

# CHILD THERAPY PROGRAMS

## INTRODUCTION

In today's fast-paced world, parents and caregivers find themselves immersed in the demanding task of raising their children. From preparing nutritious meals to enrolling them in sports activities, the responsibilities are numerous. At the Online Therapy Centre (OTC), we recognize the pivotal role that parents and caregivers play in shaping children's perceptions, reactions, self-esteem, and responses to the world around them.

Our fundamental belief at OTC revolves around the notion that a child's mental well-being in their formative years encompasses not only reaching developmental and emotional milestones but also acquiring essential social skills and effective coping mechanisms for tackling challenges. A mentally healthy child experiences a positive quality of life and exhibits competence in various settings like home, school, and the community.

Nevertheless, when noticeable shifts occur in how children learn, behave, or manage their emotions—leading to distress and hindrances in their daily functioning—access to mental health professionals becomes imperative. OTC operates under the philosophy that individuals are products of intricate systems rather than isolated entities. Consequently, behavior is influenced by an array of interconnected factors such as family dynamics, social circles, religious affiliations, economic backgrounds, and home environments.

The core mission of OTC is to establish and foster nurturing spaces where both children and families can engage in learning and personal growth. Recognizing the undeniable impact of parents and caregivers on their children, we collaborate closely with them to align with their child's values, choices, behaviors, and overall well-being.

Within the therapeutic setting of OTC, we create a secure environment wherein children feel valued, respected, listened to, and comprehended. Through our therapeutic interventions, we empower children and pre-teens with tools to manage anxiety, cope with overwhelming feelings, and navigate significant worries.

Our approach to individual therapy, group therapy, and training programs is rooted in strengths and empowerment. In situations where applicable, we incorporate a trauma-informed, relational, anti-oppressive, and culturally humble framework into our workshops and presentations. All participants are provided with the necessary art and activity materials, engaging in a guided and insightful creative experience.



Online Therapy Centre understands that children face unique challenges and stress which can impact their mental health and emotional well-being. Child therapy is a specialized form of therapy that is designed to help children develop the skills and tools they need to navigate these challenges and cope with difficult emotions in a healthy way. Child therapy can be beneficial for a range of issues, such as anxiety, depression, behavioral problems, trauma, and family issues. Our highly trained and compassionate therapists are experienced in working with children of all ages and can provide a safe and supportive space for your child to explore their thoughts and feelings. We use evidence-based approaches that are tailored to your child's individual needs, and we work collaboratively with you as a parent or caregiver to ensure the best possible outcome for your child.

### **HOW DOES CHILD THERAPY WORK ONLINE?**

Online child therapy works in a similar way to in-person therapy but uses video conferencing technology to connect the child and the therapist in a virtual setting. During an online therapy session, the child can engage in play therapy activities, talk with the therapist, and work on specific skills or goals. The therapist may use a variety of techniques, including storytelling, creative arts, and play-based interventions, to help the child express emotions, process experiences, and develop coping strategies.

To ensure the safety and privacy of the child, online therapy sessions are conducted on a secure platform with end-to-end encryption, and parents or caregivers are usually asked to be present during the session. Additionally, therapists who specialize in child therapy are trained to build rapport and engage with children through the online medium.

#### **Child and Youth Therapy can address:**

1. Anxiety
2. Depression
3. Behavioral problems
4. Anger management
5. Trauma and abuse
6. Grief and loss
7. Adjustment to divorce or separation
8. Attention deficit hyperactivity disorder (ADHD)
9. Autism spectrum disorder (ASD)
10. Learning disabilities
11. Social skills and communication difficulties
12. Emotional regulation
13. Self-esteem and self-confidence
14. Body image and eating disorders
15. Substance abuse or addiction
16. Peer and family relationships
17. Bullying or victimization
18. Chronic illness or medical conditions
19. Cultural adjustment
20. Academic underachievement
21. Parental conflict or divorce
22. Foster care or adoption issues
23. Gender identity and sexual orientation
24. Identity exploration and development.

