

WITHDRAWAL

Withdrawn children frequently refrain from social activities in the presence of peers. The lack of social interaction in childhood may result from a variety of causes, including social fear and anxiety or a preference for solitude. From early childhood through to adolescence, socially withdrawn children are concurrently and predictively at risk for a wide range of negative adjustment outcomes, including socio-emotional difficulties (e.g., anxiety, low self-esteem, depressive symptoms, and internalizing problems), peer difficulties (e.g., rejection, victimization, poor friendship quality), and school difficulties (e.g., poor-quality teacher-child relationships, academic difficulties, school avoidance).

Your child and their therapist will meet together weekly for 55-minute sessions. Therapy is best done with at least an 8-week commitment. We find that clients who cannot commit to at least 8 weekly sessions and meet less than weekly tend to have more difficulty in establishing a relationship with their therapist and often spend their sessions recapping the previous weeks instead of focusing on forward movement. After 8 weekly sessions, you and your therapist can discuss the movement toward your treatment goals and whether reducing sessions to biweekly or terminating therapy is the next step.