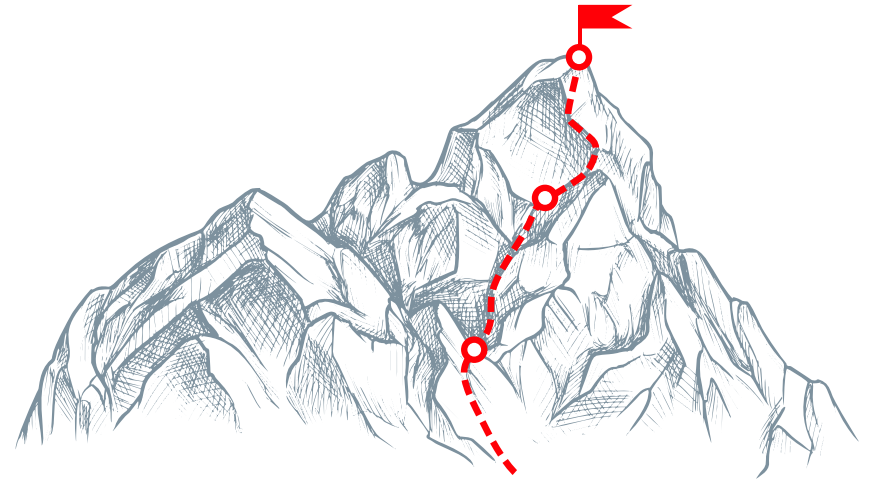


WHAT IS THERAPY?

A GUIDE FOR CHILDREN





You will never go on a therapy adventure alone. You must have a guide.



The first thing your guide will do



is give you a map.



It's a map made up of feelings. Your guide will help you find your feelings on the map.

Knowing your feelings helps you know what you need.



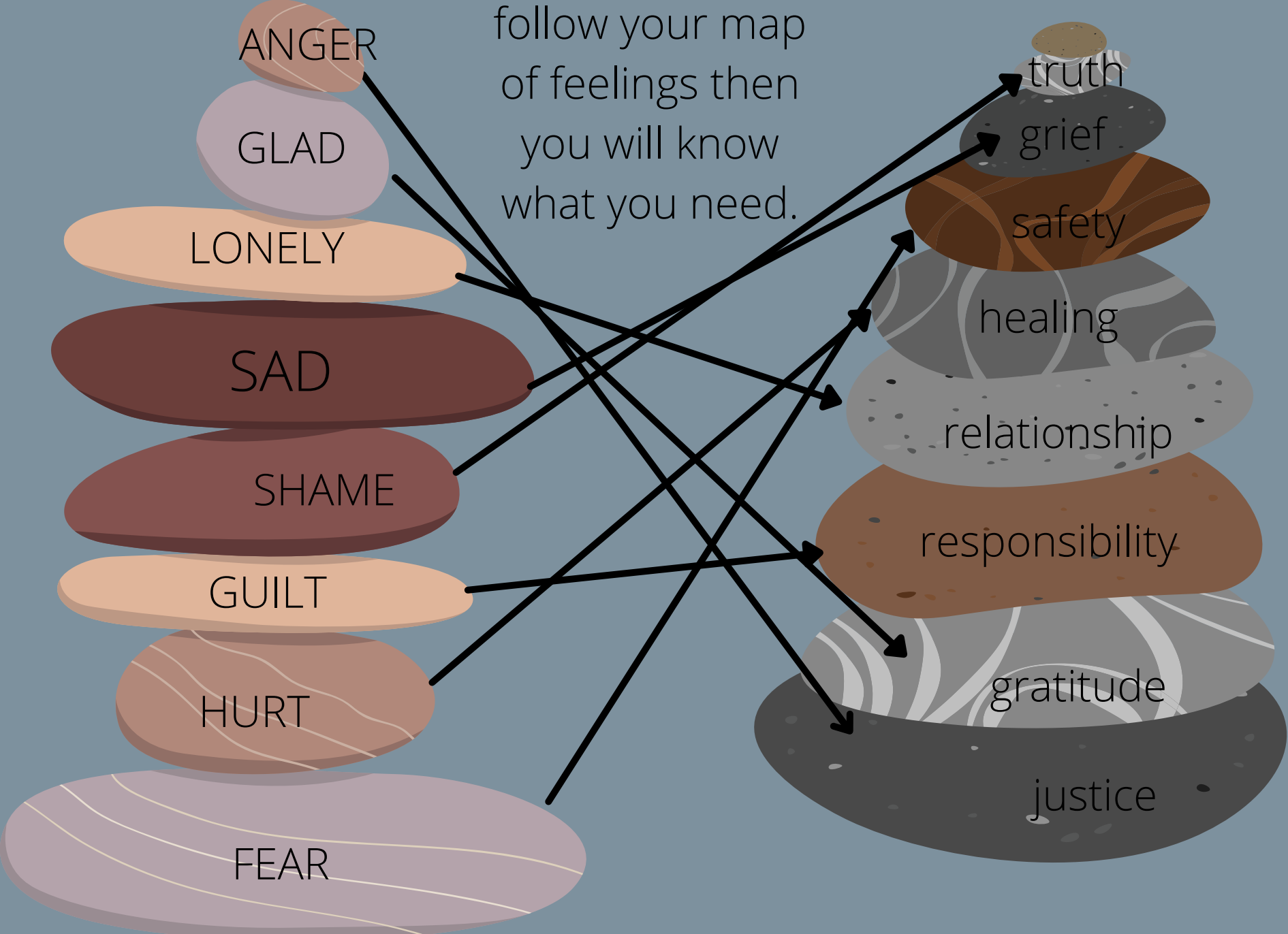
If you're glad you
might need to
say "Thank you!"



