

# Psychoeducation-Parent



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Psychoeducation for parents is meant to inform them about their children's problems and what he or she needs help with. Therapists can help parents understand that what their child is going through is not uncommon. Hopefully the parent's will be willing to be involved in their child's treatment if they know many other families go through the same things.

## How does this practice work?

- Parents learn different factors that are involved in their child's problems.
- Parents learn how these factors work together to keep the problems from being resolved.
- Parents learn how their child's problems are affecting his or her thoughts, feelings and behaviors.
- Parents learn that cognitive behavior therapy can change the way their child thinks, feels and behaves.
- Parents are better able to support their child's treatment plan when they understand.

## Example:

Jack has anxiety problems which make him avoid certain situations. During gym class Jack refuses to get into the swimming pool for lessons because he is afraid of the water. Jack starts to kick and scream at the teacher which disrupts the entire pool area.

Jack starts cognitive behavioral therapy and starts to see a difference in his anxiety. He decides to practice a new behavior by approaching a feared situation. Jack thinks to himself, when going to swim lessons, "I can get in the water, it won't hurt me." He noticed when he got into the swimming pool, he did not feel as anxious as he used to. Each time Jack went to swim lessons thereafter, he was less anxious each time because he told himself he had nothing to be afraid of. By changing his thinking and behavior Jack is now able to get into the swimming pool at school without being afraid.

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