

## TYPES of THERAPIES

### First steps...

Parents are usually the first to recognize that their child has a problem with emotions or behavior. Still, the decision to seek professional help can be a difficult one. The first step is to gently talk to the child. An honest open talk about feelings can help. Parents may choose to consult with the child's doctor, teachers, or other adults who know the child well. These steps may resolve the problems. Following are a few signs which may indicate that a child may benefit from a psychiatric evaluation.

#### Signs in Younger Children

- Marked fall in school performance
- Poor grades despite trying very hard
- Severe worry or anxiety
- Regular refusal to go to school, go to sleep, or take part in activities that are normal for a child's age
- Hyperactivity, fidgeting, constant movement
- Persistent nightmares
- Persistent disobedience or aggression that lasts longer than 6 months
- Frequent, unexplainable temper tantrums

#### Signs in Pre-adolescents and Adolescents

- Marked fall in school performance
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Frequent physical complaints
- Sexual acting out
- Abuse of alcohol or drugs
- Depression
- Persistent nightmares
- Intense fear of becoming obese with no relationship to actual body weight, purging food or restricting eating
- Threats of self-harm or harm to others
- Self-injury
- Threats to run away
- Frequent outburst of anger and aggression
- Consistent violation of rights of others, opposition to authority
- Strange thoughts, beliefs, feelings, or unusual behaviors.

If problems persist over an extended period of time and especially if others involved in the child's life are concerned, consultation with a child or teen psychiatrist or other doctor specifically trained to work with children may be helpful.