

Choosing the Right Therapist for Your Child's Mental Health



Noida, Uttar Pradesh Jun 17, 2023 ([Issuewire.com](https://www.issuewire.com)) - In light of the increasing recognition of mental health and psychological difficulties in children and teenagers, [Childrenplus](#), a leading child and adolescent wellbeing centre, is urging parents to carefully consider the selection of therapists for their children. With numerous options and therapy approaches available, making an informed decision is crucial for the well-being of young individuals.

Founder and CEO of [Childrenplus](#), Mr. Vishal Sharma emphasizes the significance of choosing the right

therapist: "The right therapist is essential in creating a sense of hope, applying evidence-based treatments, and helping children navigate their psychological difficulties with understanding and empathy. They provide a light at the end of the tunnel and can be worth their weight in gold."

Therapy, as defined by the National Institute of Mental Health in the USA, goes beyond mere conversation and encompasses a variety of techniques to address harmful thoughts, stress coping mechanisms, interpersonal interactions, and the application of mindfulness and relaxation. Various therapeutic modalities, such as CBT, DBT, and Acceptance and Commitment Therapy, are tailored to specific conditions like depression.

To guide parents in choosing the right therapist, [Childrenplus](#) offers the following considerations:

Recognize the distinction: Parents are not their child's therapist. Seeking specialized input from a professional with no pre-existing relationship can bridge communication gaps and provide effective behaviour management strategies.

Identify the therapist your child needs: Psychologists offer psychological therapy for children and teenagers, often conducting comprehensive assessments. Counsellors, on the other hand, adopt a person-centered approach and focus on discussing goals.

Face-to-face or online therapy: While face-to-face therapy fosters stronger therapeutic bonds, telehealth can be a viable option for specialized therapies or limited accessibility. A hybrid model, combining both in-person and online sessions, may also be suitable.

An individual therapist or part of a team: Consider larger practices with multiple psychologists, providing more options for therapy. This facilitates smoother transitions in case a therapist is unavailable or relocates.

Responsiveness of the therapist or practice: Ensure prompt responses to queries, demonstrating knowledge, empathy, and an understanding of the challenges involved in seeking help.

Dr. Amritash Rai, co-founder and the Clinical Director of [Childrenplus](#), advises: "During the first meeting, pay attention to the therapist's punctuality, the waiting area, and their preparation. A good therapist will put you and your child at ease, address concerns, and speak in simple language."

The therapeutic bond between the therapist and the child is pivotal for successful outcomes. Dr. Rai notes, "Common goals, comfort, understanding, and genuine empathy are crucial elements. If these qualities are present, the therapeutic bond likely exists."

Throughout the therapy process, a good therapist will involve the entire family, provide regular feedback, create treatment plans, and collaborate with other professionals involved in the child's care.

By choosing the right therapist through research, active communication, and feedback, parents can set their children on a path to recovery and well-being. With confidence and positivity, take the necessary step toward your child's mental health and embark on this journey together.

For more information about [childrenplus](#) and their child and adolescent wellbeing centre, visit their website at www.childrenplus.in or contact them at +91-8447449331.



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