

# Parenting Sessions

Parenting can be hard, and when you feel you don't know how best to respond to your child it can be challenging to know where to go. We all need some support and guidance at times.

At The Retreat Clinics it is possible to arrange appointments with one of our therapists online or face to face to talk about your child, without the child needing to attend themselves. We call these Parenting Consultation Sessions.

## WHAT DOES A PARENT CONSULTATION SESSION INCLUDE?

Parenting Consultation Sessions provide short term, solution focused support for a specific difficulty relating to your child/children. Every family is unique, so a minimum of two sessions is required to ensure that there is enough time for the therapist to understand your specific situation and tailor any strategies to your home life.

Parents are usually the experts on their own children, and sometimes just need a little help to work out the best way forwards. Our therapists have lots of experience and ways of thinking about situations where families are stuck or struggling and perhaps have many questions about their child. In this situation the therapist also has the perspective of being slightly outside of a situation which can help. These sessions aren't about telling people how to be parents! They are an opportunity for parents and therapists to think together in a way which can help inform parents' approaches to supporting their children. They may result in the child accessing mental health support themselves, or the extra thinking space for the parents may be enough to shift things to a place which seems much more manageable.

## WHY DO PARENTS SEEK CONSULTATIONS?

Typically, parents seek consultation on issues such as:

- Worries about their child's emotional wellbeing
- Supporting a child through a significant transition
- Sibling rivalry
- Behavioural challenges
- Family routines
- Concerns about specific behaviours at school
- Questions about discipline and boundaries



## WHAT HAPPENS NEXT

If you would like to access the Parenting Consultation Sessions or our child therapy services, please go to [www.theretreatclinics.org.uk](http://www.theretreatclinics.org.uk) and complete a contact form and a member of our team will be in touch with you to arrange an appointment.

At The Retreat Clinics we understand mental health, and we have a welcoming and supportive team of highly experienced therapists, counsellors, and psychologists who are here to help, and can tailor the therapy to the mental health needs of your child or young person.

### Get in touch

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[www.theretreatclinics.org.uk](http://www.theretreatclinics.org.uk)



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