

Want Counseling for your Troubled Kid? This is How to Get It! From Elgin and McHenry, IL

A variety of behavioral and emotional problems afflict youngsters of all ages. For example, some children and adolescents seem to have great difficulty following rules and behaving in a socially acceptable way. They are often viewed by other children, adults or social agencies as bad apples, bipolar, ADHD or troublemakers of some kind. If your child or teenager exhibits some of the following behaviors, you should consider counseling for him or her: Aggressive or violent behavior toward people or animals, Threatening, bullying or intimidating behavior, Initiates fighting with other kids, Has carried a weapon that could cause serious harm to others (e.g. a bat, brick, broken bottle, knife or gun), Manifests physical cruelty to people or animals, Steals while assaulting someone, Forces someone into sexual activity, Destroys property, Has deliberately engaged in fire setting, intending to cause damage, Can be deceitful; lies or steals, Has broken into someone else's building, house, or car, May lie to obtain favors or to avoid responsibilities, Has been known to shoplift, Often stays out at night despite your objections, Has run away from home, Has been truant from school. If a child of yours has exhibited any of these behaviors, he or she should receive a comprehensive evaluation. Do not forget that there may also be coexisting psychological conditions such as a mood disorder, anxiety, PTSD, a substance abuse problem, ADHD or a thought disorder, all of which can also be treated. These troubled youngsters are likely to have ongoing problems if they fail to receive early and comprehensive counseling. Without it, many of these youngsters will continue to be unable to adapt to the demands of adulthood. Unfortunately, they are also at high risk for continuing to have problems with relationships, school, the basics of socialization and even holding a job. They often relish the breaking of laws and engaging in an antisocial manner. Many factors may contribute to these psychological and behavioral problems, including brain damage, child abuse, heredity, a dysfunctional family, academic failure and traumatic life experiences. Treatment of these kids can be complex and challenging and can be provided in a variety of different settings, depending on the severity of the behaviors. Counseling with this population can be very challenging because these kids often have an uncooperative attitude and a fear and distrust of adults and other authority figures. In developing a comprehensive counseling plan, a psychologist may use information from the child, family and teachers to understand the causes of his or her problems. Behavior therapy, counseling and psychotherapy are usually necessary to help the child appropriately express and control anger. Special education may also be needed for kids who may have learning disabilities. You may need expert assistance in devising and executing certain special management and educational programs at home. Treatment may also include medication for some youngsters, such as those with difficulty paying attention, impulse problems or those with depression. The counseling program is rarely brief, since establishing new attitudes and behavior patterns takes time. However, there is no question that early treatment offers your child a better chance for considerable improvement and hope for a more successful future.

About the Author

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