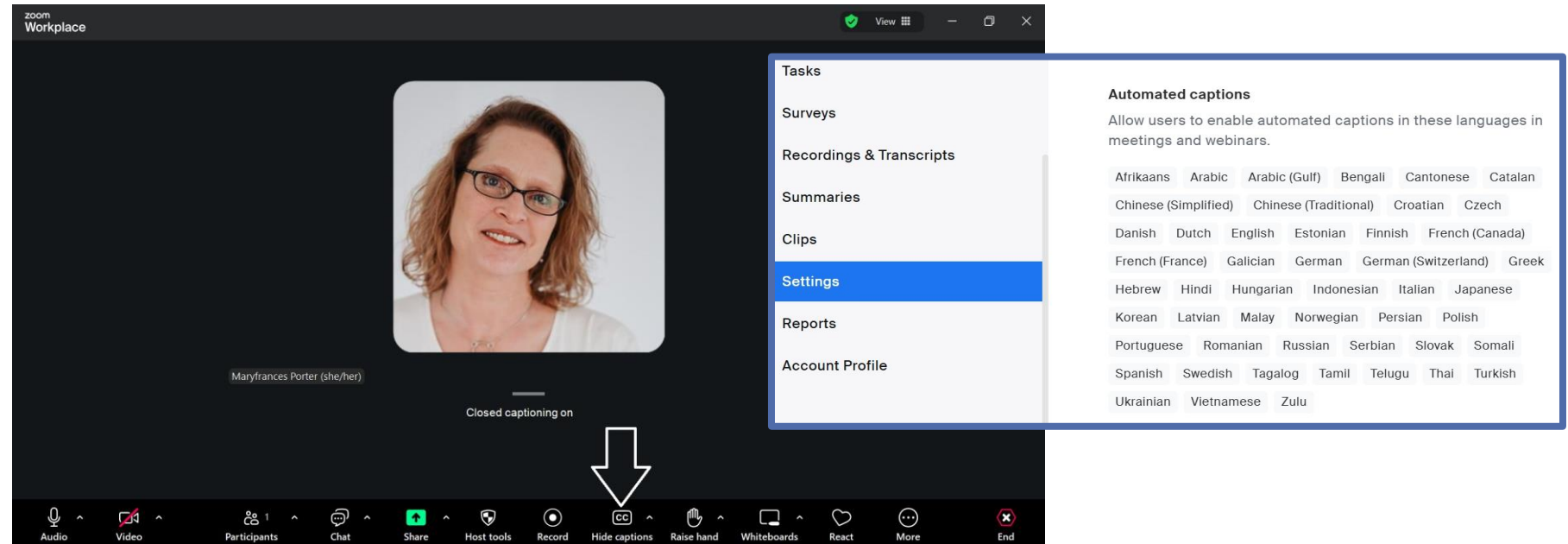


# Closed Captions on Zoom

- Click  on the bottom toolbar



- Language translation is a Zoom feature
  - ✓ Captions will appear in the language you have set for Zoom

# What to expect today

- 15-minute talk – recorded for our website
- Resources at the end of the slides
- 30 minutes of Q&A – NOT recorded

*Ask Me Anything!*

*Being a parent is hard – we could all use the ear of child psychologists, so we can ask our burning questions.*

# Understanding Different Kinds of Psychotherapy

Conversations with a Child Psychologist

December 2025

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Child/Family Clinical Psychologist



# What we'll cover today

- Why children and teens benefit from therapy
- The different types of psychotherapy
- How to know what type is a good fit
- What parents and caregivers can expect
- Finding care
- Q&A

# Why do kids and teens come to therapy?

- Anxiety, worries, perfectionism
- Behavior challenges or tantrums
- Trauma or stressful experiences
- Depression, sadness ,withdrawal
- School and attention difficulties
- Family conflict or transitions
- Grief or loss

# What is and isn't psychotherapy?

## ■ Psychotherapy is...

- A structured, **evidence-based treatment**
- A **partnership** among therapist, child, and family
- Focused on developing coping tools and understanding feelings
- Skills that generalize to home, school, and friendships



## ■ It is not...

- “Just talking”
- A quick fix
- Blaming the child or parents/caregivers
- One-size-fits-all

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# Overview of Major Types of Psychotherapy



*Photo credit: Cleveland Clinic*

# Parent-Child Interaction Therapy

## What happens?

- Parent/caregiver receives live coaching via earpiece
- Teaches positive attention and calm discipline strategies

