



One day, a mom came to my counseling office and said, she would like to know how her child feels and thinks. According to the mom, her child was always a nice boy, doing just fine at school and home. However, the mom wanted to make sure his inner feelings are okay because somehow her child looked stressed and unsafe.

The child was only 5 years old, therefore instead of other assessments, Kinetic Family Drawing (KFD), Kinetic School Drawing (KSD) and House-Tree-Person (HTP) assessments were done, and the result was quite shocking. The child's drawing indicated a huge anger toward his parents and depression due to his low self-esteem. The child was asked a few questions during assessments, and the child didn't hesitate to express how he felt by explaining the drawings. The child may think he is only talking about the drawings, not himself. However, there always is a connection between the drawing and one's feelings.

This child always harbored anger towards his parents as they always manipulated and pushed the child to do what they wanted, but never listened to the child enough. The child was feeling belittled, he had no say in anything he wanted to do. Now, he felt afraid of being independent and thought he would regret and make mistakes if he made any decision.

After I explained the results of my analysis to the parents, the parents were shocked and remarked that they never realized that they were so pushy and manipulative. The child was being pressurized by strong-willed parents and wanted his opinions to be respected. Fortunately, the parents were willing to change and asked for advice on improving their listening and parenting skills. As the parents started to change, the child started to express his own opinion and feelings in words because he knew that now his parents are there to listen to him. Now, the child is no longer "always-a-YES-boy" but he got inner peace which helps him focus better on academic work and relationships among peer groups. Listening is not something that you hear only with your ears, but an attitude showing that you may change your opinion if the child's idea is better

than yours.

Every parent and every child have their own stories to tell. These stories may not be revealed to close friends or people, but if any help is needed, the stories can be told to specialists or experts in the field. The stories will be kept confidential and the parents & children may get better ideas of "being together".

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