

Frequently Asked Questions (FAQ)

Therapy for Very Young Children



Q: What should I expect when my child is in therapy?

A: The first appointment is about getting to know your child and their needs. This is called an assessment. You and your child will meet with a therapist where they will ask questions such as:

1. What are your concerns?
2. When did the concerns start?
3. What is your child's developmental history (including prenatal development)?
4. What is the family history with mental health?
5. History with exposure and experience of trauma?
6. Strengths of your child/family?
7. Family culture?

Once the therapist has the information, they can determine if your concerns are within the normal range of child behavior or if therapy would be indicated.

Q: I have a lot of information to share that I don't want my child to hear.

A: The therapist will understand that there is some information that is not age-appropriate to be shared in front of your child. In those situations, it is okay to say, "I have more information that I would like to share privately."



Q: The therapist just plays with my child.

A: Children often do not have the words to share their experiences and needs but do express their thoughts/feelings through play. While it looks like play, it is hard work that they are doing. Through play, the therapist is also working to increase your child's capacity to regulate their emotions. The therapist also models for the parent how to respond to their child's play and helps explain what their child's play could mean.

Q: Therapy looks like it is just fun activities. How do I know that they are addressing the needs of my child?

A: Therapists are trained to help children to express their thoughts/feelings. While it may be fun for your child, therapeutic work is also occurring.

Q: It is my child that needs help. Why do I need to go to therapy with them?

A: As a parent, you are the most important person in your child's life. Therapy is usually only an hour/week, and you have your child the remainder of the time. Joining your child's therapy helps you understand what is occurring for your child and helps strengthen the parent/child bond. Your role in this process is to support your child's healing by staying connected with the therapist.

Q: My child has experienced trauma in their life. Why aren't they talking about it?

A: Children process trauma differently. Play is often where they begin to make sense of what has occurred in their life. As a parent, you may be brought into the session to help give them words and meaning. But you and the therapist will determine when your child is ready for this step.





Q: How will I know when my child is done with therapy?

A: Goals are set by the parent and child by talking to the therapist about what they are hoping to see change. The therapist will come up with a plan to address these issues and you will give feedback along the way on where you are at in meeting those goals.

Q: How will I know if the therapist is the right one for my child?

A: It is okay for you to ask the therapist what their qualifications are for working with your child.

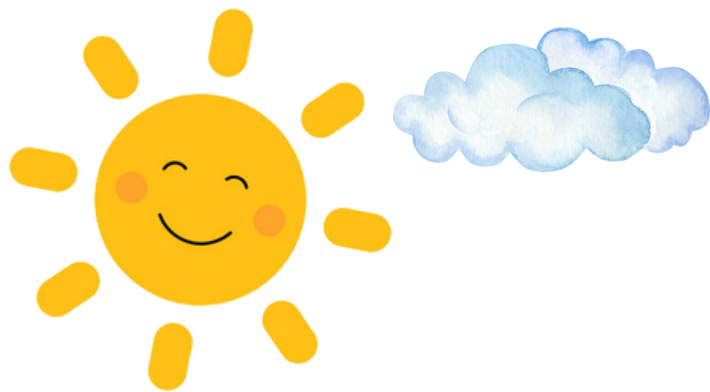
Q: My child has a diagnosis. Will they have it for the rest of their lives?

A: When a child comes into therapy, we do need to determine if there is medical necessity for services. That often means that there is a diagnosis, but that does not necessarily mean that they will have it for the rest of their lives. When your child comes in for therapy, the therapist looks at your child wholistically and what is occurring at that moment in time. Therapy addresses those issues at that moment to resolve symptoms.

Q: Will my child get better?

A: Therapy works! That said, your role is important to success. It is important to attend therapy consistently and work with the therapist to implement strategies that work for your child.





