



The S.E.L. Group

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THE SOCIAL AND EMOTIONAL LEARNING GROUP

# Going to Therapy A Teen's Experience

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## Why teens need a therapist?

If you have a broken arm or a bad cold, you go to the doctor for help and to feel better, right? Well, sometimes teens and adults have problems that can't be seen as easily as a broken bone or a runny nose.



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## What Do Therapists Help With?

- Being shy
- Feeling worried or sad
- Anger
- Can't sleep or eat
- Going to school
- Getting along with family members - brothers, sisters, mom, and dad



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## The Therapist

- Likes to listen to you
- Likes to have fun
- Likes to listen to play games



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## What Happens in a Therapist's Office?

- During an appointment, you won't be examined on a table like you are at a typical doctor visit.
- There are no needles or shots.
- You'll sit in a comfortable area and have a conversation.



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## Session 1



This session is for Caregivers Only. There is certain background and demographic information we need to collect.

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## Session 2 - Child/Teen Only



This session and forward is for the teen to begin the therapeutic experience.

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Sometimes, the caregiver and teen have a session together.

Caregivers, if you ever need to speak with a therapist, feel free to contact the office and make a caregiver appointment.



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## How long are the sessions?

- You might have appointments with your therapist every week for a while.
- Each appointment might be about 30 - 45 minutes

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Confidentiality (secrets) and Privacy  
For Caregivers and Children



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Any questions? Feel  
free to ask  
The S.E.L. Group staff.

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