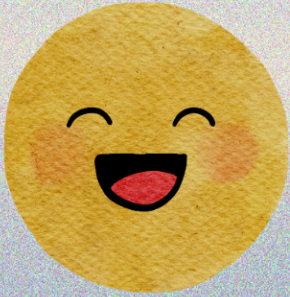




THERAPY FOR KIDS



What is therapy like for kids?



It's creative! It can include play, art, music, writing, talking, dancing, playing games and even video games. Therapists will work with a kid's unique interests to build confidence and increase communication and emotional exploration.



Kids or their families usually meet with the therapist once per week for between 45 and 55 minutes either in person or via telehealth. Surprisingly, telehealth has been quite successful for kids and especially for teens as it has increased comfortability and accessibility.



The goal of therapy for kids, in general, is to build kid's confidence, further develop their social skills, emotional insight and support them with coping to better access their education, happiness, safety and enjoyment of play and relationships.



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Reach out with questions! I am here!



<https://creativeconnectionstherapy.co/school-support>