



You and Your Child's Psychotherapy: The Essential Guide for Parents and Caregivers

Michael Weiner, Les Gallo-Silver

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Many resources exist for helping parents find and select a psychotherapist for their child. However, when a child is recommended for therapy, parents are often left with little information beyond the initial referral. Parents who are unfamiliar with the process might be confused on how to proceed, or be wary of therapy stereotypes. *You and Your Child's Psychotherapy* demystifies the way therapy works, helping parents enter the process as a partner, and giving their child and family the best chance for success.

Weiner and Gallo-Silver guide parents through the steps of therapy, emphasizing their vital role and how they can contribute to the success of their child's treatment. With the end goal of creating a partnership between parents and therapists, *You and Your Child's Psychotherapy* provides a practical and easy-to-follow roadmap to the progression of therapy, helping parents become more involved, and teaching them what to expect. This book is empowering for all parents, guardians, and primary caregivers across the diverse composition of modern families.

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