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TODAY'S SCHEDULE

- This workshop runs 9:00am to 4:30pm
- We're not going to end early
- Break about 10:30am
- Hour lunch about 12:00pm
- Break about 2:30pm
- To get CEU credit for today, you must be present the entire time

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A developmental lens

Discreet developmental stage

PRIMARY TASKS
Establish autonomy
Develop identity

The image shows five diverse teenagers standing outdoors in a grassy area. Three text boxes are overlaid on the image, providing a developmental lens on adolescence.

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THINKING DEVELOPMENTALLY

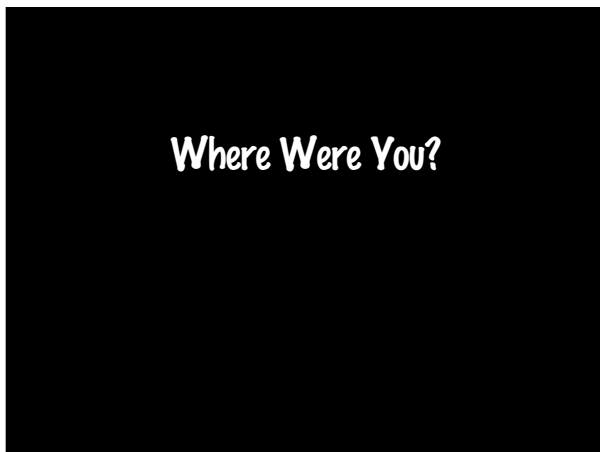
Ambivalence
Adolescence is a transitional state; nostalgic for the comforts of childhood, but wanting the privileges of adulthood

Abstract thinking
Starting to think abstractly which means existential concerns are common, especially with depressed teens & trauma survivors

Gray matters
The teen brain is a work in progress; impulsivity & poor problem solving are common, especially when under stress

Identity formation
A person's mental representation of who they are; components include a sense of personal continuity & uniqueness from others

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A PANDEMIC BEGINS

1/21/20 First US case reported in Snohomish county, WA
 2/29/20 First death in Washington state
 3/12/20 Schools in King, Pierce & Snohomish counties closed
 3/13/20 All Washington schools closed
 3/23/20 WA stay-home order issued; extended to 5/31/20
 5/27/20 US confirmed deaths pass 100,000
 6/01/20 State stay-home order ends; phased re-open starts
 6/11/20 US confirmed cases pass 2 million
 6/26/20 Washington state requires masks in public

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WHAT I'VE NOTICED

By mid-April

Usual stressors & challenges mostly gone; Life is "pretty okay, I guess"; Low hum of menace

By mid-May

Restless & isolated; Some sleep issues, including weird dreams; Sadness & anxiety "for no reason"

By mid-June

Bored, lonely & lethargic; Increasing sleep-related issues; Pandemic + protests

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WHAT I'VE NOTICED, cont.

By mid-July

Significant sense of loneliness & isolation; Growing worries about future, both short term & longer term

By mid-August

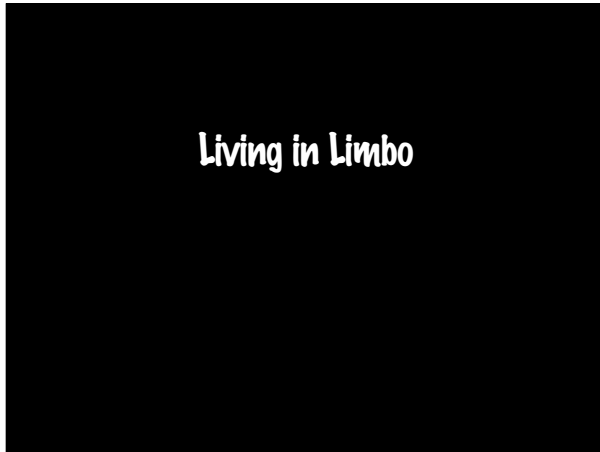
New clients report presenting concerns exacerbated by COVID-19; The fires make everything worse

By mid-September

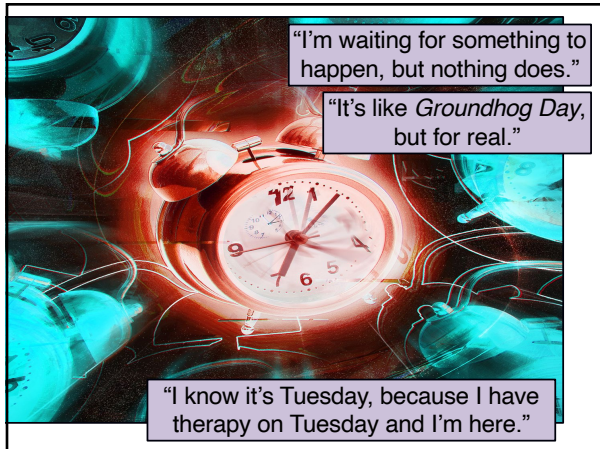
Extremely high levels of existential concerns; High levels of anxiety regarding politics & the election

And then, the Limbo...

