

## **SCHOOL CONCERNS**

### **What The Counseling Process for Children Looks Like**

Behavioral Counseling for children and teens is meant to help your child build coping skills to be able to handle negative experiences and emotions at home and at school. Together with a counselor, your child will strive to identify where their behavior issues come from, so they can work toward a more calm life. They will discover ways to keep their cool even when situations typically tend to make them act out.

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