

TEENS & THE PANDEMIC BLUES

Presented by David Flack, MA, LMHC, SUDP

DISCUSSION ONE

Introduce yourselves and share your experience during the COVID-19 crisis, including practice impacts and clients' responses.

DISCUSSION TWO

Brené Brown (2010) stated, "Trust is built one marble at a time." In clinical settings, these marbles can be labeled *authenticity, consistency, non-judgment, usefulness, and transparency*.

Which of these marbles are commonly present in your interactions with participants? How?

For you, what are potential obstacles to using these trust marbles?

How can you be more intentional about using all the marbles?

DISCUSSION THREE

Share at least one thing you're grateful for *right now* and why you do this very hard work.

RESOURCES

Books

- *Existential Psychotherapy*, by Irvin Yalom
- *The Orchid and the Dandelion*, by W. Thomas Bryce
- *The Resilient Clinician*, by Robert Wicks
- *Treating Trauma in Adolescents*, by Martha Straus

Online

- **National Child Traumatic Stress Network** (website with lots of free resources on trauma among children and teens, including several articles specifically on coronavirus; www.nctsn.org)
- **Short Wave: The Pandemic Time Warp** (an 11-minute podcast from NPR, available at www.npr.org/2020/05/15/857247844/the-pandemic-time-warp)
- **Speaking of Psychology: How We're Coping One Year into the *Pandemic*** (a 24-minute podcast from the American Psychological Association, available at www.sopapa.apa.libsynpro.com/how-were-coping-one-year-into-the-pandemic-with-vaile-wright-phd)
- **Washington State Coronavirus Response** (website maintained by the Washington State Joint Information Center, including latest news, statistics and more; www.coronavirus.wa.gov)
- **World Health Organization Coronavirus Disease Pandemic** (website maintained by the World Health Organization, including latest news, statistics and more; [www. https://www.who.int](https://www.who.int))

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