

**How to Support Your Child While He/She is in Counselling:  
A Guide For Parents**

Many parents have questions about the counselling process and the work that their children are doing in counseling.

**What is the Counselling Process?**

The counselling process is individual and is different for each child. The counsellor 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. In order to provide the best service to your child, we encourage parents to be involved in the counselling process. We encourage parents to book individual appointments in order to provide information and receive updates in their child's therapeutic progress. Parenting issues and strategies can also be discussed during these sessions.

Parents can join the session with the child when it has been discussed with the therapist and deemed appropriate. This can be an effective way to clarify counselling goals, promote a team approach and work on family issues. Phone consultations with parents are possible but they must be scheduled and will be charged according to the regular hourly fee. Please schedule individual appointments to discuss any issues that require more than 5 or 10 minutes.

**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 who they share information with. The exception to this is when a child discloses abuse or is in physical danger.

**Guidelines**

1. Consistency of attendance is important in order for the child and counselor to develop a safe and trusting therapeutic relationship.
2. Do not question a child regarding his/her counselling session. Let your child know that they can share what they want, but can choose not to share anything.
3. Do support your child as they courageously face their issues in counselling.
4. Do be open to participating in counselling yourself.