

Creative Approaches to Counseling for Health Professionals

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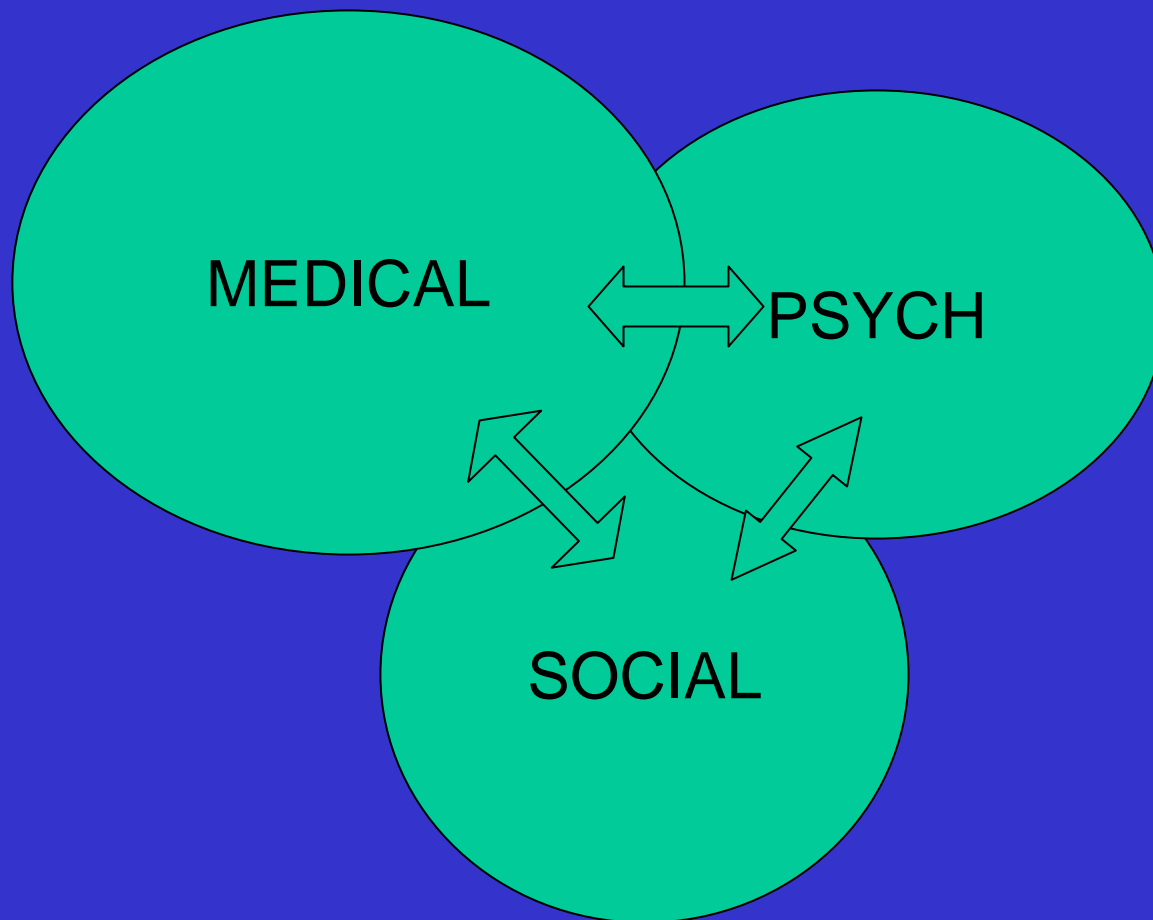
University of Southern California Keck School
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Outline – Creative Counseling

