


# RED FLAGS THAT YOUR CHILD'S THERAPY MAY BE TRAUMATIZING



- 1 They won't let you watch the therapy sessions.
- 2 They purposely set up frustrating situations to "build flexibility" in your child or force them to speak.
- 3 They describe your child's behavior as attention seeking, escape behavior, or a tantrum.
- 4 They tell you to ignore your child's distress, fear or frustration because it's avoidance or maladaptive behavior.
- 5 They tell you to ignore your own instinct to comfort your crying child, and to not give them your attention.
- 6 They tell you it's natural for your child's behavior to get worse before it gets better.
- 7 They make your child do a pointless activity again and again and again and again.

Learn more at  
[therapistndc.org](https://therapistndc.org)





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8 They reward eye contact and stim suppression and compliance on demand.

9 They don't gain consent before they touch your child, grab their hands, or use physical force to move them.

10 They insist your child needs 20 - 40 hours a week of therapy and if they don't get it, you will regret it later.

## Children are humans. Think about this...

- What does it do to a child's mental health when therapists or parents ignore the child's distress, fear, or frustration?
- What does it do to a child's mental health when another person routinely violates their body autonomy by demanding eye contact, suppressing their harmless stimming, grabbing and forcing hand over hand, or moving or guiding their body through space without consent?
- What does it do to a child's mental health when we reward them for tolerating uncomfortable, distressful, and even painful sensory exposure without complaint?
- What does it do to a child's mental health child when their compliance on demand (touch your nose, touch your ears, do this, do that) is rewarded and praised?
- What does it do to a child's mental health when they are forced to do something over and over and over until the person in power decides they've had enough?
- What does it do to a child's mental health when they are not permitted to have a childhood because they spend 20+ hours a week in therapy?
- What does it do to a child's mental health when others scrutinize, measure, track and analyze everything they do all of their waking hours?