



How to Support Your Teen Through Therapy

Supporting your teen is essential for their growth and healing. Your involvement and encouragement will greatly enhance the therapeutic process and help them make meaningful progress.

Here are some practical ways to ensure your teen feels understood and supported:

1

Create a Safe Space

Respect their privacy and emotions. Listen without judgment and let them share at their own pace.

2

Make Sharing Comfortable

Use casual moments, like during meals or activities, to invite open conversations without pressure.

3

Address Therapy Concerns

Talk about any worries they have. Reassure them that therapy is private, supportive, and judgment-free.

4

Encourage Participation

Support them in completing therapy activities and celebrate their efforts, big or small.

5

Be Involved

Show your support by going to therapy when invited. Let your teen lead to build trust and autonomy.



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