



Types of Counseling used for children

By Holly Trask
Counseling Psychology

Cognitive Development



- Children and adults are at different stages of their cognitive development
- A child cannot understand complex ideas or things that adults can
- Because of this difference in cognitive development, different methods are used when a child goes in for counseling
- There are many different kinds of counseling
- Some are used for both children and adults but used at different levels

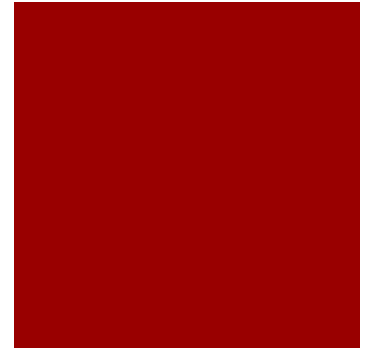
Some Different Types of Counseling

- Cognitive Behavioral Therapy (CBT)
- Dialectal Behavioral Therapy (DBT)
- Family Therapy
- Group Therapy
- Interpersonal Therapy
- Paly Therapy
- Art Therapy
- Music Therapy



Counseling used with Children

- Art Therapy
- Music Therapy
- Play Therapy
- Family Therapy
- Dialectal Therapy



Art Therapy



- What is Art therapy?
 - a type of psychotherapy that encourages the expression of emotions through artistic activities such as painting, drawing, or sculpture; psychotherapy based on the belief that the creative process involved in the making of art is healing and life-enhancing.
- It is not only for children

Art Therapy cont.



- How can it benefit a child?
 - It can help a child process and express emotions that might feel scary or difficult
 - It can be helpful for children because they do not have a large vocabulary of words or don't speak the language of the country they live in
 - Children are more creative and can draw pictures more easily than answer questions

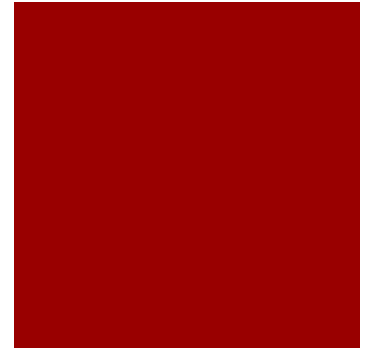
When Art Therapy can be helpful

- Death of a family member or friend
- Childhood trauma involving physical, mental, or sexual abuse
- Learning disabilities
- Emotional issues like fear of abandonment or phobias
- Deal with the challenges of serious diseases like cancer
- Help children understand and deal with physical disabilities
- Help children with Autism communicate feelings



Videos

- https://www.youtube.com/watch?v=VdF9MDt2g_uA
- https://www.youtube.com/watch?v=1srzns_Cf-c



Music Therapy

- What is Music Therapy?
 - Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.



Music Therapy cont.

- Music Therapy can help children who are behind in development
- It can help autistic children in language development and other skills
- “therapy through music establishes a contact between educators and persons with a compromised psychophysical condition, unlocking and activating communication channels that connect them with the world around, succeeding to improve the quality of life, to develop the capacity of self-control, concentration, creative expression and relaxation” (Filimon, 2014).



Benefits of Music Therapy



What are the benefits of music therapy?

- Helping a child develop their communication skills
- Promoting concentration and listening skills
- Helping the child to find ways to express feelings creatively and constructively beyond their behavior
- Facilitating parents understanding of their child's evolving needs
- Helping relationships within families grow and develop
- Providing emotional support during hospital stays for children and young people

("Music Therapy...", n.d.)

Videos



- <https://www.youtube.com/watch?v=736ubPebPzY&t=220>
- <https://www.youtube.com/watch?v=5PT9AYwpD3I> (Autism)

Play Therapy



- What is Play Therapy?
 - Play therapy involves the use of toys, blocks, dolls, puppets, drawings and games to help the child recognize, identify, and verbalize feelings.
- A therapist will watch how the children play and can identify patterns or themes from the play to understand what the child is feeling or problems

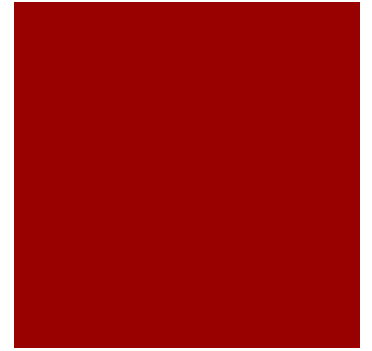
Play Therapy cont.

