

What Therapy Really Is

It isn't the child's job to behave in a way that the adults would label participating- or not- in therapy. It's the therapist's job to continually come back to safety as the treatment.

Your child's nervous system is longing to rest into safety and connection. Talking about, or playing out themes, that are related to the reason the child is in therapy is such a very small component of what therapy actually is.

Behaviors often mislabeled as not participating:

- Not talking
- Talking about 'unrelated' topics
- Only playing
- Playing in a way that isn't obviously therapeutic
- No obvious changes happening in or outside therapy room

Therapy Is...



learning to trust safety



learning to trust relationship



the bravery of walking through that door week after week



experiencing new rhythms in relationship by playing balloon volleyball



learning to tolerate the closeness of relationship while playing a year's worth of Uno



learning to trust there is nothing wrong with me



in the moment I see the therapist's delight to see me in the waiting room



having a deep relationship with someone who has no agenda- no expectation that I show up in a certain way or change



"It is the therapist's responsibility to make sure they are approaching sessions from a space of nonjudgmental, agendaless presence."

-BONNIE BADENOCH

Therapy happens in tiny moments of being with, built up over time, at exactly the right pace for your child.

HOW DO YOU KNOW IT'S THE RIGHT PACE?

IT'S THE PACE SET BY YOUR CHILD



If your child is refusing to talk about traumatic or hard content, it's because they don't have the safety in their nervous system to tolerate bringing those memories to mind.

It's the therapist's job to make sure they show up to sessions with their whole brain and whole body, offering the opportunity to co-create a **WE.**

It is not the therapist's job to ensure that the client participates, acts a certain way, or even changes.

The only person in charge of the pace of finding and creating safety in their nervous system is *your child* and it's our job to believe that it is happening at the perfect pace.

read more at RobynGobbel.com/childintherapy

