

Vernon chapters 6-7

Early Adolescence
&
Mid Adolescence

Problem Assessment and Interventions

- ▣ 12 year old Beth
- ▣ Peer relations
- ▣ Jealousy/possessiveness
 - Loyalty/commitment

Assessment

- ▣ Short story describing recent conflict
- ▣ Discussion of conflicts
 - How often they occur
 - How each responds
 - Feelings associated
- ▣ Open ended questions --p. 125

Intervention

- ▣ Cognitive activity-Glad to be Me-Rejection does not mean I am not a good person
- ▣ Different Types of Friends--Friendship cannot be exclusive
- ▣ Bibliotherapy-Friendship is Forever, Isn't It?
- ▣ Problem solving wheel-- to look at options when friend ignored her
- ▣ Small group counseling--friendship skills

Evaluation

- ☞ Self report

12 year old Jeff

- ☞ School refusal
- ☞ Parent referral

Assessment

- ☞ Unfinished sentences--p. 126
 - Peer relations/fear of rejection
 - Embarrassment re: physical maturity
 - Academic concerns
 - Logistics confusing--class changes, etc

Intervention

- ☞ Normalizing
- ☞ Psycho education--Imaginary Audience
 - Best case, Worst case, Probable case--p. 127
- ☞ Reality checks
 - Best case, Worst case, Probable case--p. 127
- ☞ Self statements--p. 128
- ☞ Contract and worry box

Evaluation

- ▣ Attendance
- ▣ Parent report
- ▣ Self report--peer relations and academic progress
- ▣ Report card/progress report

13 year old Kara

- ▣ Problem
 - Eating disorder, parent referral
 - Restricting eating and increasing exercise beyond normal range
 - Positive peer relations, doing well academically, relatively happy at home

Assessment

- ▣ Eating disorder survey--p.129
- ▣ Draw a picture of self and herself with her family
- ▣ Open ended sentences related to perfectionism and growing up -- p.130
- ▣ Food and exercise chart --self monitoring

Intervention

- ▣ Looking through magazines to identify skinny, heavy, just right images
- ▣ Polaroid of Kara -- place in spectrum from above list
- ▣ Snapshots of her friends--sorting into above groups
- ▣ Specific comparison questions vs global assessment--p.130

Intervention

- ▣ Invited sister to counseling session-- compared doctor data re: healthy weight range and eating habits.
- ▣ Collage of healthy vs unhealthy food choices
- ▣ setting goals to eat healthy and exercise moderately
- ▣ Bibliotherapy--Eating Disorders--P .131
- ▣ Parent consultation-- overprotection

Evaluation

- ▣ Self report
- ▣ Parent report
- ▣ Weight

14 year old Jamie

- ▣ Problem
 - Falling grades, skipping school
 - Defiant at home, ignoring curfew
 - Smoking at school, Principal requested parent conference and suggested counseling

Assessment

- ▣ Jamie refused to attend first session-- counselor met with parents
 - survey on parenting style p. 132
 - Dealing with resistance--Reframing counseling as helping him get parents off his back
 - Looking at some of his favorite song's lyrics
 - Asking for examples of reasonable rules-- asking about friend's rules
 - checking for depression--eating and sleeping patterns

Intervention

- ▣ working with parents to develop effective parenting/discipline
 - disputing that it is easier to give in
 - Bibliotherapy--Surviving and enjoying your adolescent & Stop struggling with your teen
 - Stressed consistency and logical consequences

Intervention

- ▣ Listed problem behaviors from parent and teacher point of view
- ▣ Asked Jamie to write positive and negative consequences for each problem
- ▣ “Assess the Decision” (Vernon) look at effects of decisions on self and others

Intervention

- ▣ Ask “How are his actions helping him?”
- ▣ Connection between events, thoughts, feelings, behavior--”Where feeling come from”
- ▣ Examples of triggering events then apply HTFR model--p. 134
- ▣ Peer cluster theory--small group counseling with some models--rules and consequences

Evaluation

- ▣ Parent report
- ▣ Self report
- ▣ Teacher report
- ▣ Report card

14 year old Tricia

Problem

- Unhappy, misunderstood, feeling alone
- Has friends, academics o.k., home o.k.

Assessment

- ▣ Needs assessment--Concerns I have--50 item cklist--p.135
- ▣ self esteem and too emotionally sensitive

Intervention

- ▣ Write a commercial or brochure marketing self
- ▣ Adjective wardrobe (Canfield and Wells)
- ▣ Goal setting-- using adjective wardrobe ranked from most pleasing to least then decided which she wanted to expand and which to eliminate
- ▣ Positive self talk, to counter self putdowns-- "Voicebox" activity. 135
- ▣ Biblio--"Why can't anyone hear me? A guide to surviving adolescence"

Intervention

- ▣ Examples of situations where she feels guilty, angry, embarrassed, sad, hurt
 - identify thinking associated with feeling
 - Changing thinking changes feelings
 - role play--role reversal-client as consultant-p13
- ▣ Spacing out time between individual sessions
- ▣ Small group counseling

Evaluation

- ☞ Self report
- ☞ Redo survey--Concerns I have

Mid adolescence

- ☞ In a small group--discuss the problem, assessment, intervention and evaluation of your assigned case study
- ☞ List what group finds helpful for assess and intervention
- ☞ List what group finds unhelpful
- ☞ List other assess or intervention ideas for this presenting problem

Mid adolescence

- ☞ 15 year old Clarissa--Parent-child conflict
- ☞ 16 year old Laurie--Dating relationship
- ☞ 17 year old Mike--suicidal ideation
- ☞ 18 year old Shannon--Career/post secondary planning confusion
- ☞ 18 year old Scott--Dealing with loss and anxiety about future-- impending graduation