

How Therapy Can Help Teenagers: What to Do as a Parent

For teens to have the best results in therapy, they need to feel like therapy is support, not a treatment for something that's "wrong" with them. Help your teen feel more comfortable with therapy.

There are different therapy options. Teens may feel more comfortable choosing between individual, group, or equine-assisted therapy.

Therapy is for growth, not just crisis.

It's a place to understand emotions, build skills, and talk without judgment.

Specialists understand unique needs. Therapists often have additional training for ADHD, learning differences, and more.

Confidentiality matters. Teens can trust that what they share with a therapist is private.

Therapy is normal. Many teens seek support to handle life's challenges—there's no shame in getting help.



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