



The WHALE Study Family Newsletter

May | 7th | 2021

Identifying a therapist for your child

If you recognize your child may benefit from therapy, you should consider your child and family's specific needs. First, great work identifying this and committing to your family's wellbeing. There are many different types of therapy. The "best" type of therapy may vary by the child's concerns and developmental age.

The [American Academy of Child and Adolescent Psychiatry](#) provides a brief guide on the differences between psychotherapy options for children. We highly recommend therapists who utilize practices based on research. For example, cognitive-behavior therapy has been found to be highly effective for many children (and adults) for a wide range of problems as clients learn to identify and replace unhelpful thought patterns to produce more appropriate feelings and behaviors.

Parent Child Interaction Therapy (PCIT) is a specialized treatment designed to reduce disruptive behavior problems and improve the parent-child relationship. PCIT teaches parents specific strategies to foster connection with their child and increase compliance. One of the great things about PCIT is that it is designed for you to practice skills with your child in therapy.

Cognitive Behavioral Therapy or Behavioral Therapy can be very helpful for problems with anxiety or low mood. These are treatments where a therapist works directly with your child so they can learn new skills around relaxation or calming themselves in the face of difficult emotions. Often therapists will help you practice these

You can refer to our [PREVIOUS NEWSLETTER](#) on questions to ask a potential therapist. When considering a therapist for your child, remember the relationship and comfort with the therapist can be one of the most important factors.

[Other questions you may want to ask](#): What can I expect from therapy? How involved will I be in my child's therapy? What level of concerns would you share with me? (This often depends on the child's age and therapists' policies)

[Here is a guide](#) to building a good relationship with your child's therapist.

Check out the page below for [child therapy](#) and [community resources](#)!

Click [here](#) to tell us what topics you want covered in future newsletters!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588

Find us on Twitter: [@circlelab_unc](#), Instagram: [circlelab_unc](#), and [Facebook](#)!

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REMINDERS

****Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10!

CHILD THERAPY + COMMUNITY RESOURCES (CLICK BLUE LINKS)

Child Therapy Resources:

- Click [here](#) for a similar article about selecting a therapist for your child and [here](#) for a video (12 minutes) on the same subject
- Click [here](#) to learn about the types of mental health professionals
- Click [here](#) to learn about potential red flags when selecting a therapist for your child
- Click [here](#) for Psychology Today's tool to search for child therapists
- Click [here](#) for a guide on questions to ask potential therapists

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- [Suicide prevention lifeline](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)