

A Brief Analysis of The Principles and Advantages of Family Therapy for Children with Psychological Problems

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Abstract. Childhood play a significant role in human's growth and development process. The people and circumstances a child is exposed to during their formative years can lead to psychological problems later on. Traditional treatment for children's psychological problems can be limited in a number of ways as it may not be tailored to the specific needs of each child, not be able to address the underlying causes of a child's psychological problems and not be able to provide the child with the necessary skills to cope with their psychological problems in the future. This article summarises common child psychological problems and approaches to the treatment of child psychological problems and analyses the causes of child psychological problems and the important role of the family in the emergence, development and treatment of child psychological problems, therefore suggesting the possibility of family therapy being involved in traditional treatment, and then introducing the theory and common methods of family therapy. Three key focus sections of family therapy for the intervention of child psychological problems, the importance of medical diagnosis in the treatment of children's psychological problems are also emphasised.

1 INTRODUCTION

Childhood is a crucial stage in our lives, and the environment we are raised in can have a profound effect on our psychological development. Children who are raised in poverty or who experience abuse or neglect are more likely to experience psychological problems later in life [1] (Boullier & Blair, 2018). However, even children who do not experience these extreme circumstances can be affected by the way they are raised [2][20] (Felitti, 2009; Petruccelli, Davis, & Berman, 2019). For example, children who are not given the opportunity to explore their interests or who are constantly criticized by their parents are more likely to have low self-esteem and to experience anxiety or depression. One of the most important things that happens during the process of growing up is the development of a sense of self. This is often shaped by the circumstances and characteristics surrounding the growing process. If children don't have a positive sense of self, it can lead to psychological problems later in life [3] (Smith, Ovens, & Philpot, 2021). Therefore, it's important to provide children with the support they need to develop a healthy sense of self. The failure of this intends to cause psychological issues for children.

Psychological disorders in one's childhood are a broad category of mental health conditions that can cause a range of symptoms. Common psychological disorders include cognitive disorders, behavioral disorders, attention deficits, learning disabilities, anxiety,

and depression. These conditions can have a significant impact on a person's quality of life, and treatment is often necessary to manage symptoms and improve functioning. These disorders and symptoms can have a serious impact on a child's physical and mental health, as well as their ability to receive an education. This can cause great distress to families and can have a lasting impact on the child's life [4] (Shuwei, 2020). Early diagnosis and treatment is essential in order to minimize the impact of these disorders. It has been shown that the current treatment of children's psychological problems is based on two main aspects: one is the psychological aspect, including counselling and psychotherapy such as group therapy, cognitive behavioural therapy, sandplay, playtherapy and psychoanalysis; the other is the psychiatric aspect, including medication and inpatient treatment, and the combination of psychotherapy and psychiatric medicine is undoubtedly an excellent approach to treating children's psychological problems [5] (Midgley, Mortimer, Cirasola, Batra, & Kennedy, 2021). Most psychotherapy require a certain medical environment and professional staff to implement them, for example, most psychological treatments are carried out in hospital psychotherapy rooms and by specialized psychotherapists or psychiatric hospitals. Psychiatric inpatient and pharmacological treatments are led by psychiatrists and coordinated by psychiatric nurses and is confined to specialist psychiatric wards [6] (Stoll, Müller, & Trachsel, 2020).

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However, these traditional treatments for children's psychological problems can be limited in a number of ways. First, traditional treatments may not be tailored to the specific needs of each child. Second, traditional treatments may not be able to address the underlying causes of a child's psychological problems. Third, traditional treatments may not be able to provide the child with the necessary support to make a full recovery. Fourth, traditional treatments may not be able to provide the child with the necessary skills to cope with their psychological problems in the future. Finally, traditional treatments may not be able to provide the child with the necessary support to prevent them from developing further psychological problems [7] (Zeyuan & Xiaoqian, 2020). Specially, when children with psychological problems are removed from their original therapeutic environment and returned to normal life, they may experience great discomfort and even relapse of their psychological problems. This is due to the fact that they are no longer receiving the specialized care and attention that they need in order to thrive. In order to prevent this from happening, it is important to make sure that these children receive the continued support that they need even after they leave their original therapeutic environment [8] (Asarnow, Tompson, Klomhaus, Babeva, Langer, & Sugar, 2020).

