulation strategies
- Social skills development
- Problem-solving activities
- Communication skill building
- Behaviour support strategies
- Anxiety management techniques
- Confidence and self-esteem building
- Daily living and independence skills

We aim to make therapy practical, engaging, and meaningful. Treatment goals are developed collaboratively with families and reviewed regularly to ensure therapy continues to meet your child's needs.

Parents are encouraged to ask questions throughout the therapy process, and regular feedback is provided so that strategies can be carried over into home, school, and community settings. We view parents as valued members of the therapy team and work together to support positive outcomes for each child.

Healthy Young Minds

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