

Trauma/Abuse

What The Counseling Process Looks Like

Trauma Counseling for children and teens is meant to help your child build coping skills to be able to handle negative experiences and emotions. Together with a counselor, your child will strive to identify safety and stability in the world around them so they can move past things that trigger their trauma. They will discover ways to feel more connected to friends and family even when situations scare them or cause them anxiety.

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.