Therefore, family involvement is crucial to the treatment of children's psychological problems for a number of reasons. First, family involvement can help to identify the root cause of the problem. Second, family involvement can provide support and stability for the child. Third, family involvement can help to ensure that the child receives the best possible care. Fourth, family involvement can help to monitor the child's progress. Finally, family involvement can help to ensure that the child receives the support he or she needs to recover from the psychological problem. The family is the main source of support and communication for a child during their development. The family provides the child with love, security, and a sense of belonging. The family also teaches the child values, morals, and how to interact with others. The family is the most important influence in a child's life. It is therefore necessary to involve the family in holistic treatment under professional guidance. This way, specific treatment programs for children's psychological problems can be extended from the hospital to everyday life. This involves family members and makes the child undergoing treatment more adaptable to the real-life environment. This, in turn, improves the adaptability of the child's psychological problems and the corresponding treatment outcome [9] (Wampler, 2020).

2 PSYCHOLOGICAL PROBLEMS FOR CHILDREN

According to recent research, children's psychological problems are largely determined by their negative experiences in early childhood [10] (Alley & Diamond, 2021). This means that the way in which children are raised can have a significant impact on their mental

health. These experiences lay the foundation for the formation of children's character, because when people are not yet mentally developed in early childhood, they cannot influence the direction of their character development, and are easily influenced by the surrounding environment and people on their own psychological condition, or even suffer some psychological trauma, and do not receive timely psychological intervention and help, which leads to children developing into psychological problems in later life. In addition, children's psychological problems are inextricably linked to the environment in which they grow up in their own families. There is a strong link between the environment in which children grow up and their psychological problems. For instance, children who grow up in families with high levels of conflict are more likely to experience psychological problems. Children who grow up in poverty are also more likely to experience psychological problems [11] (Wang, Luo, Yue, Tang, & Shi, 2022). These problems can have a lasting impact on the child's life, so it is important to address these problems early. The relationship between family members and the family atmosphere can affect the child's psychological condition. The family is a child's first social environment, and the quality of family relationships and the family atmosphere can have a profound impact on a child's psychological development. For example, children who grow up in families with high levels of conflict are more likely to have problems with anxiety and depression. Conversely, children who grow up in supportive and loving families are more likely to thrive emotionally and psychologically [12] (Stapp, Mendelson, Merikangas, & Wilcox, 2020). Therefore, it is important to create a positive family environment in order to promote the healthy development of children. Furthermore, disharmony in the relationship between husband and wife, frequent quarrels, and indifferent attitudes can easily bring trauma to the young child's mind. These traumas sometimes do not show up immediately, but gradually accumulate and strengthen, becoming a source of psychological problems for the child later on. This can have a serious impact on the child's development and wellbeing. It is therefore important for parents to be aware of the potential consequences of these kinds of behaviours and take steps to avoid them.

The main goal of psychotherapy for children with psychological problems is to provide reasonable correction and intervention. This may involve helping the child to develop new coping skills, to understand and manage their emotions, and to improve their social skills. Through therapy, children can learn to cope with difficult emotions, develop positive coping skills, and gain a better understanding of themselves and the world around them [9] (Wampler, 2020). Psychotherapy can also help children to develop a more positive self-image and to feel better about themselves. Excessive and erroneous behavioural responses in children can lead to psychological problems later in life. To reduce these behaviours, it is important to provide children with a safe and supportive environment. This can help alleviate the discomfort and other psychological problems that can

arise from these behaviours. When treating children with psychological problems, the main focus is on identifying and changing any abnormal communication patterns or behaviours. This involves analysing the child's symptoms and using that information to create a treatment plan. The goal is to help the child learn healthy ways of communicating and behaving [13] (Cobbett, 2022; Wampler, 2020). The main psychotherapeutic approaches include cognitive behavioural therapy, psychoanalysis, sand tray therapy, play therapy, etc. Most therapy methods for children involve recalling and analyzing their early life experiences in order to identify the root causes of their problems. Once the causes are identified, the therapist can intervene and provide treatment accordingly. This may involve reassurance and improvement of negative emotions, introduction and stimulation of positive emotions, and improvement of behaviour. Ultimately, the goal is to help the child develop a more positive outlook on life. And these treatments often need to last for a longer period of time. The longer the problem exists, the more time is needed to treat it. This can be a challenge for patients, who may need to take medication for a long time or undergo multiple rounds of treatment. But it is important to remember that the goal is to improve the patient's quality of life and help them manage their condition. The ultimate goal of psychological treatments and interventions for children is to improve their overall mental and behavioral health. By meeting these needs, children can learn how to cope with their emotions and develop healthy relationships [14] [21] (Godino-Iáñez, Martos-Cabrera, Suleiman-Martos, Gómez-Urquiza, Vargas-Román, Membrive-Jiménez, & Albendín-García, 2020; Scully, McLaughlin, & Fitzgerald, 2020).

