

Psychological counseling and psychotherapy for children and their families

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Counseling and psychotherapy for children differs significantly from counseling and psychotherapy for adults. We need to consider a number of different factors that affect these activities and outcomes. Therefore, a psychotherapist working with children must be provided with knowledge in several fields - developmental psychology, communication psychology, pathopsychology, educational psychology, general legal framework - child protection, laws governing family life, etc. Before starting work, there is often a need to find out "whose problem it is most" and make choices based on it. Today, there are many different therapies for working with children, both within the framework of the main schools of psychotherapy (psychoanalytic, cognitive-behavioral, family psychotherapy) and separately. The presentation tries to give a more general overview of them as well as to introduce the possibilities available in Estonia.