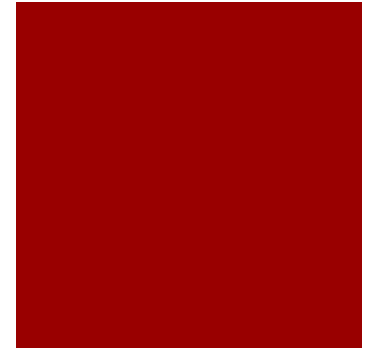




# Types of Counseling used for children

By Holly Trask  
Counseling Psychology

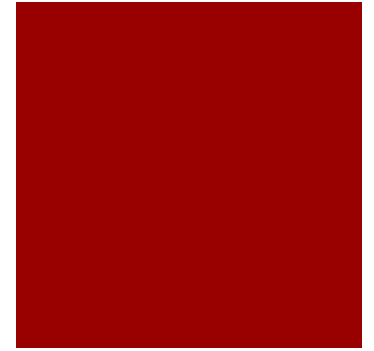
# Cognitive Development



- 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

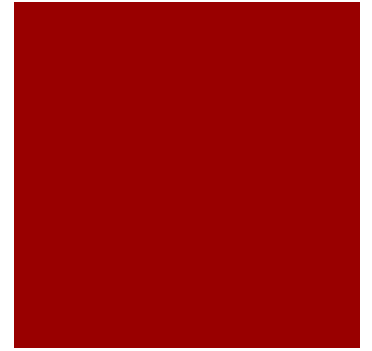
# Some Different Types of Counseling

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

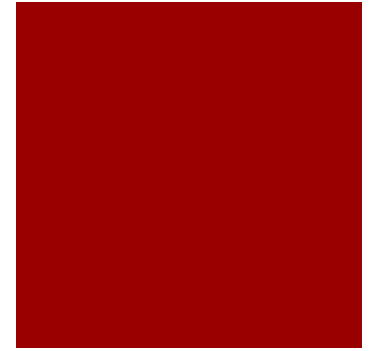


# Counseling used with Children

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

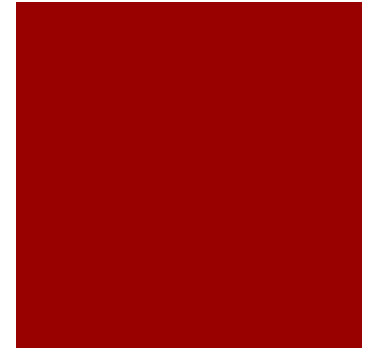


# Art Therapy



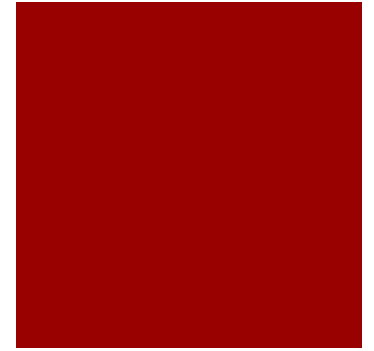
- What is Art therapy?
  - a type of psychotherapy that encourages the expression of emotions through artistic activities such as painting, drawing, or sculpture; psychotherapy based on the belief that the creative process involved in the making of art is healing and life-enhancing.
- It is not only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

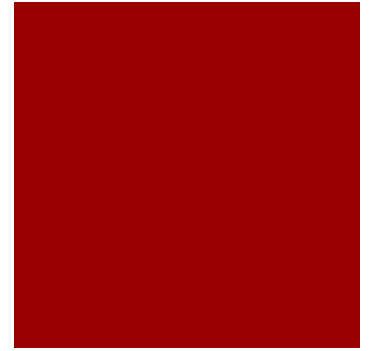
# When Art Therapy can be helpful



- 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

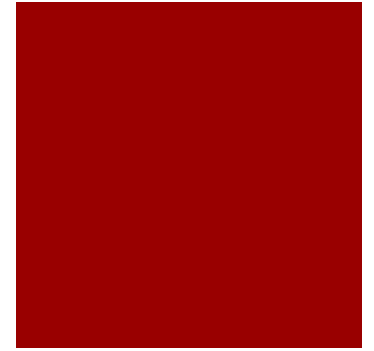
- [https://www.youtube.com/watch?v=VdF9MDt2g\\_uA](https://www.youtube.com/watch?v=VdF9MDt2g_uA)
- [https://www.youtube.com/watch?v=1srzns\\_Cf-c](https://www.youtube.com/watch?v=1srzns_Cf-c)





