



Parent Perspective - Reality Check

Tracey, Mother of Ryan

You need to be very honest and that is not just with the therapist, it's with yourself. Understand your expectation, understand what it is realistic and understand that the gains that you are going to make are going to be slow to come; you can't expect an overnight success.

It's an ongoing, long process and I think that probably one of the really crucial things is having that honest, open relationship with your therapist that is respect based. Because if you don't have that and you don't feel that you are heard and the therapist doesn't feel that they are heard then you just aren't going to make any progress. You're not going to connect as people and if you don't connect and you don't trust each other then you are just not going to make the gains that you need to make. If you have got that open, honest communication and you understand exactly what your goals are and what is realistic it just makes a huge difference.

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