



## Parenting for Mental Health: Why Individual Therapy May Not Be Enough

- Health care system views mental health as individual problem
- Most widely used treatments, like CBT, lack systematic approaches to involving parents in treatment process
- Children's problems are family problems and can destabilize all family members
- Therapists may lack training in effectively engaging parents and including you in treatment
- Children and teens usually taken by parents to treatment – clinician alliance with teen's parents is directly associated with retention and completion of treatment

### Parents are Primary Context Of Child Development

- Children need safe and secure family relationships
- Where they learn to feel worthy of love and to trust others
- “Relational Cauldron” where child develops
  - Self-worth
  - Emotion regulation
  - Resilience
  - Important life skills

Family relationships are foundation of both challenges and well-being.

