Zoey N.

**Children's Therapist**

*River Ridge Middle School*

Sitting on a chair while someone unloads all their thoughts and worries onto you. I’ve dreamed of being a therapist for a few years now. I always help my friends when they're in need. Of course, that isn’t going to work in the professional world, but it’s a start. I’ve always felt a happy feeling after helping friends through a dark time. If I could do that for a job it’d be wonderful.

I realize how many years of schooling I’d have to go through but I think it’s worth it. It would take at least eight years. Jobs in therapy are in high demand and are expected to go up even more by 2030. I’ve had dark times in my life with no one to help me and it’s not fun. I can’t even begin to imagine how many people have to go through that every day, and I want to be there to help.

If we were to get into specifics I’d love to be a children's therapist. I feel like children are sometimes overlooked when it comes to mental health, and I’d love to help them. Children can go through so much at a young age, and they deserve a guide through it. My little brother has anger issues and I’d like to help other children with the same issues. My brother has affected what I want to be when I’m older since he’s my little brother and I hate seeing him get so upset and not have a good time.

Even though I’d like to be a children's therapist, I'd also want to help adults and teens. It’s just a preference which I'd wanna do more often. Everyone needs someone to talk with through rough times. I have never had someone trusted to help me with that. Of course, there are your parents but not everybody feels safe talking to them.

One of my friends told me that I might even need therapy. The reason? They think I will get mental issues from helping others with it. I realize that these events that people would tell me could be traumatic for them, but I want to teach these people different coping mechanisms. I know that is what I’m signing up for. I know that these people could’ve gone through the most traumatic experience they’ll ever have. I know that this can cause and has caused depression in therapists. I am willing to go through the troubles that I might face in this job, all to help others.