**Q: Why is the therapist asking so many questions about me?
Shouldn't they just be focusing on my child?**

A: While this may be uncomfortable for you as a parent, the information is an important tool for understanding your child and your family culture. By gathering information about your family history and your parenting style, the therapist can identify how best to support you in your parenting, which supports your child.

**Q: But my child is so young. Should I wait until they get a bit older to
decide if it is a real problem?**

A: You are taking a brave step for your child's emotional health. Experts now know that it is better to address concerns and problems early or when they first happen so that bigger, more concerning behaviors do not develop once they enter kindergarten.



English

You can get this letter in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 855-722-8205 or TTY 711. We accept relay calls.

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You can get help from a certified and qualified health care interpreter.

Spanish

Puede obtener este documento en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 855-722-8205 o TTY 711. Aceptamos todas las llamadas de retransmisión.

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Usted puede obtener ayuda de un intérprete certificado y calificado en atención de salud.

Russian

Вы можете получить это документ на другом языке, напечатанное крупным шрифтом, шрифтом Брайля или в предпочитаемом вами формате. Вы также можете запросить услуги переводчика. Эта помощь предоставляется бесплатно. Звоните по тел. 855-722-8205 или TTY 711. Мы принимаем звонки по линии трансляционной связи.

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Вы можете получить помощь от аккредитованного и квалифицированного медицинского переводчика.

Vietnamese

Quý vị có thể nhận tài liệu này bằng một ngôn ngữ khác, theo định dạng chữ in lớn, chữ nổi Braille hoặc một định dạng khác theo ý muốn. Quý vị cũng có thể yêu cầu được thông dịch viên hỗ trợ. Sự trợ giúp này là miễn phí. Gọi 855-722-8205 hoặc TTY (Đường dây Dành cho Người Khiếm thính hoặc Khuyết tật về Phát âm) 711. Chúng tôi chấp nhận các cuộc gọi chuyển tiếp.

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Quý vị có thể nhận được sự giúp đỡ từ một thông dịch viên có chứng nhận và đủ tiêu chuẩn chuyên về chăm sóc sức khỏe.

Arabic

يمكنكم الحصول على هذا وثيقة بلغات أخرى، أو مطبوعة بخط كبير، أو مطبوعة على طريقة برايل أو حسب الصيغة المفضلة لديكم. كما يمكنكم طلب مترجم شفهي. إن هذه المساعدة مجانية. اتصلو على 855-722-8205 أو المبرقة الكاتبة 711. نستقبل المكالمات المحولة.

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يمكنكم الحصول على المساعدة من مترجم معتمد ومؤهل في مجال الرعاية الصحية.

Somali

Waxaad heli kartaa warqadan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee Braille ama qaabka aad doorbidayso. Waxaad sidoo kale codsan kartaa turjubaan. Taageeradani waa lacag la'aan. Wac 855-722-8205 ama TTY 711. Waa aqbalnaa wicitaanada gudbinta.

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Waxaad caawimaad ka heli kartaa turjubaanka daryeelka caafimaadka oo xirfad leh isla markaana la aqoonsan yahay.

Simplified Chinese

您可获取本文件的其他语言版、大字版、盲文版或您偏好的格式版本。您还可要求提供口译员服务。本帮助免费。致电855-722-8205 或TTY 711。我们会接听所有的转接来电。

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您可以从经过认证且合格的医疗口语翻译人员那里获得帮助。

Traditional Chinese

您可獲得本信息函的其他語言版本、大字版、盲文版或您偏好的格式。您也可申請口譯員。以上協助均為免費。請致電855-722-8205 或聽障專線 711。我們接受所有傳譯電話。

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您可透過經認證的合格醫療保健口譯員取得協助。

Korean

이문서는 다른 언어, 큰 활자, 점자 또는 선호하는 형식으로 받아보실 수 있습니다. 통역사를 요청하실 수도 있습니다. 무료 지원해 드립니다. 855-722-8205 또는 TTY 711에 전화하십시오. 저희는 중계 전화를 받습니다.

