

**Find a child analyst
who can meet you online or in the office!**

RESOURCES:

- <https://apsa.org/find-a-psychoanalytic-clinician>
- <https://www.childanalysis.org>
(Association for Child Psychoanalysis)
- <https://contemporaryfreudiansociety.org>



To learn more about
Child Psychoanalysis or Child Analytic Therapy,
visit the American Psychoanalytic Association website at:

apsa.org/capd



A project of the APSA Child and Adolescent Psychoanalytic Department

Do you need help understanding your child's behavior?

Interested in
learning new ways
to communicate
effectively with
your child?



Want to
strengthen your
relationship
with your child
but don't know
how?



Let a child analyst help you find your way

apsa.org/capd

Why Child Analytic Therapy?



- Child analytic therapists are trained to create lasting solutions, not just temporary band-aids.
- Child psychoanalysis is a researched-based approach to mental health.
- Analytic therapists can help children who are anxious, angry, impulsive, struggle with learning, and more.

Child analytic therapists have a unique way of thinking about children.



- Analytic child therapists are highly-trained professionals, expert in social and emotional development of kids, 0-26 years of age.



- We look at the strengths and struggles of the whole child and not just problem behaviors.
- Child analysts partner with you to make sense of what your child is doing.

When we hit bumps in the road, we often don't know where to turn.



It can feel like it's our fault if our kid needs help or that others will blame us. Blaming doesn't help. Children are constantly changing, and there are so many unknowns.

We are here to create a roadmap with you.

Child analytic therapy helps you and your child, for now and the future, to:

- Build emotional muscles
 - Tackle future struggles
 - Love themselves and others



Learn More at: apsa.org/capd