



Gateway to Success Parents' Newsletter

Therapy: What is it and How it Can Help your Teen



Sometimes it is difficult to understand the changes that your teen is going through. Adolescence is a critical time for teens to learn many important life skills. One important part of adolescence is learning to deal appropriately and effectively with your emotions. As parents, you can help them to understand and think through safe and appropriate actions, reactions and consequences. However, parents may need the help of a professional, like a therapist, to help their child learn these skills.

Therapy is a place to help someone understand, cope, change, and manage emotional and behavioral issues. There are many forms of therapy including cognitive behavioral, psychodynamic therapy and family therapy. The common factor in all these forms of therapy is to help a person understand and cope with their feelings and issues.

Here are some signs and symptoms that a teen may experience that may warrant the help of a therapist:

- Your teen feels sad, anxious, depressed and/or mad for most of the day, for many days
- Your teen is engaging in risky behavior like drinking, smoking, sex, and/or cutting
- Your teen is verbally and/or physically aggressive
- Your teen is not hanging out with friends and family like he or she used to
- Your teen is sleeping and/or eating too much or too little

If you feel like your teen may need extra help coping with an issue, please talk to your teen's teacher or the school's Integration Advisor. Counseling services are available district-wide and therapy services are on every campus.

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For more information contact the Director of Pupil Services (626) 943-3410

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