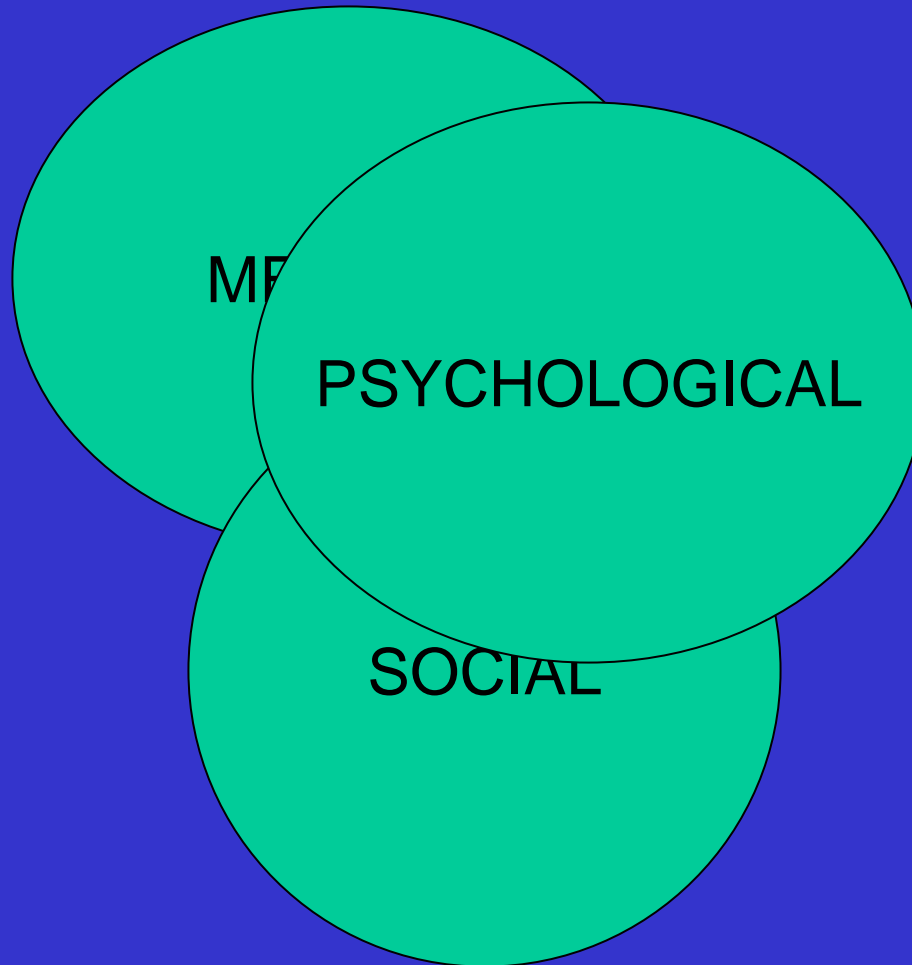
- Uniqueness of Adolescent Health Care
- The Bio-behavioral Model
- Process of Evaluation
- The Interview
- Recognizing development
- Paths to avoid
- Creative approaches

