

Should My Daughter See A Therapist?

9 signs that your daughter could benefit from seeing a therapist.

1. REQUESTS TO SEE ONE

If your daughter asks to see a therapist - listen to her. Girls are very good at knowing when they are overwhelmed and need guidance. Meeting with a therapist is important to evaluate the level of support your daughter needs to grow. This establishes trust in your relationship with your daughter because it shows that you take her needs seriously and can be an ally.

2. HAVING DIFFICULTY MANAGING EVERYDAY STRESSORS OR SEEMS OVERWHELMED

Everyday stressors such as school, extracurriculars, and friends can be overwhelming and feel difficult to manage. Your daughter may need some positive coping strategies and help understanding how to better manage her surroundings.

3. ISOLATING AND AVOIDING EVERYDAY ACTIVITIES OR SOCIAL ENGAGEMENTS

If your daughter shows signs of isolating herself from others, or if she is avoiding everyday activities such as school, practice, or hanging with friends, it is a good idea to have her talk with a therapist. Transitions in school and life can be very disruptive. As girls get older, new skills are needed to understand situations and build confidence.

4. CHRONIC PROCRASTINATION

Many of us avoid and procrastinate, but if you notice that your daughter has a new behavior of procrastinating or the severity of an existing behavior increases, it can be an indication of anxiety. A therapist can help your daughter understand her avoidance or procrastination, and give her positive coping strategies that will reduce her anxiety about completing tasks.



5. UNEXPLAINED PHYSICAL SYMPTOMS

Unexplained physical symptoms such as difficulty sleeping, GI issues, or headaches can be a sign that your daughter needs to see a therapist. If there is no confirmed medical reason for her ailments after visits to the doctor and GI specialists, a therapist can often get to the crux of the matter. A therapist can help explain why your daughter is having her symptoms, as well as give her strategies and skills to help eliminate them.

6. OVERTHINKING OR CONSTANT WORRYING

Overthinking and constant worrying can manifest in a few ways for girls. If your daughter is not sleeping or is overly concerned about her health, the health of others, her grades, or friendships on a consistent basis, a therapist can be very helpful in giving her the tools to manage her worries and engage in self-care.

7. PANIC ATTACKS

Panic attacks are scary, especially if you don't know what they are. When girls have panic attacks, they can feel like they are dying or having a heart attack. A therapist can provide education about what is going on inside the body when a panic attack occurs and help develop coping strategies to mitigate future panic attacks.

8. FEELING AGITATED OR IRRITABLE

If your daughter is showing bratty or rude behavior, it could be a sign of anxiety. Anger and irritability can stem from the need to control things around them. Working through those emotions can help girls learn coping strategies and help them build positive relationships with others. Girls often feel ashamed of their behavior when they have these negative reactions. A therapist can help them understand these feelings and move forward to be more comfortable with themselves and their relationships.

9. SELF-HARM OR SUICIDAL THOUGHTS

Self-harm is often a sign that your daughter is struggling, but she cannot find the words to tell you. She may not have any suicidal urge, but is actually self-harming as a way of communicating that she is hurting or overwhelmed. Seeing a therapist can help her understand what is behind the urge to self-harm, and how to establish safe coping mechanisms. If your daughter comes to you with suicidal thoughts, it is imperative to have her talk to someone and evaluate her safety.

