



HEALING  
minds  
Behavioral Health  
Child, Adolescent, Family Counseling

## Child and Adolescent Counseling

### What are signs my child needs help?

Some children "bounce back" quickly after trauma(s). However, depending on various factors, many children develop post-traumatic stress symptoms. These symptoms might include:

- Nightmares or trouble sleeping
- Trouble concentrating
- Being jumpy or startling easily
- Avoiding reminders of what happened, or getting very upset when thinking about it
- Frequent stomachaches or headaches
- Becoming moody or irritable
- Withdrawing or losing interest in things
- Behavior problems
- Frequent and sudden changes in mood
- Trouble getting along with others
- Re-enacting what happened with toys, or bringing it up over and over
- "Freezing up" or seeming "spaced out"
- Decreased sense of self or self-esteem
- Trouble expressing normal range of emotions

If your child is showing changes in mood, behavior, or personality following a traumatic experience(s), they may need help to cope with what has happened and begin to heal.

*These symptoms or behaviors, if left untreated, may impede in the child's normal developmental process.*

### Stages of therapy

#### Assesment Phase 1-4 Sessions

During the first few sessions, the therapist meets with the parent/caregiver and child/adolescent in order to obtain a comprehensive history of the individual and the presenting problem(s). Goals for the intervention phase are discussed and set according to the individual's/family's needs and concerns, as well as the therapist's conceptualization of the problem.

#### Intervention Phase 12-16 Sessions

During this phase, the therapist uses techniques and strategies discussed earlier during assessment to help the client identify, evaluate, and change maladaptive cognitions and engage in helpful adaptive behaviors. The "meat" of treatment happens here.

#### Termination Phase 2-3 Sessions

During the last few sessions, the therapist explores and addresses the client's concerns and feelings about ending therapy. Clients are reminded that they now have a repertoire of helpful strategies to cope with future times of stress and difficulties. The therapist helps the client identify difficult situations which they may experience in the foreseeable future and discusses possible coping methods during such times.

Children can and do recover from traumatic events, and you play an important role.

### A CRITICAL PART OF CHILDREN'S RECOVERY IS:

- having a supportive caregiving system
- access to effective treatments
- service systems that are trauma informed.

About **one in four** children in the general population will experience a traumatic event before the age of 16 (National Child Traumatic Stress Network, 2008).

"I am strong"

"I have people in my life who care about me"

"I am a good kid who had a bad thing happen"

"It's not my fault"



 **HEALING**  
**minds**  
Behavioral Health

**Restoring  
Hope.  
Building  
Futures.  
Compassionate  
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