BIOBEHAVIORAL MODEL

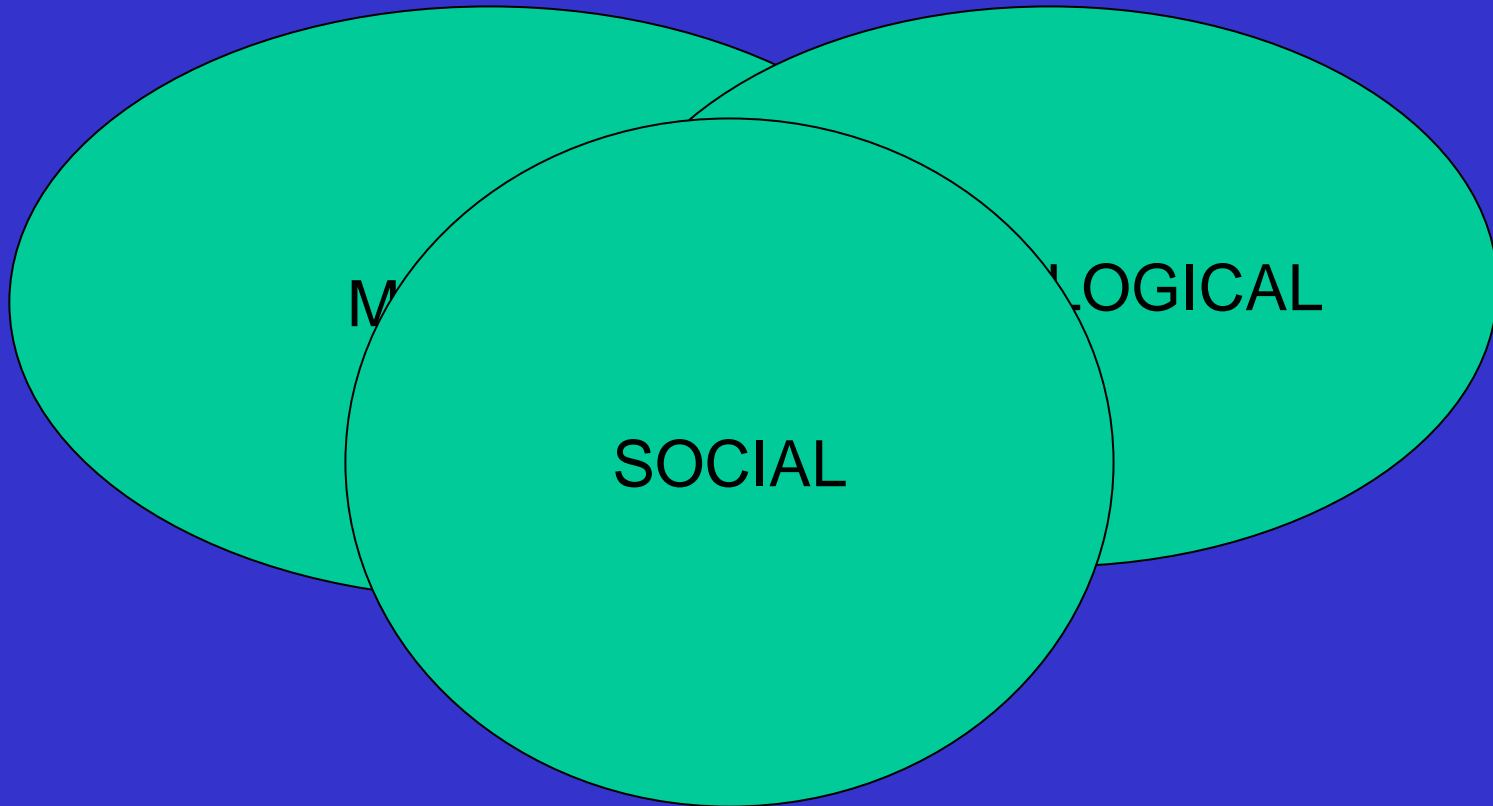
BIOBEHAVIORAL MODEL



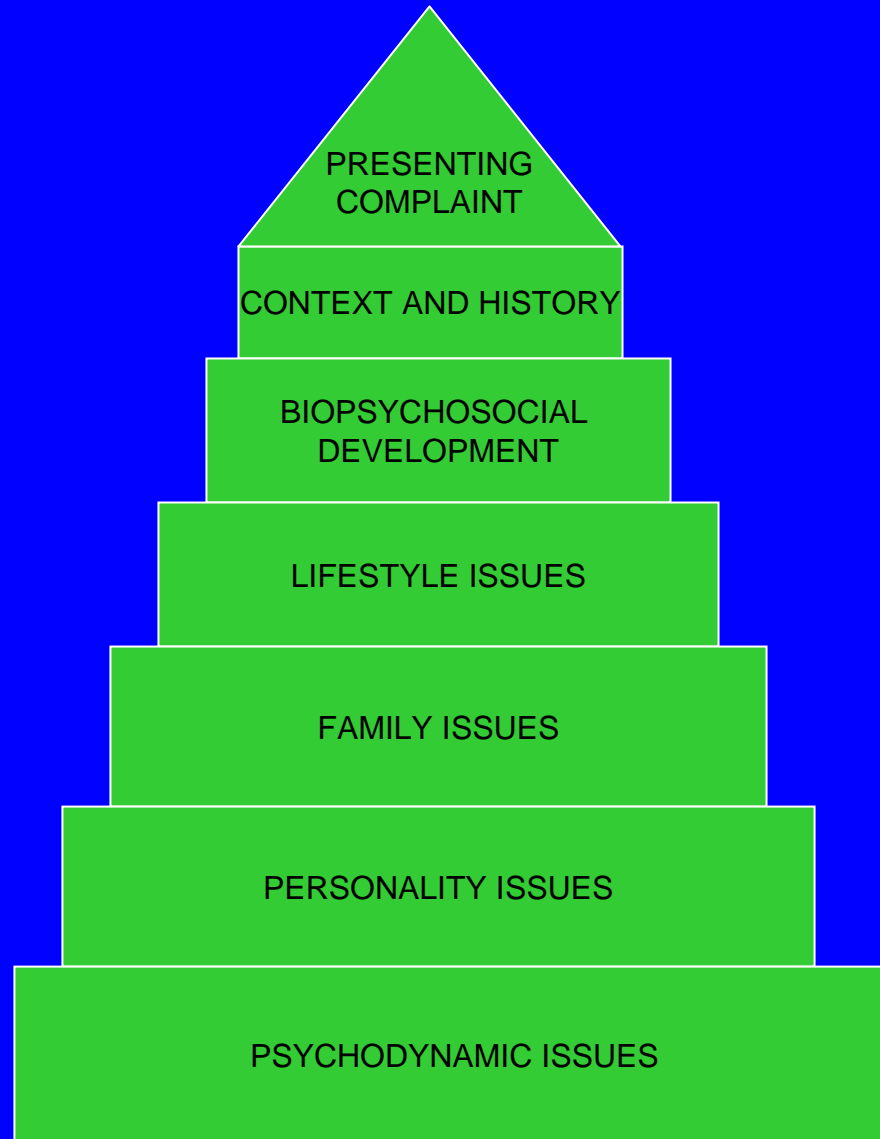
BIOBEHAVIORAL MODEL



BIOBEHAVIORAL MODEL



PROCESS OF EVALUATION



The Interview

- Outline expectations
- Context of the complaint
- Coincident relevant developmental events
- Listen and instill responsibility
- Highlight positive behaviors
- Show interest and concern
- Family and parents
- Hidden agenda

The Interview

- Issues of consent and confidentiality
- Show respect for individual and his/her experience
- Acknowledge time limitation
- Traditionally difficult areas (drugs, sex and suicide) explored through HEADS Risk Profile Evaluation
