

CLINIC SERVICES

CHILD PSYCHOTHERAPY



What is Child Psychotherapy?

Child Psychotherapy works with the understanding that individuals are often unaware of the factors that determine their emotions and behavior. It helps discover how these unconscious factors may affect current behavior patterns, and guides the child to interact with others more successfully.

Who benefits from Child Psychotherapy?

Any child who is experiencing social, emotional, and often also behavioral issues can benefit from Child Psychotherapy.

What does Child Psychotherapy consist of?

The child and the specialist work together in a safe environment in which a child can express emotions, feelings, thoughts, worries, etc. Child Psychotherapists understand that children express themselves in a variety of ways and use different techniques to allow children to express themselves through play, painting, drawing, and sensory materials.

What can Child Psychotherapy help with?

- Behavioral problems (at home or school)
- Anxiety, fears, or phobias
- Inappropriate anger or aggression
- Symptoms of depression
- Trauma
- Loss and mourning
- Attention problems
- Refusing to go to school

What is the first step?

When you contact us, our Intake Specialist will discuss your needs and concerns with you over the phone. She will then consult with our team of specialists to match you with the most suitable professional to support you and your child.

You will then meet with the specialist(s) for an intake meeting, during which they will work with you to determine the most appropriate next steps for your child. The intake meeting usually involves a parent interview, an observation of your child, or a screening activity with your child.

ELG is a social enterprise that provides special education services to families and children in Shanghai. We offer full time programs, assessments, therapies, consulting, and professional development for educators and other professionals.

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