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공인 및 자격을 갖춘 의료서비스 전문 통역사의 도움을 받으실 수 있습니다.

Chuukese

En mi tongeni angei ei taropwe non pwan ew fosun fenu, mese watte mak, Braille ika pwan ew format ke mwochen. En mi tongeni pwan tingor emon chon chiaku Ei aninis ese fokkun pwan kamo. Kokori 855-722-8205 ika TTY 711. Kich mi etiwa ekkewe keken relay.

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En mi tongeni kopwe angei aninis seni emon mi certified ika qualified ren chon chiaku ren health care.

Ukrainian

Ви можете отримати цей довідник іншими мовами, крупним шрифтом, шрифтом Брайля або у форматі, якому ви надаєте перевагу. Ви також можете попросити надати послуги перекладача. Ця допомога є безкоштовною. Дзвоніть по номеру телефону 855-722-8205 або телетайпу 711. Ми приймаємо всі дзвінки, які на нас переводять.

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Ви можете отримати допомогу від сертифікованого та кваліфікованого медичного перекладача.

Farsi

می‌توانید این نامه را به زبان‌های دیگر، درشت‌خط، بریل یا قالب ترجیحی دیگری دریافت کنید. می‌توانید مترجم شفاهی نیز درخواست کنید. این کمک رایگان است. با 855-722-8205 یا TTY 711 تماس بگیرید. تماس‌های رله را می‌پذیریم.

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می‌توانید از یک مترجم شفاهی دارای گواهی و باکفایت در زمینه بهداشت و

Swahili

Unaweza kupata herufi hii kwa lugha zingine, kwa herufi kubwa, kwa lugha ya maandishi kwa vipofu au namna yeyote unayopendelea. Unaweza pia kuomba mkalimani. Msaada huu ni wa bure. Piga 855-722-8205 au TTY 711. Tunakubali simu za kupitisha ujumbe.

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Unaweza pata usaidizi kutoka kwa mkalimani wa huduma ya afya aliyeidhinishwa na aliyehitimu.

Burmese

ဤစာကို အချားဘာသာစကားမ်း၊ ပံ့ပိုးပေးလုံးဖုန်း၊ မ်ကျမင်းအကြံက ဘေးရန်လုံ
သုံ၊ မဟုတ် သင့်မိုးစွာည ပုံစံဖုန်း ရယူနိုင်ပါသည်။ သင့်ည စကားပုံစံစဉ်းလည်း ဝေ
တာင်းဆိုင်ပါသည်။ ဤအကူအညီသည် အခမဲ့ဖြစ်ပါသည်။ 855-722-8205 သုံ၊ မဟု
တ် 711 ကို ဖုန်းဆက်ပါ။ ထည့်သွင်းဆိုင်မီးမီးကို ကြည့်ပါ။ လက်ခံပါသည်။

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သင့်ည သင့်နားဆင်းလက်တွင်း အရည်ခင်းပါသည် က်နားမေးရေး စောင့်ကြည့်စွာ စ
ကားပုံစံစဉ်းလည်း အကူအညီရယူနိုင်ပါသည်။

Amharic

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በነጻ ነው። ወደ 855-722-8205 ወይም TTY 711 ይደውሉ። የሪሌይ ጥሪዎችን እንቀበላለን።

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ፍቃድ ካለው እና ብቃት ካለው የጤና እንክብካቤ አስተርጓሚ ድጋፍ ማግኘት ይችላሉ።

Romanian

Puteți obține această scrisoare în alte limbi, cu scris cu litere
majuscule, în Braille sau într-un format preferat. De asemenea, puteți
solicita un interpret. Aceste servicii de asistență sunt gratuite. Sunați la
855-722-8205 sau TTY 711. Acceptăm apeluri adaptate persoanelor
surdomute.

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Puteți obține ajutor din partea unui interpret de îngrijire medicală
certificat și calificat.