

## Child and Adolescents Behavioral therapy

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### Abstract

Child and Adolescents, today's millennial are the one who are being targeted worldwide for having lot imbalances in their life. Speaking about behavior problems in child, leads to too many external and internal factors which parents are not aware of, and are gone unnoticed, hence that leads to psychological problems, behavior issues and many other mental issues. However, teenagers and adolescents are victims of anxiety, emotional adjustments, depression and many unnoticed psychological and mental wellbeing. Most of the time, it becomes difficult for the one to face their own problems and help themselves, hence to help them many therapies are conducted by the experts and the therapist to aid one to counter the same and make them realize the impact for the long run. Therapies do play a vital role, with the child and adolescents considering their behavioral problem. CBT (Cognitive Behavior Therapy), ABT (Art Based Therapy) and many more used for the treatment. Any therapy is conducted with the child or adolescents need to initiate on a primary level soon she/he is diagnosed with one.



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### Biography:

She has done her research in “understanding child psychology through drawing, sketching and Painting”, from Zoroastrian College, Mumbai, India, practicing since 10 years. She has conducted many seminars and workshop based on art therapy for teachers, parents and students, and corporate companies, she has also designed group art therapy which led to a positive Results. She has an end number of successful cases treated through Art based therapy conducted in clinical setting.