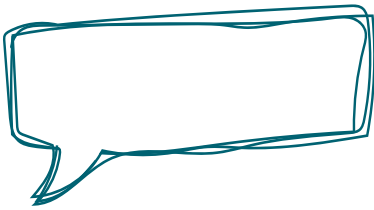


Creating a Safe and Empowering Space for Teens

The teenage years are full of change and discovery. It's natural for teens to question therapy or resist outside help. Respecting their need to feel heard builds trust and encourages engagement.



Communicate Openly

Use everyday moments—like cooking or walking—to invite honest conversations. Listen patiently and let them share at their own pace.



Validate Their Feelings

Honor their emotions and privacy. Acknowledging their experiences shows you value and respect them.



Empower Their Choices

Involve teens in decisions about their care. Exploring options together fosters confidence and ownership.



Foster Understanding

Listening without judgment builds connection and trust. Supporting their voice creates stronger relationships and opens the door to growth.



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