If you're sad, you may
need to cry; if you're
hurt, you will need to
heal.



When you follow your map of feelings then you will know what you need.



You will meet with your
guide in a space you
create together.



Or imagine new ones together.





You'll talk about feelings a lot.



Your guide will help you understand the feelings and help you to know when you are feeling them.

Sometimes your feelings will feel big and scary





You might not want to talk about them.

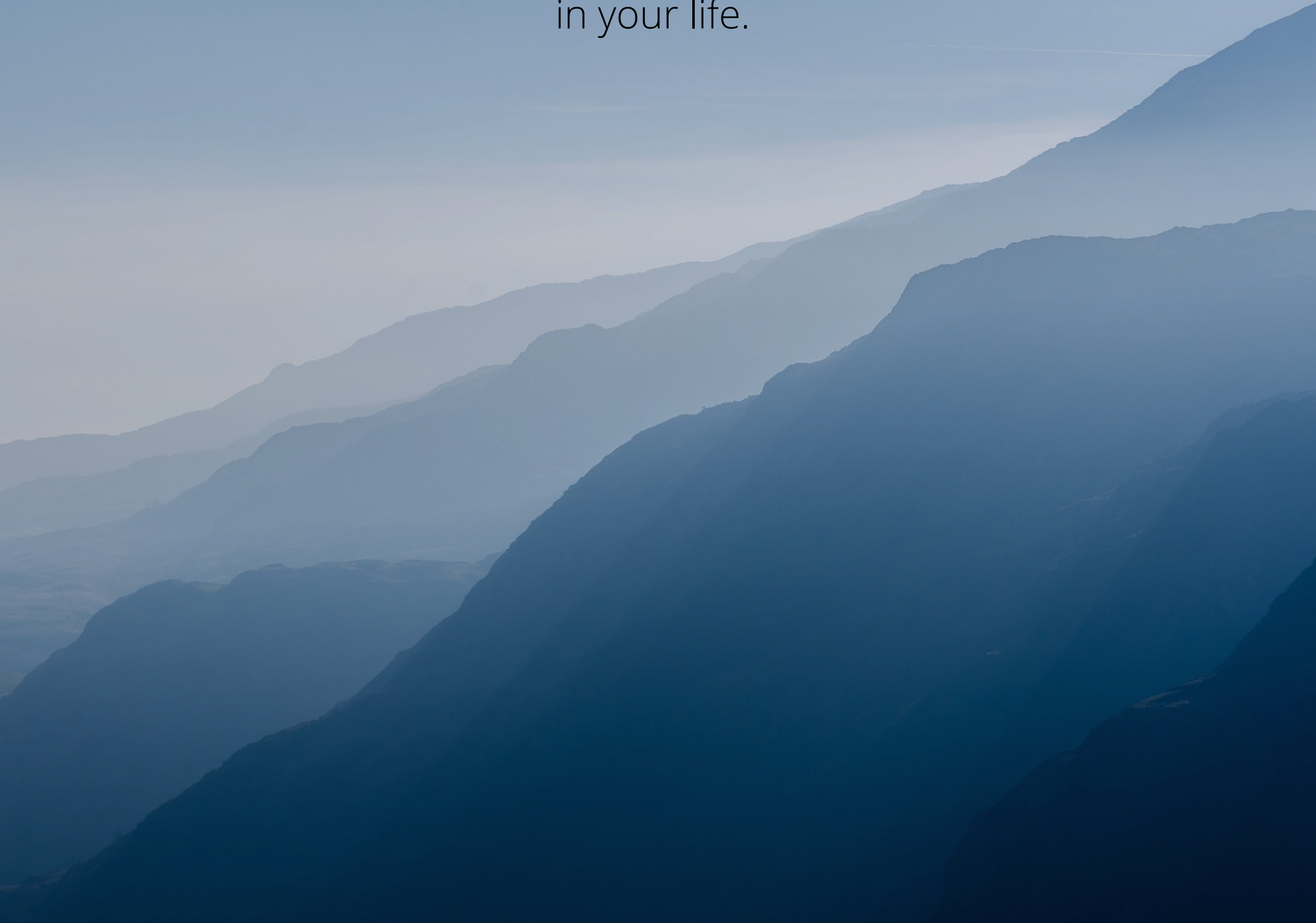
Sometimes it will feel better to just play.



