



Kenny's Story

In 2021, Kenny was 11 years old and struggling with depression and thoughts of suicide.

Kenny had a history of successful treatment at Center for Child Counseling for trauma treatment. He experienced a return in symptoms that were triggered by social isolation during the COVID-19 lockdown.

When re-engaging in therapy, there were concerns because in the past, Kenny was guarded, avoidant, fidgety, and hyperactive during office-based sessions. Kenny's therapist worried about engagement and the effectiveness of using Telehealth due to his current symptoms.

Fortunately, Telehealth not only emerged as appropriate for Kenny, but more effective.

Kenny was more responsive to treatment, with a calmer demeanor when processing trauma using Eye Movement Desensitization and Reprocessing (EMDR).

Kenny's depression and thoughts of suicide diminished. He was able to openly express his thoughts, feelings, needs, and wants during sessions.

He was able to verbalize fear of nighttime and the dark - and the panic attacks that occurred at night in the dark. Now, Kenny is no longer experiencing panic attacks or fear at nighttime.

Because of the generosity of donors like you, Kenny has hope.