- charting

Recognizing Development

- Awareness of self
 - Recognizing the adolescent within
 - ‘Dance of the professionals’
 - Awareness of own limitations
 - Self as a vehicle for change

The Interview

- Yes answer to any question usually means another question

Neotenous (Youthful) Traits

Need for love
Experimental-minded
Explorativeness
Resiliency
Sense of humor
Joyfulness
Laughter and tears
Optimism
Honesty and trust
Dance and song
Flexibility

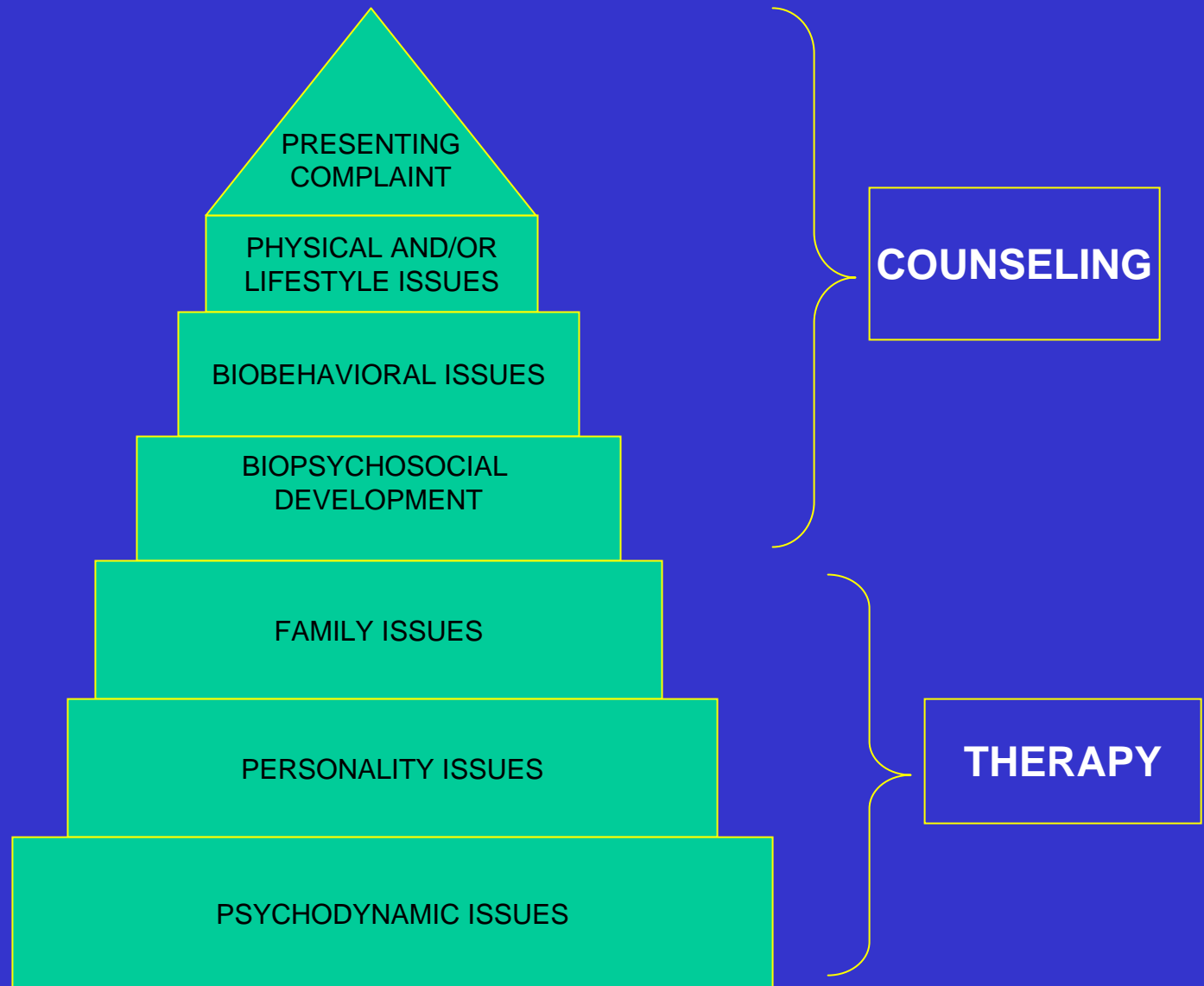
Sensitivity
Need to know
Need to learn
Curiosity
Sense of wonder
Playfulness
Imagination
Creativity
Openmindedness
Friendship

