



Henry County Children's Advocacy Center

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A Guide for Families

After your child experiences a CAC interview, counseling can benefit both your child and your family. Too often parents just want their child to "forget" about the abuse they suffered, but, in fact, children do not forget, nor do the other members of their family. Counseling can help your child and family through this very difficult time.

Your child and

- Counseling allows the child to express feelings that otherwise may come out as aggression, nightmares, poor school performance, or unacceptable behaviors.
- Counseling allows the child to understand that the abuse was not his/her fault.
- Often the perpetrator has told the child not to tell. Telling the story in a safe environment allows the child to be free from that fear.
- Counseling can build up the child's self-esteem and self-confidence.
- Counseling can provide needed safety and prevention education, so that the child is not victimized again.
- Counseling can provide an outlet that prevents future alcohol or drug abuse, and emotional problems as an adult, such as PTSD or depression.
- Counseling can reassure the child that nothing is wrong with him/her.
- Counseling can help a child learn to have trust and hope again, and to feel safe in his/her world.
- Counseling can help parents and other family members to cope with their own feelings about the abuse, as well as to learn the best ways to deal with their child's feelings.
- Counseling can help the family restore the life stability that has been lost as a result of the abuse.
- Counseling can help family members understand and banish their own feelings of guilt or helplessness.