

HOW TO SUPPORT YOUR CHILD WHILE HE OR SHE IS IN COUNSELLING

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A Guide For Parents

Many parents have questions about the counselling process and the work that their children are doing in counselling. Here is some information about the counselling process, and some guidelines for parents on how to support their child(ren) while they are in counselling.

Information about Counselling

The counselling process is an individual one and is different for each child. As a counsellor, Brenda respects the child's need to go at their own pace while providing a therapeutic environment. Children express their feelings in a number of different ways, including talking, art, play, and writing. Counselling may incorporate any or all of these methods.

While the child's therapeutic process is individual, children generally do not heal in isolation. Parents/caregivers are often the most important people in a child's life. Therefore, their support and involvement in the child's process is of vital importance, and regular meetings with the counsellor are necessary to explore parenting issues and other issues which may be affecting the child.

What is Confidentiality?

Confidentiality means that what a child talks about and shares in session is private between the counsellor and the child. This is one of the most important components of counselling, because it gives the child the choice about whom they share information with. The exception to this is when a child discloses abuse or is in physical danger.

Guidelines

1. Do bring your child regularly. Consistency of attendance is of extreme importance in order for the child and counsellor to develop a safe and trusting therapeutic relationship.
2. Do not question a child regarding his/her counselling session.
3. Do not press a child to attend counselling or to talk about particular issues with a counsellor. The child will address issues as they feel safe and ready to do so, or they may be addressing them in other ways, i.e. through play or art. pressure from a parent/caregiver may place undue stress on a child and may in fact be detrimental to the counselling process.
4. Do support your child as they courageously face their issues in counselling.
5. Do be open to participating in counselling yourself.

These are general guidelines only. You and your counsellor can discuss these in depth and develop a plan about how you can best be of support to your child in counselling.