## Why it works -

- Builds positive parent-child interaction
- Reduces tantrums, oppositional behavior

Best for behavior problems among kids ages 2-7 years



Photo credit: Nursing Academy via LinkedIn

# Behavioral Parent Training

## Focus:

- Routines
- Consistent consequences
- Clear instructions
- Reinforcement systems

Involves parent workshops or individual coaching

Used for ADHD, noncompliance disruptive behavior



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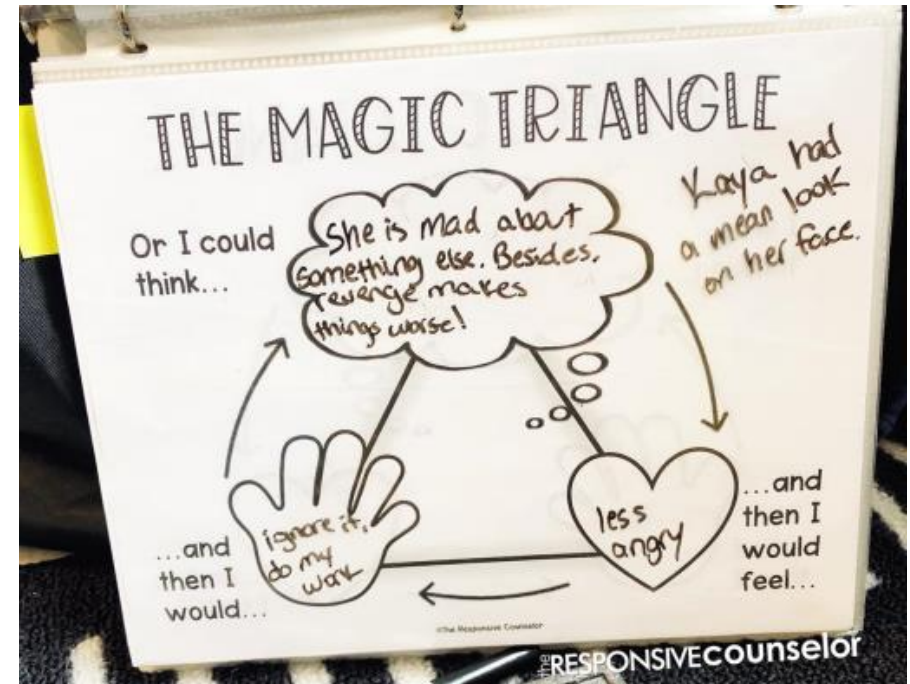
# Cognitive Behavioral Therapy (CBT)

## Focus

- Thoughts + Feelings + Behaviors
- Skill-building (coping strategies, facing fears)
- Practice between sessions

## What it looks like

- Short-term (8-20 sessions)
- Worksheets, activities, practice plans



Good choice for anxiety, OCD, depression, phobias, some behavior problems

# Trauma-focused CBT (TF-CBT)

## Components -

- Psychoeducation
- Coping skills
- Gradual processing of trauma narrative
- Parental involvement

*The goal is to reduce trauma reminders, avoidant behavior, and emotional distress*

**Best for kids/teens after trauma (accident, abuse, violence, loss)**



*Photo credit: Melbourne Child Psychology*

# Exposure-Based Treatments



Key idea: gradually face fears while learning new coping skills

Example ideas -

- Climbing a play structure if afraid of heights
- Practicing separating from parents
- Touching something “contaminated” for OCD

*Parents/caregivers may coach and/or support exposures from home*

Used for anxiety disorders, OCD, phobias

# Dialectical Behavior Therapy (DBT)

Skills taught:

- Mindfulness – noticing and accepting all experiences, including thoughts and feelings
- Emotion regulation – how to understand and respond to difficult feelings.
- Distress tolerance – how to handle highly intense experiences that can be normal parts of life.
- Interpersonal effectiveness – getting along with others!

Format: groups + individual therapy (teen DBT often involves parents)

Used for emotional dysregulation, self-harm, big feelings

# Play Therapy

## Methods:

- Toys, storytelling, art, role-play
- Helps children symbolically show feelings

**\*Most effective when structured and combined with parent guidance.**

Used with young kids who express themselves through play



*Photo credit: Psych Central*

# Family Therapy

## Focus:

- Family patterns and communication
- Aligning parenting approaches
- Improving relationships

*Important:* it's not about blaming anyone, but on focusing on the family as a system

Used when there is family conflict, communication issues, transitions, behavioral challenges



Photo credit: My People Patterns

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# Choosing the Right Therapy



*Photo credit: Cleveland Clinic*

# How to know what type fits your child?

Consider...

