

## **CHILD PSYCHOLOGY**

**Different approaches are used with children & adults. Below are examples of situations. Choose if it requires a "Child Psychology" approach or an "Adult Psychology" approach.**

**A psychologist uses play therapy to help a client express emotions.**

- a) Child Psychology
- b) Adult Psychology

**A psychologist helps someone manage anxiety through Cognitive Behavioral Therapy (CBT).**

- a) Child Psychology
- b) Adult Psychology

**A psychologist uses a drawing activity to help the client discuss their feelings about school.**

- a) Child Psychology
- b) Adult Psychology

**A psychologist organizes a puppet play session to help the client express fears and insecurities.**

- a) Child Psychology
- b) Adult Psychology

**A psychologist works with a client to manage workplace-related burnout and develop work-life balance strategies.**

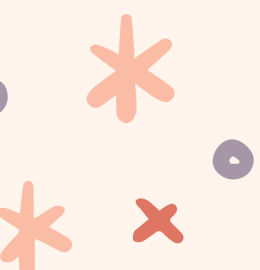
- a) Child Psychology
- b) Adult Psychology

**A psychologist uses sand play therapy to allow the client to explore emotions through symbolic expression.**

- a) Child Psychology
- b) Adult Psychology


**A psychologist creates a reward-based behavior chart to encourage positive actions and responsibility.**

- a) Child Psychology
- b) Adult Psychology



As we can observe from the scenarios, working with children requires a different skill set compared to working with adults. Child psychology involves specialized techniques such as play therapy, creative activities, and an understanding of developmental stages to communicate and address issues effectively. Unlike adults, children may not have the verbal skills or emotional awareness to express their thoughts directly, making it essential for child psychologists to use tailored, age-appropriate methods.

If you aspire to work with children, acquiring the necessary knowledge and techniques in child psychology is crucial. This includes learning about childhood development, attachment theory, emotional regulation, and child-centered therapeutic practices. These skills enable a psychologist to address the unique psychological needs of children and guide them through their growth and challenges in a supportive and understanding manner.

To know more about our Child Psychology course by DIPS, especially designed to equip you with the unique skill set, tap here! 

**KNOW MORE!**

