Childhood psychiatric disorders

* **Psychotherapy (“talk therapy”).** There are many different approaches to psychotherapy, including structured psychotherapies directed at specific conditions.. Effective psychotherapy for children always includes:
  + Parent involvement in the treatment
  + Teaching the child skills to practice at home or school (between-session "homework assignments")
  + Measures of progress (such as rating scales and improvements on “homework assignments”) that are tracked over time.
* **Medications.** As with adults, the type of medicines used for children depends on the diagnosis and may include antidepressants, stimulants, mood stabilizers, or other medications.
* **Family counseling.** Including family members in treatment can help them to understand how a child's challenges may affect relationships with parents and siblings.
* **Support for parents.**Individual or group sessions for parents that include training and the opportunity to talk with other parents can provide new strategies for supporting a child and managing difficult behavior in a positive way. The therapist also can coach parents on how to communicate and work with schools on accommodations.

Working with School:

Children who have behavioral or emotional challenges that interfere with success in school may benefit from plans or accommodations provided under laws that prevent discrimination against children with disabilities. Your child’s health care providers can help you communicate with the school

Accommodations might include measures such as providing a child with a tape recorder for taking notes, allowing more time for tests, or adjusting seating in the classroom to reduce distraction.