- The primary concerns (anxiety vs behavior vs trauma, etc.)
- The child's age
- Whether family involvement is needed
- Evidence-based treatments for the diagnosis

The screenshot displays the website 'EFFECTIVE CHILD THERAPY' with the subtitle 'Evidence-based mental health treatment for children and adolescents'. The site is created by the Society of Clinical Child & Adolescent Psychology. The navigation bar includes links for Home, Concerns, Symptoms, & Disorders, Evidence-based Therapies (highlighted), and Tips & Tools. Social media icons for Instagram, Facebook, Twitter, and LinkedIn are present, along with a search bar. The main content area features a blue header for 'Evidence-based Therapies' and a sub-header 'Choosing the Right Therapy'. Below this, there is a 'Like 18' button and a 'Post' button. The text explains that many behavioral problems can be treated with evidence-based therapies and that not all mental health therapies are effective. A list of 'Evidence-based Therapies' is provided, including Applied Behavior Analysis, Behavior therapy, Cognitive behavioral therapy, Cognitive therapy, and Family therapy. A 'Free Assessment Center' with a 'Go' button is also visible.

<https://effectivechildtherapy.org/therapies/>  
My FAVORITE resource for families!

# What good therapy should include

- Clear treatment goals
- Parent involvement, when appropriate
- Homework or skills practice
- Progress monitoring
- Evidence-based approach
- Respect for your family's values!

# Questions to ask a therapist

- What treatment modality do you use for this problem?
- Is it evidence-based?
- How long does treatment usually take?
- How will I be involved?
- How do we know if it's working?
- What should we do at home?

# Additional Considerations

## What if therapy isn't enough?

- When to consider medication
  - Psychiatric Nurse Practitioner, Psychiatrist, or Primary Care Provider
- When to consider school evaluations
- Safety concerns
- Coordinating care among providers

## How can parents support therapeutic progress?

- Show interest without pressure?
- Practice skills at home
- Keep routines consistent
- Celebrate small wins
- Communicate with teachers
- Ask for updates regularly

# Key Takeaways

- Many different types of therapy – each has a purpose
- Parent involvement is often crucial
- Ask about evidence-based practices
- Good therapy is collaborative and structured
- Local resources can help guide your next steps

# Use MyChart !

Questions?

Contact the MyChart Helpdesk

MYCHART@VIRGINIA.EDU

CALL 434.956.7493



***Message Providers.***



***View Test Results.***



***Pay Bills.***



***View Radiology Images.***



# Mental Health Emergencies

## EMERGENCIES

- National Suicide Prevention Lifeline **call or text 988** or on-line chat <https://chat.988lifeline.org/>
- Trans Lifeline **(877) 565-8860** 11:00 a.m. to 5:00 a.m. EST
- Trevor Project Lifeline **(866) 488-7386** available 24/7



# Mental Health Resources

## FIND A PROVIDER

- Virginia Community Services Boards: mental health, substance use, and mental health emergencies <https://vacsb.org/csb-bha-directory/>
- Psychology Today: psychotherapists, psychiatrists) <https://www.psychologytoday.com/us/therapists/>
- American Psychological Association: psychologists <https://locator.apa.org/>



# Mental Health Resources

## EXPLAINERS

- Mental Health America: Mental Health 101 <https://screening.mhanational.org/mental-health-101/>
- Child Mind Institute: Complete Guide to Getting Good Care <https://childmind.org/guide/parents-guide-to-getting-good-care/>
- Child Mind Institute: Topics A-Z <https://childmind.org/topics-a-z/>
- Child Mind Institute: Symptom Checker <https://childmind.org/symptomchecker/>



# Other Resources

## Bridge2ResourcesVA

Resources for (almost) every need across Virginia

<https://bridge2resourcesva.org/> all languages

## Do You Need Food Today?

call 540-248-3663 Monday-Friday 9am - 5pm or go to

[www.BRAFB.org/findfood](http://www.BRAFB.org/findfood) all languages

- Enter your location in the linked map to search for free groceries, fresh produce, and meals near you.
- Once you've picked a nearby food pantry, call them for details.

# *Ask Me Anything*

