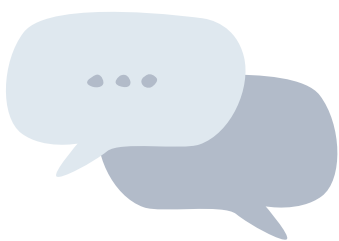




WHAT TO EXPECT DURING CHILD OR ADOLESCENT INDIVIDUAL THERAPY

INTAKE INTERVIEW

1 SESSION (50 MINUTES)



The psychologist meets with caregiver(s) and/or the child or adolescent to obtain important background information and discuss their concerns and goals. The type of therapy and treatment recommendations are reviewed.

INDIVIDUAL THERAPY

6-12 SESSIONS OR LONGER
(50 MINUTES EACH)



The psychologist meets with the child or adolescent for follow-up sessions. The first few sessions often involve assessment including the use of questionnaires to rate baseline levels of anxiety or mood symptoms. It is recommended that parents attend the last 15 minutes of session to review what we discussed and coping strategies. At times, older children and adolescents prefer caregivers not attend the end of the session in order to maintain their confidentiality. The total number of sessions required for therapy is dependent on the presenting issues.

DISCHARGE

1 SESSION (50 MINUTES)



When therapy comes to an end, it is recommended that we have a discharge session where we review the strategies that have been helpful, the progress made to date, and set goals to continue working on at home.
