



## Jessie's Big Emotions.

A story to explain therapy to children aged 7 – 12 years.

In the sunny place of Villatown, there lived a bright and inquisitive child named Jessie, who loved to have adventures and learn new things. Despite her bubbly nature, Jessie often felt like a small boat being tossed around in a big, scary ocean of big emotions. Jessie had lots of big emotions, like worries about school, feeling sad about Jingles, her dog who went missing, and trouble listening to her teacher. Jessie was also fighting a lot with her best friend, Taylor, who was very bossy and sometimes called Jessie mean names. Sometimes Jessie's emotions got so big they exploded out of her body in a big mess of anger, frustration, tears and sadness.

Noticing Jessie's struggles, her parents decided it was time for a special kind of journey. One afternoon, they sat down beside Jessie and said, "Tomorrow, we're going to visit someone who can help you understand your feelings, and help us to help you manage them differently. They're called a psychologist," Jessie's mum explained.

"A psychologist? What's that?" Jessie asked, curiously.

"Think of a psychologist as a coach for your thoughts and emotions, helping you navigate them better," Jessie's dad said gently. "They're someone who can help us make sense of things that feel really scary or overwhelming".

The following day, Jessie and her parents arrived at an office with a grey door and a sign that read "Self Psychology." Inside, they found a cosy haven, filled with comfortable chairs, a soft rug, toys, books, Lego, a doll's house, Uno cards and art supplies.

"Welcome, Jessie!" Melissa, the psychologist greeted Jessie and her parents with a kind smile. "Here, we can talk, play, and learn about your feelings. This is a safe place for sharing anything on your mind. What we discuss here stays here, under the promise of 'confidentiality.'"

Jessie, intrigued by a new word she hadn't learnt yet, repeated, "Confidentiality?"

"Yes, it means whatever you tell me is private, like a special agreement between us," Melissa explained. "I won't share it with others. I'm not allowed to share what you tell me with anyone else, except in certain situations when I'm worried about your safety or if I think you're in danger. Think of it like a safety net, always there to catch you."

In the sessions with Melissa, Jessie opened up about her worries, like shadows dancing on bedroom walls at night, and feelings of sadness, like when her dog went missing. Jessie talked about school challenges, friendship troubles and how she feels scared when she hears her mum and dad yelling, finding comfort in being able to talk about her secret thoughts to someone else.

As weeks turned into months, Jessie learned to understand and manage her feelings more and more. Melissa's guidance was helpful and reassuring, providing patience, wisdom, and reassurance. Jessie learned that it's normal to experience a range of emotions and that seeking help is both brave and smart. She also learnt that nothing is ever too horrible to talk about to someone who cares, and she's not silly for feeling the way she does.

One sunny afternoon, Jessie realised she'd changed. She felt like a young tree that had weathered a storm, now reaching confidently towards the sun. "Thank you, Melissas," Jessie said with newfound strength in their voice. "I feel like I understand my feelings better now, and I know it's okay to talk about them."

Jessie's parents saw the changes in Jessie, too. They were proud of her for working through in the process and grateful to Melissa for her support.

Melissa smiled proudly, "You've done wonderfully, Jessie. Remember, taking care of your emotional world is important and it's always okay to ask for help. Your mind, like a garden, is a place of beauty and growth."

Jessie's journey with Melissa was one big adventure of self-discovery, understanding, and learning. Jessie learned the importance of talking about emotions and worries and the importance of asking for help when she needed it. She understood that everyone needs help sometimes, and that it doesn't make you silly or weak.