HOW DOES A PSYCHOTHERAPIST OR COUNSELLOR SUPPORT A CHILD WITH AUTISM AND THEIR FAMILY essential CHECKLIST

1. Learn Child-Centered Emotional Literacy and Regulation

- ☐ The counsellor helps your child identify and name their feelings accurately to reduce emotional distress.
- ☐ They teach body-based self-regulation strategies to help your child stay calm during sensory overload or schedule changes.

2. Build Self-Esteem and Self-Advocacy

- ☐ Therapy frames neurodivergence around unique strengths rather than deficits, fostering confidence and self-acceptance.
- ☐ Your child learns practical coping tools for managing anxiety, social dynamics, and big life transitions.

3. Access Dedicated Parent Mental Health Support

- ☐ Counsellors offer dedicated mental health therapy for parents to process stress, navigate overwhelm, and manage caregiver burnout.
- ☐ They help you design and implement supportive routines in your home environment.

4. Support Sibling Dynamics and Family Well-Being

- ☐ The counsellor provides a safe space for brothers and sisters to process their feelings and navigate family dynamics.
- ☐ Addressing mental health across the family unit creates a unified, supported home where everyone thrives.

5. Receive Neurodiversity-Affirming, Adapted Care

- ☐ Evidence-based methods, such as Cognitive Behavioural Therapy (CBT) and play-informed modalities, are adapted to validate your child's lived experience.
- ☐ The overarching goal is to build emotional resilience, provide psychological safety, and foster a true sense of belonging.