*IT'S IMPORTANT TO NOTE THAT THIS LIST IS NOT EXHAUSTIVE AND THERE MAY BE ADDITIONAL CONCERNS THAT CHILD THERAPY CAN ADDRESS.*

Online Therapy Centre understands that children may face a variety of challenges which can impact their mental health and overall well-being. OTC can provide a safe and supportive space for children to explore and process their thoughts, feelings, and experiences. Our therapists use evidence-based approaches that are tailored to the unique needs of each child, to help them:



- Develop coping skills and emotional regulation strategies
- Build self-esteem and confidence
- Improve communication and social skills
- Address behavioral issues
- Work through traumatic experiences or difficult life transitions
- Develop a better understanding of their thoughts and feelings
- Improve relationships with family members and peers
- Increase resilience and adaptability



Counsellors at OTC can help children develop greater self-awareness, self-acceptance, and a sense of agency over their lives. Our therapists work collaboratively with children and their families to support them in achieving their therapeutic goals and promoting overall mental health and well-being.

# SOCIAL SKILLS TRAINING PROGRAM

## OVERVIEW:

### What is the social skills training program for children?

Social skills training for children are a set of techniques and strategies that aim to teach kids how to interact with others in a positive and effective way. These skills include verbal and nonverbal communication, problem-solving, decision-making, empathy, self-control, and conflict resolution.

### Techniques used in social skills training for children include:

<b>Modeling</b>	Children learn by watching and imitating others. Modeling involves showing children how to interact with others in a positive way by demonstrating appropriate behaviors.
<b>Role-Playing</b>	This technique allows children to practice social skills in a safe and supportive environment. Children are given scenarios to act out, and are coached on how to respond appropriately.
<b>Social Stories</b>	Social stories are short narratives that help children understand social situations and appropriate behaviors. They can be used to teach children how to handle specific situations, such as making friends or dealing with bullying.
<b>Group Activities</b>	Group activities can help children develop social skills by providing opportunities for them to interact with others in a structured environment.
<b>Positive Reinforcement</b>	Positive reinforcement involves rewarding children for positive social behaviors, such as sharing or being kind to others. This can help reinforce these behaviors and encourage children to continue practicing them.

*Overall, social skills training is an important way to help kids develop the skills they need to form positive relationships and navigate social situations in a healthy and effective way.*

**Social skills training is important for children for several reasons:**

<p><b>Building positive relationships:</b></p>	<p>Social skills training helps children develop the skills they need to form positive relationships with peers, teachers, and other adults. Children who struggle with social skills may have difficulty making friends, communicating effectively, and building trust with others.</p>
<p><b>Reducing conflict:</b></p>	<p>Children who have strong social skills are better equipped to resolve conflicts and negotiate disagreements in a peaceful and respectful manner. This can help reduce bullying and other forms of aggressive behavior.</p>
<p><b>Improving academic performance:</b></p>	<p>Children who struggle with social skills may also struggle academically. When children feel isolated or disconnected from their peers, they may be less engaged in learning and less likely to participate in classroom activities.</p>
<p><b>Enhancing emotional regulation:</b></p>	<p>Social skills training can also help children learn to regulate their emotions and cope with stress and anxiety. By learning effective communication skills, problem-solving techniques, and stress-management strategies, children can develop greater resilience and adaptability.</p>
<p><b>Preparing for adulthood:</b></p>	<p>Social skills are critical for success in adulthood. By developing strong social skills early on, children are better prepared to navigate social situations, build positive relationships, and succeed in both personal and professional contexts.</p>

*Overall, social skills training is an important aspect of a child's development, as it can help them build positive relationships, reduce conflict, improve academic performance, enhance emotional regulation, and prepare for success in adulthood.*

## Who provides Social Skills Training to children?

Our Therapists: The team of Masters level Registered Social Workers and Registered Psychotherapists at OTC provide individual or group therapy to children who struggle with social skills. These highly skilled therapists have vast experiences in the education sector. These experiences include working for school boards, as teachers, child and youth workers, school social workers, and program development specialists. They operate with a trauma informed, anti-oppressive, culturally sensitive lens.