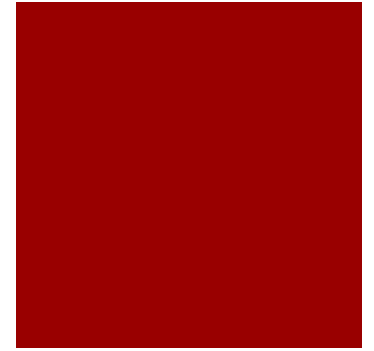
# Music Therapy

- 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.

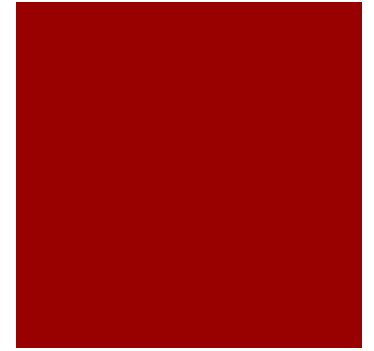


# Music Therapy cont.

- 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

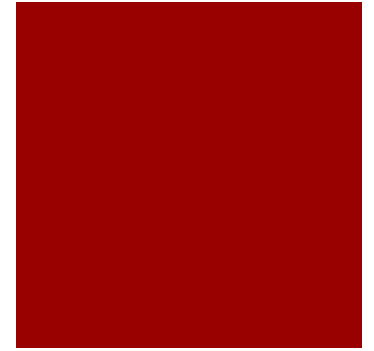


## What are the benefits of music therapy?

- 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

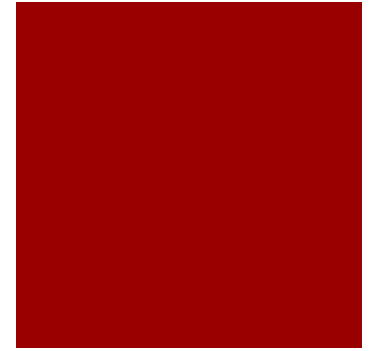
("Music Therapy...", n.d.)

# Videos



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

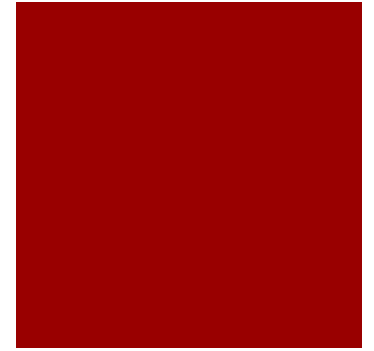
# Play Therapy



- 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

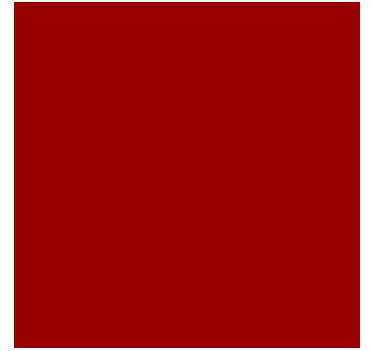
# Play Therapy cont.

- 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)



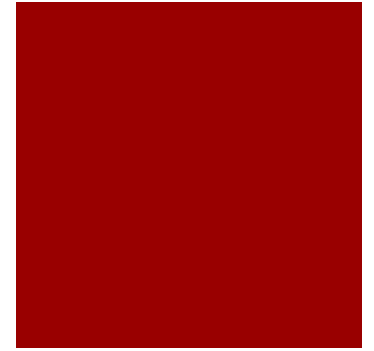
# Video

- [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

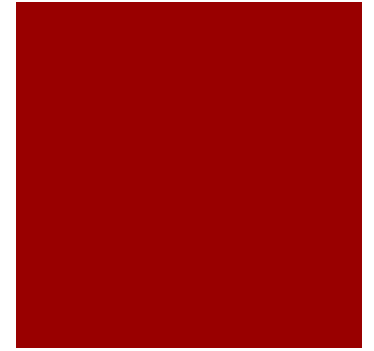
- ***DBT therapist consultation team***

- “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>

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