Or draw...



Sometimes you'll play games that feel like things that already happened
in your life.





Things you may have forgotten about because they were too scary or you were too young to remember. And you felt all alone when they happened.

But your guide will always be with you to help you.



The number one rule on
our adventure is SAFETY
FIRST!



No matter what you are feeling, your guide will always try to help
you feel safe.

A close-up photograph of two small dogs, likely Chihuahuas, tucked under a thick, colorful, fringed blanket. The blanket features a pattern of magenta, purple, and blue. The dog on the left has white fur with a black nose, while the dog on the right is brown with a black nose. They are resting on a light-colored, textured surface. The text "Do you know what helps *you* feel safe?" is overlaid in white, sans-serif font across the middle of the image.

Do you know what helps *you* feel safe?

Sometimes when you feel bad, you start to think you ARE bad



and sometimes do bad things.



Your guide's job is to never forget how good you are and to always remind you.



One day, all the feelings of your life that you learned to feel will help you tell the story of your life.



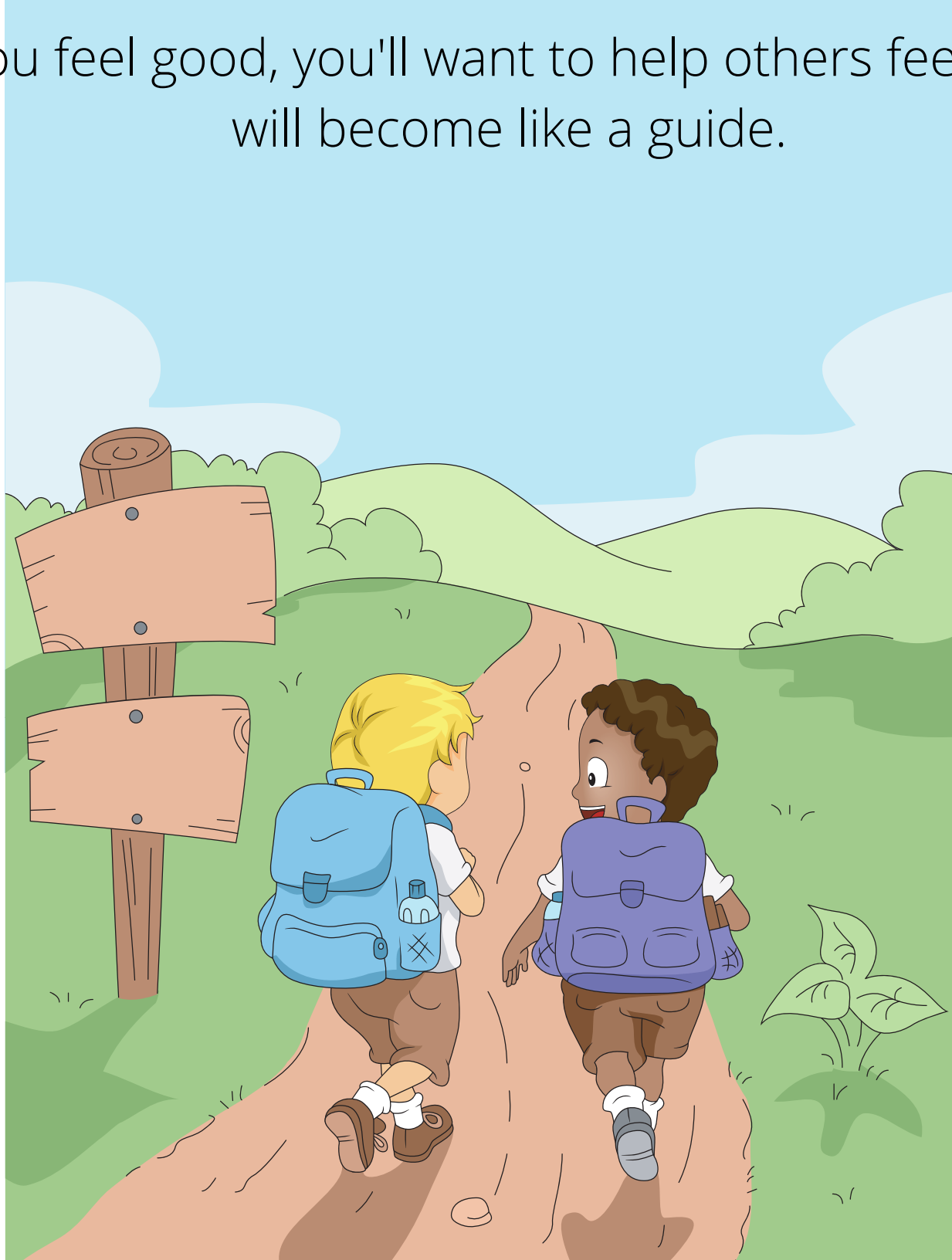
And they won't feel scary anymore!



You'll have new memories that feel safe and warm. You will feel braver and stronger even when things are hard or scary.



And when you feel good, you'll want to help others feel good too! You will become like a guide.



THE END



GUILT

GLAD

SHAME

SAD

HURT

FEAR

ANGER

LONELY



WARNING: If you are an adult the following statement may be helpful for you:

This therapist's map of the mind is grounded in the work of Martin Buber who taught that the I-Thou is a relationship of mutuality and reciprocity, as well as a relationship of separateness and detachment. When we show up as a subject as a whole, separate self ready to reflect fully the face of the other, we are in a relationship of true mutuality and "presentness". As we show up for our client's with "unconditional positive regard" (Carl Rogers) we create a frame that is "safe" for them to show up with their full selves. "The patient knows themselves best; they just don't know that they do; and so they seek our guidance to discover the person they already know" (Roy Barsness), and can begin to suffer what has already happened (O'Donnell Day). We can be their guide.

The recent science of neurobiology demonstrates that we are all hard-wired for fear and seeking safety. Trauma, abuse, and neglect damage a person's ability to feel safe and be in a relationship. Relational psychoanalysis seeks to bring healing safely through the relationship. A trauma informed approach recognizes that even the relationship can trigger a client to feel unsafe and creative methods unique to each client must be explored such as play, art and adventure! Object relations theory and attachment theory teach that our primary relationships inform our ability to relate and feel safe. Humans will continually try to recreate situations of harm in order to finally find healing. We are hardwired to connect. When we find this connection and begin to heal, we are able to begin loving ourselves and others.