## PROGRAM OVERVIEW

<b>COST:</b>	<b>EACH SESSION DURATION:</b>	<b>NUMBER OF SESSIONS:</b>
\$175/ SESSION	1 HOUR	8 TOTAL

## INITIAL ASSESSMENT

### Module 1- Improving Communication

Practice active listening: Active listening is an essential component of effective communication. We encourage the child to pay attention to what others are saying, make eye contact, and respond appropriately. This can help the child better understand the message being conveyed and respond appropriately.

Use role-play exercises: Role-playing is an effective way to help a child develop their communication skills. We will provide scenarios that require the child to use specific communication skills, such as asking for help or expressing their emotions, and have them practice with a partner or in a small group.

Encourage clear and concise language: We will help the child to develop clear and concise language by providing them with feedback on their word choice and sentence structure. We encourage them to use language that is easy to understand and avoid jargon or slang.

Use visual aids: Visual aids can be helpful in improving communication skills for children. We use pictures or diagrams to help them understand complex ideas or concepts, and encourage them to use visual aids when communicating with others.

## Module 2- Problem Solving

### Brainstorming:

Brainstorming is a technique that involves generating multiple ideas or solutions to a problem. We teach the child how to brainstorm and encourage them to come up with as many solutions as possible, even if some seem silly or unrealistic.

### Encouraging reflection:

After a problem-solving activity or role-play, we encourage the child to reflect on what worked well and what they could have done differently. Reflection helps children to learn from their experiences and improve their problem-solving skills.



### Collaborative problem-solving:

We encourage children to work together to solve problems, emphasizing the importance of communication, active listening, and compromise. By working collaboratively, children can learn to understand different perspectives and find solutions that work for everyone involved.



## Module 3 - Decision Making

### Practicing decision making:

We provide opportunities for the child to practice making decisions. We start with small decisions and gradually increase the complexity of the decisions as the child becomes more comfortable.

### Encouraging critical thinking:

We encourage the child to think critically about the decisions they make. We ask them questions to help them consider different perspectives and potential outcomes.

### Discuss values and goals:

We help the child identify their values and goals, and use these as a basis for decision making. We encourage the child to consider how different decisions align with their values and goals.

### Provide feedback:

Provide feedback to the child on their decision making and encourage reflection.

## Module 4- Conflict Resolution

Utilizing active listening skills: how to listen actively by summarizing what the other person is saying and asking clarifying questions.

Practice perspective-taking: learn to take the perspective of the other person by asking them to imagine how the other person feels or what they might be thinking.

Teach negotiation skills: finding a solution that works for everyone involved. Identifying common ground, brainstorming solutions, and compromising.

Encourage problem-solving: Conflict often arises from a problem that needs to be solved. We encourage the child to focus on finding a solution to the problem rather than winning the argument.

Emphasize the importance of communication: Good communication is key to resolving conflicts. Expressing their feelings and needs clearly and respectfully, and how to respond to the other person's communication in a constructive way.

## Module 5- Self Control

Teaching mindfulness techniques: Mindfulness techniques, such as deep breathing or counting to ten, can help children regulate their emotions and improve self-control.

Practice relaxation techniques: Relaxation techniques, such as progressive muscle relaxation or visualization, can help children reduce stress and improve self-control.

Use social stories: Social stories can help children understand and learn appropriate behaviors in different situations. Create social stories that focus on self-control and provide examples of what the child can do in challenging situations.

Practice self-reflection: Encouraging the child to reflect on their behavior and emotions, and identify strategies that help them maintain self-control.

## Module 6- Empathy

Teach perspective-taking: Perspective-taking is the ability to understand how others feel and see things. We help the child learn to take the perspective of others by asking them to imagine how the other person feels or what they might be thinking.

Use role-playing: Role-playing is a great way to help children practice empathy in a safe and supportive environment. Create scenarios where the child has to imagine how another person is feeling and respond in a supportive way.

Practice gratitude: Gratitude can help children develop empathy by increasing their awareness of the positive things in their lives and the lives of others. We encourage the child to focus on what they are thankful for and help them find ways to express gratitude to others.

## FINAL ASSESSMENT





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