

How to Help Your Child Get the Most Out of Therapy

Creating the Best Environment

We know that creating a safe space is key to successful therapy. Ensuring your child has a quiet, private setting for their meetings can help them quickly build trust and comfort with their therapist. Initially, we are happy to support a parent or guardian being present if your child needs it. However, establishing an independent relationship with the therapist is a primary goal. We will work closely with you to create a collaborative plan for transitioning your child into solo sessions. This transition is essential for developing a strong therapeutic alliance, fostering trust, and ensuring their privacy in the long term.

Understanding the Pace of Therapy

It is completely understandable to desire rapid results when your child is hurting. However, sustainable change requires time.

The initial focus of therapy is establishing a strong therapeutic alliance built on trust, which is critical and can be a lengthy process. Only after this alliance is secure can we effectively begin to help children and youth slowly modify behaviors, emotional responses, and thought patterns that are hindering them. We ask parents and guardians to be patient and offer consistent support throughout this journey. Progress is unique for every child, and we are committed to providing thorough, thoughtful therapeutic support, not 'quick fixes.'



Importance of Consistency

As with any growth process, consistency is key in therapy. During the initial phase, your child's therapist will offer recommendations for session pacing. Since the success of therapy relies heavily on establishing a strong, trusting therapeutic alliance, regular attendance is vital, particularly in the beginning, to build this foundational relationship. Our experienced child and youth therapists are best positioned to determine the optimal pacing for your child's benefit, and we will work with you to integrate this schedule effectively.

Boundaries & Privacy

As we work together to support your child's mental well-being, respecting boundaries is key. It's important to honor your child's decision regarding what they choose to share with you from their sessions. Similarly, we ask you to respect the therapist's professional guidelines on information disclosure.

Our therapists prioritize your child's boundaries by moving at their pace, empowering their autonomy, and ensuring they have a strong voice throughout the therapeutic journey.



Personalized Approach

We begin every therapeutic journey by recognizing that each child and youth is unique and requires a distinct, customized approach to treatment. Our therapists are trained in a diverse range of modalities and approaches, allowing them to precisely tailor the support they provide based on your child's specific needs, personality, learning style, and receptiveness.

This commitment to personalization means the pacing of sessions and the overall duration of treatment will naturally vary among clients. While parents and guardians may have expectations about what therapy should look like, we ask that you trust that the process is designed solely for your child's best interest. Therapy is not one-size-fits-all, and respecting this individualized approach is key to success.

Completing the Therapeutic Journey

It is common for therapy attendance to drop off once progress is visible. While it may seem like the therapeutic work is complete, it is important that the client attends a formal closure session. This final meeting is essential for providing the child with a sense of resolution regarding the therapeutic relationship they've built. It also helps them feel prepared to navigate future challenges without the therapist and reinforces the skills they have acquired. Additionally, the closure session gives the therapist a final opportunity to offer comprehensive recommendations to support your child's ongoing success and optimal mental health.

We encourage you to talk to your child about therapy before you go through the intake process. It can be helpful to explain to them what they can expect when meeting with a therapist and that a therapist's job is to listen and support them, and give them helpful tools.

It is essential that you never pressure or force your child to participate in therapy. If your child expresses questions, fears, or concerns, please engage in open dialogue with them. By validating and addressing their concerns and answering their questions honestly, you help remove potential barriers and support their willingness to engage.

If your child refuses to attend therapy but you, as a parent or guardian, still need guidance and support, please contact us. We are here to help you find appropriate resources to meet your needs as a caregiver.



Please don't hesitate to contact us with any questions or concerns that you may have.

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