

A child's playroom with a large green exercise ball, a calendar, and a whiteboard with emotion cards. The room is filled with toys, including a LEGO house, a dollhouse, and a toy car. A large window on the left shows a view of trees. A lamp sits on a shelf near the window. A calendar for September 2021 is on the wall. A whiteboard with various emotion cards is also visible. The text "Welcome to Therapy" is overlaid in a large, dark blue font.

Welcome to Therapy

Trisha R. Hobson, MA, LPC

Child and Adolescent Therapist



Welcome to therapy! My name is Ms. Trish and I am a therapist. You might be wondering what that means and what happens when you come to my office. This book will tell you all about it!

What is a therapist? A therapist is
someone who helps people.

A therapist's job is to listen to kids and
talk to them too. Sometimes, therapists
teach kids new things to help them grow.
Therapists also like to play with kids.

I like to play with toys, draw, paint, play
games and read books with kids.

Playing, talking and learning can help
kids feel better.

I can't wait to find out what things you
like to do!





Kids come to therapy for lots of
different reasons...

Sometimes kids have worries that
bother them.

Sometimes kids have really BIG feelings
and they don't know what to do with
them.

Sometimes parents and kids are having
a hard time getting along with each
other.

And, sometimes kids have had a scary
thing happen to them or someone they
love.

Some of these things cause kids to have
unhelpful thoughts, feelings, and
behaviors.

This can feel confusing and kids and
families can feel stuck.

Sometimes kids wonder if these things
are their fault...

Therapy helps kids and families feel
better. We will work together to help you
feel better too!





Trish Hobson is President and Therapist at Harmony Counseling, LLC. Trish has been a practicing clinician in the St. Louis, Missouri area for the past 15 years, and has a passion for helping children, teens, and families heal from difficult experiences.



HARMONY COUNSELING, LLC

16216 Baxter Road, Suite 240

Chesterfield, MO 63017

314-399-9880

trisha.hobson@harmonycounselingllc.com

www.harmonycounselingllc.com