3 FAMILY THERAPY FOR CHILDREN

In the past, psychotherapy and interventions for children with psychological problems have been focused only on the individual with the problem. This meant that the entire focus was on the child and changing the child with psychological problems himself. However, this approach has changed in recent years. Psychotherapy and interventions for children with psychological problems are now taking a more holistic approach. This means that they are taking into account the child's whole environment, including their family, school, and community. This approach is more effective because it recognizes that the child's problems do not exist in a vacuum. This holistic approach is necessary in order to provide the child with the best possible chance for success. The family is an important part of the child's environment, and the intervention must take this into account. The child's home life, including their relationships with their parents and siblings, will have a significant impact on their development. It is also important to consider the child's community and cultural context. The intervention must be tailored to the child's specific needs in order to be effective. Taking all of these factors into account, the intervention can be designed to give the child the best possible chance for

success [9] (Wampler, 2020). This change in approach has been shown to be more effective in helping children with psychological problems. The family is also a key source of support for the child, and the therapist can work with the family to ensure that the child receives the necessary support. The therapist can also use the family's involvement to help the child develop new skills and strategies for dealing with their psychological problems. By understanding the family dynamics, the therapist can develop a treatment plan that will address the child's needs. The therapist may also recommend changes to the family's structure or communication patterns in order to improve the child's well-being. This information can then be used to develop a treatment plan that is tailored to the child's individual needs. As a result, a more comprehensive analysis of the child's psychological problems can be carried out and a more complete treatment plan can be developed in conjunction with medical treatment [15] (Boyer, 2019).

During a child's formative years, the family is the primary environment in which he or she grows up. As mentioned earlier, some family conflicts can lead to psychological problems in children. Conversely, the family environment is important for children with this disorder. Parents should not try to control their children during therapy, but rather help them develop into independent individuals who can manage their own problems. (not in the sense of not helping children with behavioural difficulties at all, but without being overly helpful or all-encompassing, giving children the opportunity to complete tasks independently when the environment and the child's physical condition allow). In addition to having people around to help children with their own psychological problems, this development of independence helps them to resolve their inability to integrate with their surroundings [16] (Szapocznik & Hervis, 2020).

The emergence of psychological problems often reflects a conflict between the child and the outside world. Family plays an important role in the conflicts between the child and the environment around them. The main causes of such conflicts are children's disharmonious relationships with family members and inadequate family structures. Conflict with the family leads to children reacting badly in their interactions with others, which also leads to an inability to negotiate and compromise reasonably with the external environment. Under the influence of family education and the family environment, children initially form their perceptions of individuals, others, society, and things, and have the ability to respond to the outside world in a self-contained way. But if this response to the external environment and to human things is formed in an ambivalent relationship, it can lead to discomfort for the child and to psychological problems. Family therapy is set up based on the child's primary upbringing and aims to allow the family to provide a harmonious environment for the child to grow up in, to eliminate the source of the child's psychological problems and to resolve the child's psychological conflicts with the outside world [9] [15] (Wampler, 2020; Boyer, 2019).

The focus of family therapy is not only on the child's psychological problems themselves, but also on the relationship between the child and the family members who, we hope, will provide a good environment for the child to grow up in in order to resolve the psychological problems. Family therapy attempts to identify the root causes of the child's psychological problems in the relationships between family members, to sort out the internal relationships between family members, and to analyse this in depth based on a whole family mapping. The family members are then made to understand the importance and impact of their roles and behaviours on the child's psychological development, and are actively involved in easing and improving strained and negative family relationships, and in developing a harmonious communication pattern by guiding each family member to develop a positive psychology in order to improve the child's relationship with the whole external environment and the people and things around them [16] [9] (Szapocznik & Hervis, 2020; Wampler, 2020).