- It can help children better understand and manage their feelings, behaviors and conflicts
- It is one of the therapies used most by counselors (Lin & Bratton, 2015)
- “Play therapy provides children with a nonverbal and universal means of expression that allows them to bridge the gap between concrete and abstract thought” (Lin & Bratton, 2015)



Video

- [https://www.youtube.com/watch?v= 4ovwAdxCs0](https://www.youtube.com/watch?v=4ovwAdxCs0)



Family Therapy

- What is Family Therapy?
 - “focuses on helping the family function in more positive and constructive ways by exploring patterns of communication and providing support and education” (“Psychotherapies...”, 2013)
 - The child along with any family, like parents, siblings, or grandparents can all be part of the session



Different types of Family Therapy



■ **Structural Family Therapy**

- This type of Therapy is where family relationships, behaviors, and patterns are looked at in the session to evaluate the family structure

■ **Strategic Family Therapy**

- “examines family processes and functions, such as communication or problem-solving patterns, by evaluating family behavior outside the therapy session” (“Family Systems..”, 2015).

■ **Intergenerational Family Therapy**

- Looks at generational influences and behaviors. If they can identify “multigenerational behavioral patterns, such as managing anxiety, [it] can help people see that their current problems may be rooted in previous generations” ” (“Family Systems..”, 2015).

Dialectical Behavior Therapy (DBT)



- What is Dialect Behavioral Therapy?
 - This type of therapy is used with adolescents who have chronic harmful thought (suicide, self harm), engaging in self harming behaviors, and for those who have Borderline Personality Disorder
- “DBT emphasizes taking responsibility for one's problems and helps the person examine how they deal with conflict and intense negative emotions” (“Psychotherapies...”, 2013)

What are the components of DBT?



- ***DBT skills training group***

- This is where clients learn different behavior skills. It is taught like a class and the clients are given homework after learning different skills in a class that meets for approx. 2.5 hrs.

- ***DBT individual therapy***

- This part is to help motivating and helping the client apply the skills he or she learned to specific difficulties and life situations

- ***DBT phone coaching***

- This provides the client with an option to have in-the-moment coaching when needed. They can call their coach when the need help most

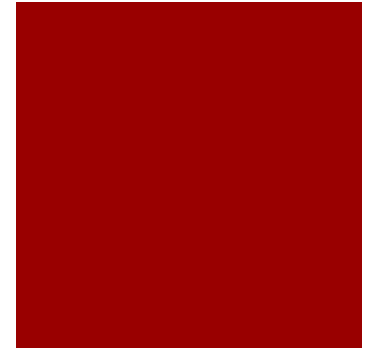
- ***DBT therapist consultation team***

- “is intended to be therapy for the therapists and to support DBT providers in their work with people who often have severe, complex, difficult-to-treat disorders. The consultation team is designed to help therapists stay motivated and competent so they can provide the best treatment possible (“What is DBT”, n.d.).

Skills taught in DBT

- **Mindfulness:** the practice of being fully aware and present in this one moment
- **Distress Tolerance:** how to tolerate pain in difficult situations, not change it
- **Interpersonal Effectiveness:** how to ask for what you want and say no while maintaining self-respect and relationships with others
- **Emotion Regulation:** how to change emotions that you want to change

(“What is DBT”, n.d.).



Video



- <https://www.youtube.com/watch?v=hDJi86n9-Rk>

References



American Music Therapy Association. (n.d.). Retrieved from <http://www.musictherapy.org/about/quotes/>

Art Therapy. (n.d.). Retrieved from [http://dictionary.reference.com/browse/art therapy?s=t](http://dictionary.reference.com/browse/art%20therapy?s=t)

Durrani, H. (2014). Facilitating attachment in children with autism through art therapy: A case study. *Journal Of Psychotherapy Integration*, 24(2), 99-108. doi:10.1037/a0036974

Family Systems Therapy. (2015). Retrieved from <http://www.goodtherapy.org/family-systems-therapy.html#>

Filimon, R. r. (2014). THE VALUE OF CONTEMPORARY MUSIC EDUCATION AND MUSICAL ANIMATION: EDUCATION FOR MUSIC, EDUCATION THROUGH MUSIC AND THERAPY THROUGH MUSIC. *Review Of Artistic Education*, (7/8), 127-132.

References

How Art Therapy Can Help Children. (n.d.). Retrieved from <http://www.arttherapyjournal.org/art-therapy-for-children.html>

Lin, Y., & Bratton, S. C. (2015). A Meta-Analytic Review of Child-Centered Play Therapy Approaches. *Journal Of Counseling & Development*, 93(1), 45-58. doi:10.1002/j.1556-6676.2015.00180.x

Music Therapy for children and young people. (n.d.). Retrieved from <http://www.chelwest.nhs.uk/services/therapy-services/music-therapy-children>

References

Psychotherapies For Children And Adolescents.
(2013). Retrieved from
http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Psychotherapies_For_Children_And_Adolescents_86.aspx

What is DBT? (n.d.). Retrieved from
<http://behavioraltech.org/resources/whatisdbt.cfm>