View From Another Planet

“The trouble with earthlings is their early adulthood. As long as they are young, they are loveable, open-hearted, tolerant, eager to learn and to collaborate.....Most adults, however, are mortal enemies. The only educational problem earth has is how to keep them young. For life, evolution, progress, and adaptation to new situations, they are useful as long as they keep their useful qualities.”

The Journal of Auroville

PROCESS OF INTERVENTION



Common Models of Counseling Used with Adolescents

- Educational
- Crisis
- Solution Focused
- Directive
- Family
- Homework

Preparatory Comments

- Self as a vehicle for change
- Bring the adolescent into the present
- Counseling for change is not time dependant but situation/opportunity dependent
- 3 people in the room concept
- 'Problem' vs 'solution'

Paths to Avoid

- Avoid being parent surrogate, especially use of the words 'why' and 'should'
- Avoid giving the impression that it is "all in your head"
- Don't threaten, admonish, lecture or diminish
- Don't blame or blindly support family members
- Don't get caught in power struggles

Exploratory Prompts

- If I asked your best friend what you are like what would they say?
- What do you do when you are not in school?
- What does your mother and father do when you are not there?
- What do you do well?
- What are you going to do when you finish school?
- What do you see yourself doing in 5 years?

Creative Approaches

- A – Awareness
- B – Behavior
- C - Change

Creative Approaches

- “If you want to see what young people can do, must stop giving them things”

(‘By giving you take away’ – the poverty of affluence) - The Welfare Mentality

Creative Approaches

- Journaling
 - Shoulds, wants and needs
 - Resents and appreciates
 - Communications undelivered
 - Things I want to have presently but don't have
 - Things I wasn't to do presently and am not doing

Creative Approaches

- Journaling
 - Things I want to experience and have not experienced
 - Things I want to stop but am continuing
 - Things that I am that I have not been acknowledged for being
 - Things I can't get started
 - Things about which I am dissatisfied

Creative Approaches

- Journaling
 - Things which are incomplete for me
 - Things that I wanted to say that I am embarrassed/afraid to say
 - Things I want to say, but don't know how to say

Creative Approaches

- Tell me what other person thinks of you
- Right now I am feeling
- Batacca bat = hitting on self
- Treasured tragedy
- Looking down from overhead
- Thoughts vs feelings
- Don't should on yourself

Creative Approaches

- Beckon-push
- Bring into present
- “Even Rolls-Royces need tune ups”
- On a scale of 1-10 how do you feel right now
- If you had a friend who talked to you like you talk to your self would you still be friends?

