

Considering Psychotherapy for your Child or Adolescent?

A guide for parents, caregivers, and their whānau/families

What is a Child and Adolescent Psychotherapist?

Child and Adolescent Psychotherapists are registered health practitioners who have specific training for working with children (from infancy), adolescents and their whānau/families. They have in-depth knowledge of child development, childhood disorders, psychological and emotional disturbances that are common for children and adolescents. They also have a wide range of skills to work effectively with the different needs of children and adolescents within the context of their whānau/families. Sometimes they will work with a child and parent together, or the adults in the family/whānau.

Why health professionals and parents may seek assistance from a Child and Adolescent Psychotherapist

A health professional may recommend a referral to a Child and Adolescent Psychotherapist for emotional and psychological related issues, or as a parent/caregiver you may have concerns or questions about your child's change in behaviour.

Child and Adolescent Psychotherapists can help you understand and find effective ways to manage your child's moods, feelings, behaviours, mental/emotional health concerns and their relationships. They may also assist with the understanding of personal histories, whānau/family patterns, and how these may influence behaviour.

How is your child or adolescent protected?

The Psychotherapists Board of Aotearoa New Zealand (Board) is a Responsible Authority established under the Health Practitioners Competence Assurance Act 2003 (HPCAA). The purpose of the HPCAA is to protect the health and safety of the public by ensuring that

practitioners are competent and fit to practise. The Board sets standards that registered psychotherapists are required to meet.

To legally practise as a Child and Adolescent Psychotherapist, the psychotherapist must be registered with the Board in the Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism and hold a current Annual Practising Certificate (APC).

APCs should be displayed in a prominent position. If a Child and Adolescent Psychotherapist cannot show you their APC and you cannot locate their details on the Board's Public Register, we recommend that you contact the Board's Registrar.

Code of Health and Disability Services Consumers' Rights (Code)

This Code sets out the rights you have as a health consumer. It applies to all health and disability support services in Aotearoa New Zealand, whether you have paid for them or they are free of charge.

The purpose of the Code is to protect the rights of all health consumers and to help resolve any complaints you may have if you feel those rights have been breached.

How to find a Child and Adolescent Psychotherapist?

Child and Adolescent Psychotherapists work in a variety of settings which can include Infant, Child and Adolescent Mental Health Services (ICAMHS) attached to a District Health Board (DHB); Non-Governmental Organisations (NGO's); and Private Practice. To find a Child and Adolescent Psychotherapist please visit the Board's Public Register www.pbanz.org.nz