



# Preparing for your first therapy *Session.*

## Overview

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**Congratulations on making the decision to improve your child's mental health with therapeutic counseling!**

**If you are scheduled for your child's first play therapy, talk therapy or parent-child interaction session, here's what to expect:**

**First, take a nice, long deep breath. The therapists at Star Psychology are here to help you navigate all of your concerns and help find solutions that lead to a more fulfilling life for your family.**

**Your therapist will start by building rapport with your child. This means, we want to get to know them and their interests. It's important to explore their likes and dislikes, and also helps through our conversation to determine that they are a good fit together.**

**We'll also talk to the adults a bit too. Be prepared to share what brings you to therapy, any challenges or stressors you are aware of, and what the goals for your family are.**

## How do we see *therapy?*

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**We see therapy as taking a walk through life together. So, imagine we are taking a brisk walk all together on a path by Lake Hollingsworth. Just as with life, there can be many distractions on this walk. Things that may catch your interest, may frighten you or other things you may want to completely avoid. As your walking partner, we want to help create a safe place for you to explore this experience, highlighting things that we notice along the way that may be beneficial for your journey, or "walk" through life.**

Our therapists are trained to work with our families as close units. We want to help parents understand their children's journey and learn to wonder with them.

## What else can I *expect?*

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Our first session will also discuss treatment modalities, such as play therapy, cognitive behavior therapy and / or PCIT.

Our therapists will take some time to observe and take notes about what is noticed in the intake session, and how we can use these strengths to reach our treatment goals.

In some cases, you may be asked to complete an assessment for your child. These are brief assessments that help your therapist understand your concerns and goals for treatment.

We'll explain proposed treatment plans, length of treatment, and outcomes that we work towards together.

You may be given daily care or homework to assist in the counseling process. These optional tasks help ensure what is discussed, learned, and practiced in therapy can be generalized to the home and school settings.