



CHILD COUNSELLING

FREE

10 DAY FOUNDATION COURSE WITH
CERTIFICATE

JUNE 20TH ONWARDS
ONLINE

The
Play Room
BY EMOJAR

Register FOR
DETAILS

Child Counselling

Become a Creative
Counsellor



Course Map

- Overview of child counselling
- Developmental stages – specific to children
- Childhood disorders
- Opening a session: Modes of counselling
- Activity 1
- Activity 2
- Activity 3
- Activity 4
- Activity 5
- Presentation in groups
- Practice activities – additional class only for winners!



**GIVE ME A CHILD
AND I'LL SHAPE HIM
INTO ANYTHING.**

childhood

n.

1. the period between the end of infancy (about 2 years of age) and the onset of puberty, marking the beginning of adolescence (10–12 years of age). This period is sometimes divided into (a) early childhood, from 2 years through the preschool age of 5 or 6 years; (b) middle childhood, from 6 to 8–10 years of age; and (c) late childhood or preadolescence, which is identified as the 2-year period before the onset of puberty.

- APA Dictionary



Overview

Childhood is a time to be protected, taught, and nurtured. As the adult caretakers of our future, do we succeed in that?



Developmental Stages: important words

- Milestones
- Developmental tasks

OBSERVATION

Piaget's Stages of Cognitive Development

Typical Age Range	Description of Stage	Developmental Phenomena
Birth to nearly 2 years	<i>Sensorimotor</i> Experiencing the world through senses and actions (looking, touching, mouthing)	•Object permanence •Stranger anxiety
About 2 to 6 years	<i>Preoperational</i> Representing things with words and images but lacking logical reasoning	•Pretend play •Egocentrism •Language development
About 7 to 11 years	<i>Concrete operational</i> Thinking logically about concrete events; grasping concrete analogies and performing arithmetical operations	•Conservation •Mathematical transformations
About 12 through adulthood	<i>Formal operational</i> Abstract reasoning	•Abstract logic •Potential for moral reasoning

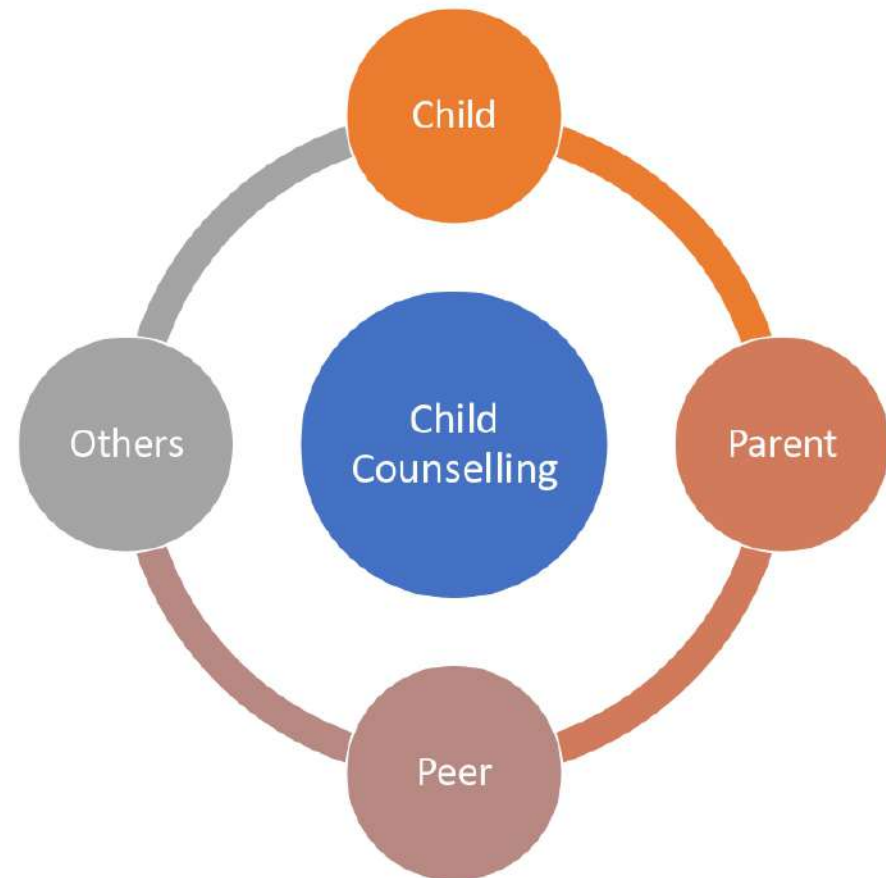
Evolving times

- Free play
- Changes in family settings
- Availability of resources
- Changing environment
- Schooling and peer group

What is child counselling?

