

## OVERVIEW

This psychological counselling service is designed for minors aged 5 years to adolescence. It offers brief counselling aimed at addressing specific issues that arise during developmental years, focusing on the emergence or persistence of certain problems. The service consists of five sessions that help establish an initial understanding of the child's psychological situation and the challenges the family is currently facing.

## AREA OF FOCUS:

Anger and aggression in children, separation difficulties, behavioral disorders, emotional dysregulation, isolation or withdrawal, Enuresis and encopresis, Disorders related to eating and food-related interactions, Conflicts with friends/ siblings, anxiety, adoption, School and exam anxiety-related issues, Family stress situations caused by significant events, such as bereavement, major illness, or parental separation and its ensuing challenges

Age+ 5 till teens

## WHAT TO EXPECT

### 1. Parent Intake Interview:

The initial meeting involves a discussion with the parents to understand the reasons for seeking consultation for their child. We will explore the current situation, any concerning behaviors, and specific worries the parents may have. We will also gather relevant background information, known as anamnesis, and we will guide the parents on how to communicate with their child about the upcoming consultation with a clinical psychologist or psychotherapist to ensure the child is aware and understands the process.

### 2. First Meeting with the Child:

This initial meeting includes an informal interview with the child, observation of their behavior, and free play time. The goal is to help the child gradually adapt to the clinical environment, which differs from their usual experiences when visiting a doctor. This session also serves as an opportunity to collect preliminary information through participating observation.

### 3. Second Meeting with the Child:

In this session, paper-and-pencil tests such as the DAP (Draw a Person) and the DAF

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(Draw a Family) will be administered. These widely used tests aid in the diagnostic process and screening of children.

#### 4. Third Meeting with the Child:

The Children's Appreciation Test (CAT) will be conducted during this meeting.

#### 5. Restitution session

The clinician will share the results of the assessments with the parents and provide guidance on the next steps to take. The purpose of the restitution session is to share with the parents my clinical observation, and some explanations about the kid's behavior and set up the next steps to run.

### SESSION FORMAT

**Frequency:** Once a week for 5 weeks in total

**Duration:** 50 minutes per session

**Parent Intake (First Session) and Restitution (Final Session):** For parents only. These sessions can be conducted in person or online.

**Sessions Involving the Child:** Must be in person to ensure therapeutic effectiveness and proper observation.

### OUR APPROACH

This approach focuses on understanding a child or teen in the context of their whole life — their feelings, thoughts, family, school, and relationships.

The goal is to understand what's behind the symptoms and support healthy emotional growth

