

Managing Functional Hoarseness in Children: Preferred Short-Term Play Therapy and Family Dynamic Counseling

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Abstract

Functional hoarseness in children, characterized by a persistent voice change without an underlying physical cause, often results from stress, behavioral issues, or family dynamics. This article explores the efficacy of short-term play therapy and family dynamic counseling as therapeutic interventions for managing this condition. Play therapy offers a creative outlet for children to express emotions and alleviate anxiety, while family dynamic counseling addresses familial stressors and improves communication within the family unit. Integrating these approaches provides a holistic treatment strategy, addressing both individual and environmental factors contributing to functional hoarseness. This comprehensive method enhances emotional well-being and supports vocal health, offering a balanced solution for managing functional hoarseness in children.

Keywords: Functional hoarseness; Play therapy; Family dynamic counseling; Children; Voice change; Emotional well-being; Vocal health; Short-term therapy; Family counseling; Communication; Stress; Behavioral issues; Family dynamics; Anxiety; Holistic treatment; Individual and environmental factors; Comprehensive method; Persistent voice change; Underlying physical cause; Persistent voice change; Underlying physical cause.

Introduction

Functional hoarseness in children is a common condition characterized by a persistent change in voice quality without any identifiable physical cause (Khan et al., 2020). This condition is often associated with stress, behavioral issues, and family dynamics (Smith & Jones, 2018). The management of functional hoarseness in children requires a holistic approach that addresses both individual and environmental factors contributing to the condition (Lee & Kim, 2019). This article explores the efficacy of short-term play therapy and family dynamic counseling as therapeutic interventions for managing functional hoarseness in children. Play therapy offers a creative outlet for children to express emotions and alleviate anxiety, while family dynamic counseling addresses familial stressors and improves communication within the family unit. Integrating these approaches provides a holistic treatment strategy, addressing both individual and environmental factors contributing to functional hoarseness. This comprehensive method enhances emotional well-being and supports vocal health, offering a balanced solution for managing functional hoarseness in children.

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Received: 02-Sep-2024, Manuscript No: jspt-24-147009; **Editor assigned:** 05-Sep-2024, PreQC No. jspt-24-147009 (PQ); **Reviewed:** 18-Sep-2024, QC No- jspt-24-147009; **Revised:** 25-Sep-2024, Manuscript No: jspt-24-147009 (R); **Published:** 30-Sep-2024, DOI: 10.4172/2472-5005.1000264

Citation: Ahmed H (2024) Managing Functional Hoarseness in Children: Preferred Short-Term Play Therapy and Family Dynamic Counseling. J Speech Pathol Ther 9: 264.

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