

MAKING COUNSELING A POSITIVE EXPERIENCE FOR YOUR CHILD

At Central Christian Counseling Center, we sincerely desire that your child's counseling experience is helpful to you and your child and that it is a safe and comfortable time. With that in mind, there are some things you can do as a parent / caregiver before the first appointment and sequential appointments to make counseling a positive experience.

Therapists strongly recommend / require the following:

1. Offer your child a snack / meal before the session. Hungry children do not focus well on concepts presented in counseling and bringing food into the counseling center is not allowed.
2. **Take** your child to the restroom before the session. It is very distracting for children to leave and return to a session.
3. Cell phones and other electronic devices are very distracting to children and therapists. Children are expected to leave their cell phones at home or with parents during counseling sessions.
4. Illness is an acceptable reason for late cancellation with no late cancellation fee charged. Please do not bring / send children to therapy sessions when they are nauseated, sneezing, coughing, etc., or have an elevated temperature. Children who do not feel well are not able to focus on counseling.
5. Please do not use counseling as punishment or a threat. Please do not tell young children they are going to see a doctor. (They envision injections, etc., and feel frightened / resistant.)

Therapists do require parents of children 10 and younger to remain present in the waiting room during sessions.

Thank you for observing these recommendations. If we can do anything to enhance your child's experience in therapy, please do not hesitate to let us know!