



## Going to See a Therapist

Use this story as a guide to help prepare your child for their first therapy visit!

A therapist is a helper who is a good listener, plays with kids, and works with them as a team to handle big feelings.



My family will take me to see a therapist.

We will go to the office.

People of all ages come to therapy. When I go, I may see lots of different people waiting in the lobby.



Everyone needs help sometimes. Different people come to therapy for different reasons.

Some feel nervous when they go. Some feel excited. Some feel both or neither!

It is okay to have different feelings.



Sometimes my parent(s) may see the therapist with me.

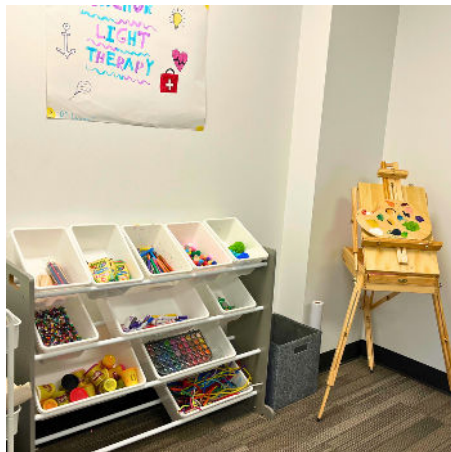
Sometimes I may see the therapist by myself.

We go to the playroom.



There are toys to play with and other things to do at the play therapist's office.

I can play with toys, games, and art materials.



The therapist may talk to me.

I can talk to the therapist and that is okay.

I do not have to talk to the therapist and that is okay.



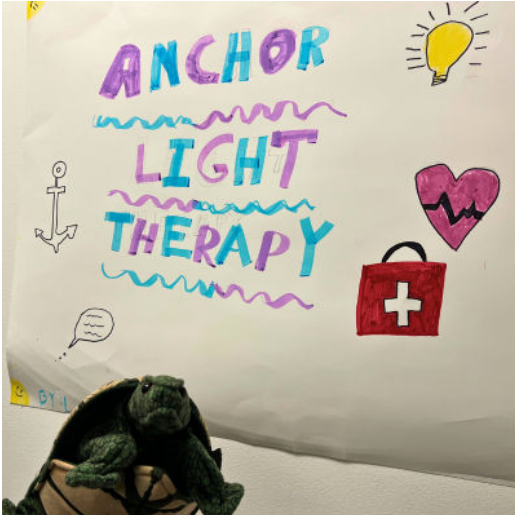
Often, I get to choose what I play with in the playroom.

Sometimes, my therapist might teach me a new game!



I am proud of myself for trying new things.

I know my therapist is there to help ME.



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