



## Danella Taylor (Psychologist)

### *The role of the parent*

I think that parents need to be included in the therapy process from the beginning, right from the assessment process all the way through planning and delivering therapy because it's their child and they need to be in the front seat and be driving the therapy process at all times. This includes making informed decisions and having choices about the therapy that they want for their child and what is working and what is not working. It is important not to feel pressure to do things that might not be right for their child. Ultimately, I think that parents are the experts on their children and the therapist might have some good ideas that might work and some different ideas of ways of doing things. They might be a sounding board to help parents relieve some of their frustrations and think about things from a different way. But ultimately for parents, it's their child and they are with them 24/7 and will be with them for their lives so they need to understand their child and their specific needs and be the advocate for their child.

It's really important for therapist and parent to have a positive relationship and for a parent to feel that they can trust the therapist and also that they can work with their therapist. Just because the therapist might do something that is particularly good, it might not meet the parent's needs or the child's needs or the family needs and that's ok. I don't think that you have to stay with a therapist because it worked for somebody else or a type of therapy works for someone else, it's about the family's needs and the child's needs and parents need to feel that the therapist understands them and their child. They need to be working together in a collaborative way, that might be for a year, month or a lifetime, it's whatever works for the family.

*\*\* This is an approximate transcription only, minor modifications have been made to assist the reader.*