

How does counselling  
work for children / young  
people who find talking  
to new people difficult?

CHILDREN & YOUNG PEOPLE'S THERAPIST

Zoe



“We completely understand that coming into a room with someone that you might have met once or twice before, can feel really difficult or scary.”

CHILDREN & YOUNG PEOPLE'S THERAPIST

Zoe





“So what a lot of our therapists do is we tend to work quite **creatively**.”

We've got lots of creative resources to break away from that possibly tense environment where you're just sat across from somebody new.

Sometimes we listen to music, we play games, or we crack out the paints.”



Zoe



# What if I'm really shy?

“If the young person is still struggling to open up say after 6 or 7 sessions, then it can just be a chat with a therapist about what it is that feels difficult for them, and we can work around that: How can we make this an easier process for them?”

Really, it's about finding the right kind of communication for them.”



Zoe