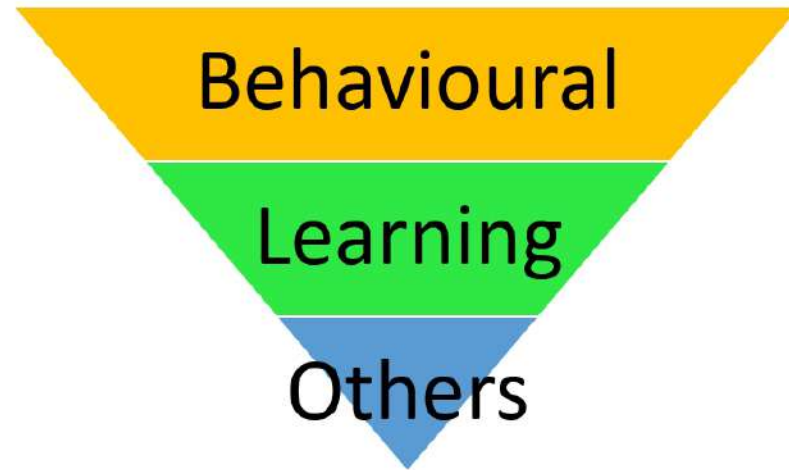
Child counseling is psychotherapy whose primary focus is on young children, facing single or multiple illnesses.

It provides solutions by which the children can break down their problems easily and learn how to cope up with them.



Area of concern

- Emotional
- Loss and grief/trauma handling
- Learning
- Anxiety
- Addictive behaviour
- Childhood disorders:
 - ADHD, ADD, Conduct disorder, Childhood Depression, Learning disorders, ASD, Asperger's, SAD, Tourette Syndrome, PTSD, Selective mutism, School phobia/phobia,



- Anxiety Disorders

- Separation Anxiety Disorder
- Panic Disorder
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Phobias
- Selective Mutism

- Pervasive Development Disorders

- Attention-deficit/hyperactivity disorder (ADHD)
- Autism
- Rett's Disorder
- Aspergers

- Disruptive Behavior Disorders

- Conduct Disorder
- Oppositional Defiant Disorder
- Expressive Language Disorder

- Elimination Disorders

- Learning and Communication

- Stuttering
- Dysarthria
- Language-Based Learning Disabilities
- Selective Mutism
- Reading Disorders/Dyslexia
- Written Expression Disorders
- Mathematics Disorders

- Affective (Mood) Disorders

- Depression
- Bipolar

- Schizophrenia

- Paranoid
- Disorganized
- Catatonic

- Tic Disorders

- Tourette Syndrome
- Obsessive Compulsive Disorder
- Transient Tic Disorder
- Stereotypic Movement Disorder

What Causes Our Children's Problems?

The causes of children's problems cannot be isolated to any simple explanation. The intersections of

- personal factors
- family variables
- cultural
- environmental and
- many other influences

combine to create situations in which children are floundering and needing help to regain their balance.

Methods used in Child Counselling

Overview

Types of counselling approaches

- CBT
- Behaviour Modifications
- Special Education
- Play therapy
- Art Therapy
- Filial Therapy
- Client Centred
- Group Therapy

Group Activity: Warming up!

Tushar is a fifth grader referred for counseling because of “lack of motivation.” He is a loner who does not seem to want friends. He appears unenthusiastic about life except his video games. He has begun to exhibit signs of aggressiveness— increased fighting and abusive language. When he isn’t fighting, he sits with his head on his desk refusing to participate in anything. His teachers are concerned about this pattern in his behavior.

Moli is a first grader whose parents have recently divorced. Her mother and father have found other partners, and in the excitement of their new lives, they have little time for Maria. She is very confused about whom she can trust. At this very crucial point in her school life, she is floundering in an unstable world. Her school work is poor and she is withdrawing from adults and peers. She cries often and seems lost in any setting.

Joshua is a second grader and is struggling with her academics. She seems to be restless in class and her written work is hardly understood. Her teachers and parents are concerned about her progress as she has already repeated the class. At home she studies appropriately but is unable to retain much of the learnt chapters and also still makes several spelling errors.

Upcoming...

- Types of childhood concerns & disorders
- When to raise the red flag
- Case diagnosis
- Your first counselling session with the child