

Editorial note on Child Psychotherapy

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Accepted on January 26, 2021

Editorial

Journal of Child and Adolescent Health is an online open access peer-reviewed journal that encourages scientific innovation and advancement in the broad area of child and adolescent health and aims at improving the dissemination of original scientific knowledge. Journal is interested in publishing all kinds of original work in this multidisciplinary field of child and adolescent health that help in improving the complete health of people in the age range of infants to young adults.

Psychotherapy is a form of psychiatric treatment that involves therapeutic conversations and interactions between a therapist and a child or family. It can help children and families understand and resolve problems, modify behavior, and make positive changes in their lives. There are several types of psychotherapy that involve different approaches, techniques, and interventions. At times, a combination of different psychotherapy approaches may be helpful. In some cases, a combination of medication with psychotherapy may be more effective. Child psychotherapists are tasked with providing non-medical treatment to children and teenagers with emotional, psychological and mental health issues. The services they provide are similar to those provided by adult psychotherapists, but obviously these guys only work with children and adolescents.

To practise as a psychotherapist, you'll need to undertake appropriate recognised training. You'll usually need a good class of honours degree in a relevant subject and/or be a qualified and experienced healthcare practitioner, such as a psychiatrist, psychologist, mental health nurse or social worker.

Cognitive behavioral therapy (CBT), which helps you identify unhealthy, negative beliefs and behaviors and replace them with healthy, positive ones. Dialectical behavior therapy, a type of CBT that teaches behavioral skills to help you handle stress, manage your emotions and improve your relationships with others.

Research shows that kids benefit the most from mental health therapy when their parents are involved. When parents and the family are involved, your child feels more supported, that the work is not just on them, and that there is a team of people that have their back. If you feel your child's fears and worries are out of the ordinary or if bouts of anxiety are consistently disrupting your teen's daily life, discuss your concerns with your pediatrician. If the pediatrician agrees that intervention may help, he or she can refer you to an experienced child therapist or psychologist. Treating a child's mental health problems as soon as possible can help children reduce problems at home, in school, and in forming friendships. It can also help with healthy development into adulthood. Therapy can last anywhere from one session to several months or even years. It all depends on what you want and need. Some people come to therapy with a very specific problem they need to solve and might find that one or two sessions is sufficient. Psychologists can do research,

which is a very important contribution academically and clinically, to the profession. A therapist is a broader umbrella term for professionals who are trained—and often licensed—to provide a variety of treatments and rehabilitation for people.

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J Child Adolesc Health 2021 Volume 5 Issue 1