4 FOCUSES OF FAMILY THERAPY FOR CHILDREN

If left unchecked, psychological problems in children will have far-reaching negative consequences for their physical and mental health, as well as their families. The fact that children with psychological problems are unable to have normal contact and communication with the outside world also makes the development of children with psychological problems more difficult than that of ordinary children. Previous studies on children with psychological problems have found that most families and members of society tend to have negative emotions and attitudes when dealing with children with psychological problems. These negative emotions often come from two sources: the mental and physical exhaustion of family members due to the long and exhausting supervision and companionship of children with psychological problems, and the helplessness of the long treatment process and the slow improvement in performance. As treatment methods for children with psychological problems continue to evolve, family members need to increase their enthusiasm for the treatment of children with psychological problems, hold on to the hope that the child's psychological problems will improve, and approach the child in need with a positive mindset so as to facilitate the improvement of the child's behavioural problems [17] (Carr, 2019). At the same time, children with psychological problems are themselves under pressure from the outside world, and the support of family members can give the child great psychological support so that the child can have strong strength to face the pressure from the outside world.

By working together, family therapy and individual psychotherapy provide children with the best possible care. In the process of psychotherapy with children, the therapist can also be involved in the family therapy [18] (Chunli, Ge, & Yuehua, 2005). For example, the psychotherapist can communicate directly with family members to visualise and record the relationships and

ways in which families of children with psychological problems get along in order to suggest solutions for improving the therapeutic environment of the child's family. First, to understand the daily relationships between family members, the psychotherapist can invite family members to participate in psychotherapy with the child with psychological problems by reproducing the family members' daily routines in the therapy room. Next, the psychotherapist can conduct a comprehensive analysis of the family members' patterns of living together and their relationships with each other, as well as educate the family members on psychological science so that they can understand the concepts and theories related to psychologically troubled children. The counsellor can then guide the family members in constructing a communication pattern and family environment that is conducive to the child with psychological problems, and point out the parts of the family relationship that are not conducive to the child with psychological problems. Finally, with the consent of family members, the psychotherapist can advise family members to adopt new communication styles and build a harmonious family environment with a positive mindset to provide a good therapeutic environment for the child [19] (Junjie, 2021).

Medical guidance and involvement in the process of family therapy for children with psychological problems is very important and necessary. Individual family therapy or the unauthorised choice of independent family therapy is not generally recommended. Children with psychological problems, and children with any other kind of psychological problem, should first go to a specialist medical institution where a psychiatrist can diagnose and assess them in order to decide on an appropriate treatment plan[6](Stoll, Müller, & Trachsel, 2020). In particular, psychological problems that reach the level of illness must be treated under the advice and guidance of a psychiatrist, even if psychotherapy is to be undertaken. Independent, psychotherapy without medical diagnose can sometimes delay, or even aggravate, the child's condition. Thus family members, especially the child's parents, must take medical diagnosis seriously and put medicine at the forefront of psychotherapy.

5 CONCLUSION

The occurrence of psychological problems in children is a growing concern. The number of children with psychological problems in society is increasing. This is a problem because psychological problems can lead to a number of problems in children, including academic problems, social problems, and emotional problems.

There are a number of reasons why the number of children with psychological problems is increasing. One reason is that there is more awareness of psychological problems in children. Another reason is that the world is becoming more stressful and children are under more pressure than ever before.

This paper argues that there are a number of things that can be done to help children who are suffering from psychological problems. One thing that can be done is to

provide more psychological support to children and their families. Another thing that can be done is to increase the awareness of psychological problems in children. This paper has reviewed the mainstream principles and approaches to the treatment of psychological problems in children. Psychiatric treatment and psychotherapy are both important methods of treatment, and the family plays a vital role in both. In psychiatric treatment, the family is involved in the child's care and treatment plan. In psychotherapy, the family is involved in the child's therapy and counseling. These approaches to treatment are both important and effective, and the family plays a vital role in both. There are many different factors that can contribute to children's psychological problems. Some of the main causes include family conflict, poor parent-child communication, and exposure to violence. Family therapy is one way to help children deal with psychological problems. It can involve a variety of different techniques, such as play therapy, to help children express themselves and improve communication within the family. Family therapy is an important perspective for understanding and treating children's psychological problems. The family is a crucial support system for children, and family therapy can help to strengthen family relationships and improve communication. Family therapy can also help to identify and address any underlying problems that may be contributing to the child's psychological difficulties. By changing the way in which family members relate to one another, children are able to have a more harmonious space to grow up in. This, in turn, gives them the opportunity to actively face and participate in interventions for psychological problems. In other words, families that proactively participate in their children's psychological development are more likely to see positive outcomes. There is a growing body of evidence that suggests that traditional psychotherapy and family therapy can be more effective when used in collaboration with each other. This paper concludes with a call for more effective collaboration between these two approaches to treatment, under medical diagnosis and guidance, in order to improve the effectiveness of treatment for children's psychological problems and to promote healthy development in their formative years.

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