

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" activityp. 135
Biblio--"Why can't anyone hear me? A guide to surving adolescence"

Intervention

Examples of situations where she feels guilty, angry, embarrassed, sad, hurt

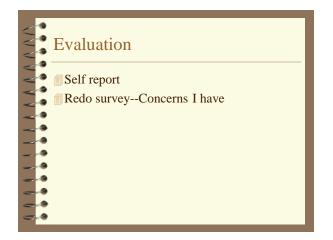
identify thinking associated with feeling

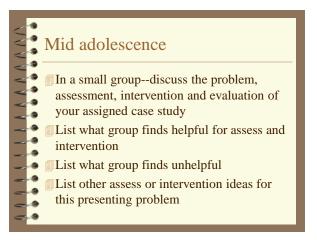
Changing thinking changes feelings

role play-role reversal-client as consultant-p13

Spacing out time between individual sessions

Small group counseling





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