Creative Approaches

- If I asked your best friend what you are like – what would they say
- If you were an animal/bird, what would you be?
- The knock
- Technique for making decisions

Creative Approaches

- Humpty Dumpty
- Finger “trick”
- Circle to set boundaries
- Walk into personal space
- Tour the museum of you
- Once upon a time.....
- Affirmations

Creative Approaches

- Good mother work
 - I love you
 - I'll take care of you
 - You are special
 - Sometimes I'll say no and that is because I love you
 - My love will make you better
 - I see you and I hear you
 - I love you for who you are and not for what you do.
 - There is unfairness in the world

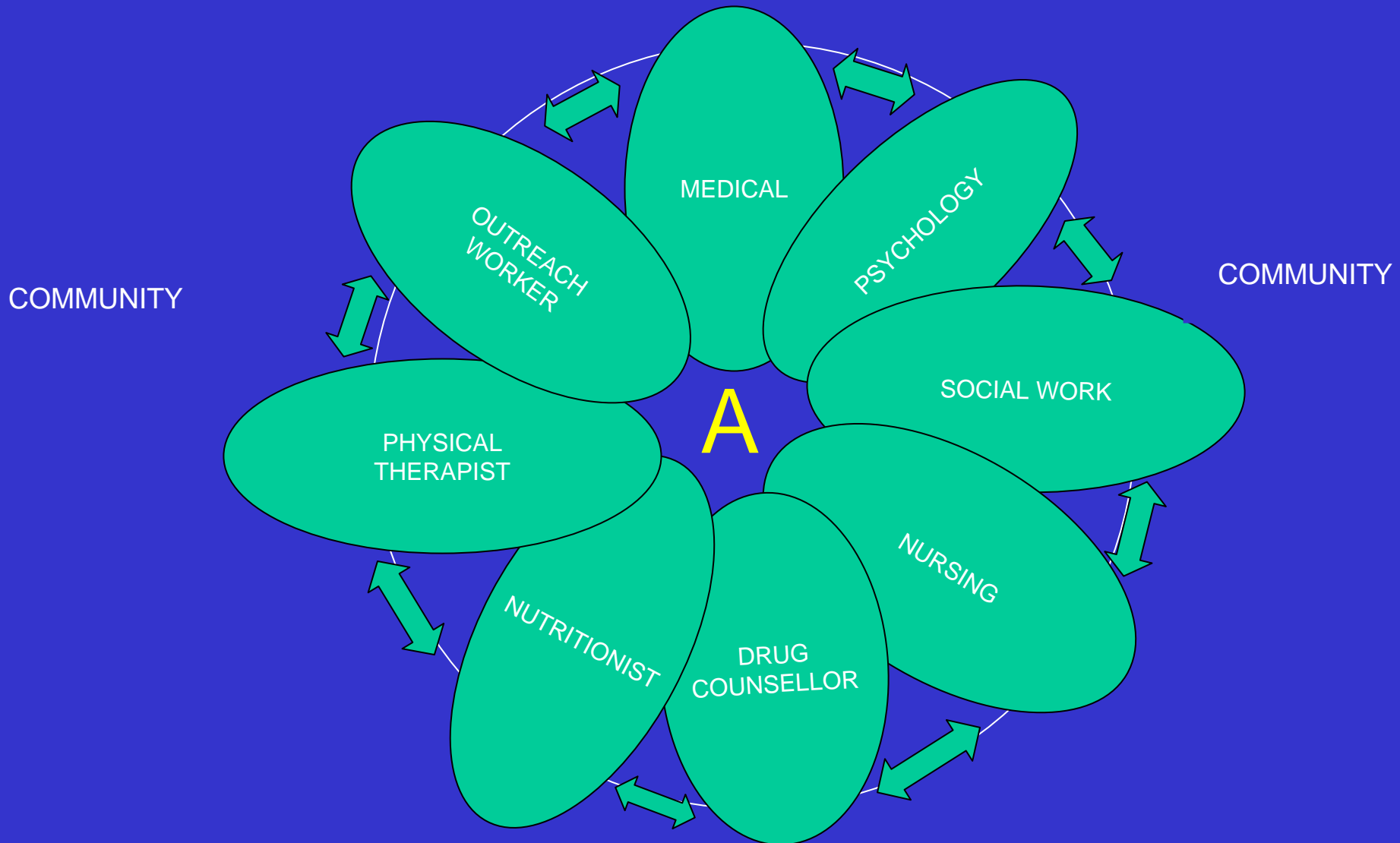
Creative Approaches

- If you had a friend who talked to you like you talk to yourself, would you still be friends?
- If you didn't have this problem, what would you be like/do?
- Weather Report
- Awareness – predicting behavior

Creative Approaches

- On a scale of 1-10 how are you feeling right now?
- Journaling:
 - Shoulds and wants and needs
 - Resents and appreciates
 - Communications undelivered

Centralizing the Adolescent



“Contact is the appreciation of
differences.....

And the recognition of
similarities”

Creative Approaches

- Avoid giving the impression “it is all in your head”
- Don't get caught in power struggles