

Adolescent Development and Counseling Issues

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Introduction

- A developmental perspective
- Typical adolescent concerns
- Implications for counseling

Primary source for
presentation is Vernon (1993).
**Counseling Children and
Adolescents**

A Developmental Perspective

- Three key theorists:
 - Havighurst--Developmental tasks
 - Erickson--Psycho/social stages of development
 - Maslow--Hierarchy of needs

Havighurst--Developmental Tasks of Adolescence

- Accepting physical makeup and acquiring a masculine or feminine sex role
- Developing appropriate relations with age mates of both sexes
- Becoming emotionally independent of parents and other adults
- Achieving the assurance that one will become economically independent
- Determining and preparing for a career

Havighurst--Developmental Tasks of Adolescence

- Developing the cognitive skills and concepts needed for academic, social, and career competence
- Understanding and achieving socially responsible behavior
- Preparing for marriage and family
- Acquiring values that are harmonious with an appropriate scientific world picture

Erickson's Stages of psychosocial development

- Two stages associated with adolescence
 - Industry vs Inferiority (ages 6-12)
 - acquiring skills and completing tasks
 - developing sense of competence

Two stages associated with adolescence

- Identity vs Role Confusion (ages 13-19)
 - integrating social roles, emerging sexual feelings, and a sense of who they have been up to this point in their lives
 - determining an occupation and developing values and vision for future

Maslow' Hierarchy of Needs

- Physiological--hunger, thirst, shelter
- Safety--security, protection, structure, limits, freedom from fear and anxiety
- Belonging and love--feeling accepted and wanted

Maslow' Hierarchy of Needs

- Esteem and respect--recognition by others of competence and accomplishments
- Self-actualization and cognitive understanding--recognizing ones unique potential (this stage usually not accomplished during adolescence)

Typical Issues and developmental concerns

- 11-14 year olds
 - Fear of unknown concerning sexuality
 - Fear of being unpopular
 - Fear of being selected first (having to lead a team or group)

11-14 year olds

- Fear of being selected last (implying being disliked or unpopular)
- Fear of not being able to complete homework, schoolwork, project
- Extreme concern over emotional happiness/unhappiness

15-18 year olds

- Fear of sexuality (based on lack of information concerning sex)
- Fear that another peer will vie for the person they are dating
- Fear of being ridiculed in class when asked to speak or demonstrate

15-18 year olds

- Fear that adults will interpret roles for them (they seek to define themselves in relation to peers and their own values and goals)
- Fear of inadequate vocational or academic training

Manifestation of typical concerns

- Alcoholism & drug abuse
- Depression, anxiety, anorexia, suicide
- Lack of self control, irresponsibility, absenteeism, violence

Counseling Implications

- Developmental goals (ASCA 2001)
 - Gaining self awareness
 - Developing positive attitudes
 - Making healthy choices and effective decisions

Developmental goals (continued)

- Respecting others
- Gaining responsibility
- Developing relationship skills
- Resolving conflicts

Counseling Implications

- Change process
- Learning style
- Brief counseling

Change process

- Planning
- Implimentation
- Evaluation

Planning Stage

- Exploring and defining problem
 - Need for "Safe" environment
 - Developing trust
- Five steps of planning stage
- Designing the intervention
 - Vernon's 17 tips

Implementation Stage

- **Trial implementation-homework**
- **Step by step implementation**
- **Full implementation**

Evaluation Stage

- **Checking for results**
- **Recycling process**
- **Continuous and “in flight” adjustments can be made**

Learning style

- techniques that emphasize other than verbal-talk therapy are needed to address different learning styles
 - art therapy, imagery, bibliotherapy, psychodrama, role play, music, games, activities, computers. P.56-65

Brief Counseling

- **Focus is on problem solving**
- **Problems are taken at face value vs symptom of some deep and fundamental deficit in the student or family**
- **Interventions attempt to interrupt old responses and provide new ways of responding to presented difficulties.**

Personalizing typical concerns and implications for counseling

- Recall your early and middle adolescence and reflect on typical concerns and implications for counseling adolescents