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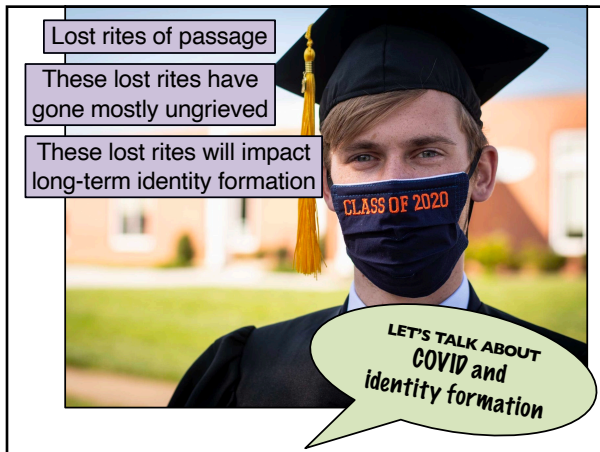
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CANCELLED OR POSTPONED

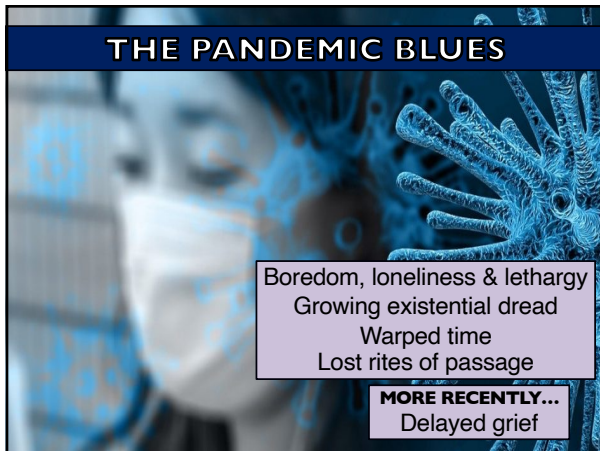
Graduations	Family vacations
Proms	Attending protests
Senior banquets	First Pride Parade
Driver's licenses	Summer camp
Spring plays	Summer lifeguard job
Spring concerts	Road trip to college
Spring sports	Freshman year (college)
18 th birthday party	Fall plays
Starting testosterone	Fall concerts
Grandfather's funeral	Fall sports
Braces off	Homecoming

This list keeps growing

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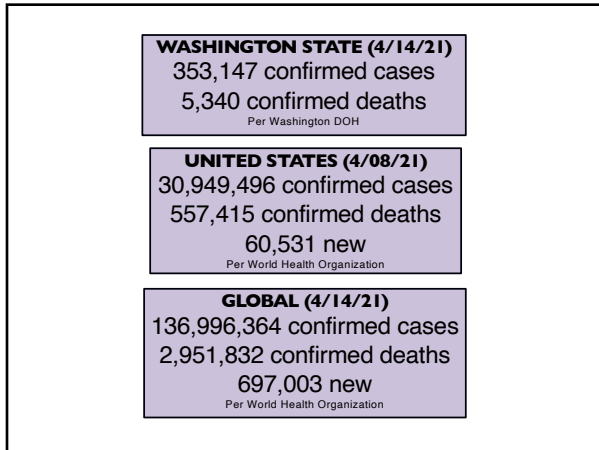
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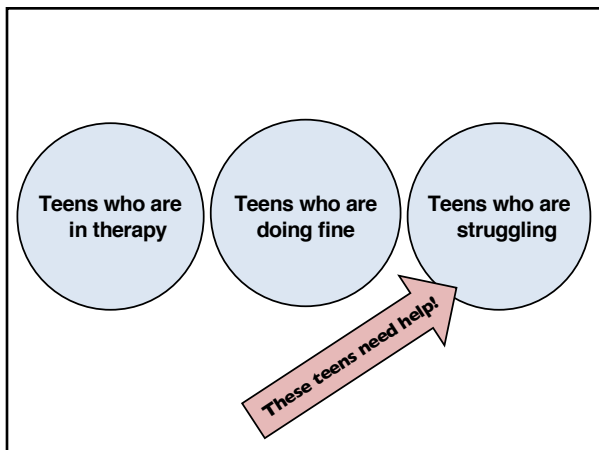


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A MENTAL HEALTH CRISIS

- SCH averaging 170 ED admits per week, more than triple pre-pandemic – including 1 or 2 suicide attempts daily
- Many youth reporting MH concerns didn't exhibit symptoms pre-pandemic
- Disproportionately impacting youth of color
- School restarting helps, but schools were under-resources pre-pandemic

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MAINTAIN A ROUTINE

- Many teens have difficulty maintaining a routine on their own
- School helps with this, but online classes give limited structure
- Schedules don't have to be rigid or packed with activities
- Strive for some predictability

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MEANINGFUL ACTIVITIES

- Something that gives you a sense of accomplishment when completed
- Okay to resist the urge to be hyper-productive at this time
- A few examples: creating graphic novel, learning ukulele, programming a videogame, making cloth masks for a homeless shelter, gardening

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GO OUTSIDE

- Many clients have stayed inside for much of the last several months
- Neither the original order or current status requires this – just social distancing, masks & good choices
- Outside activities & relaxation decreases cortisol, improves mood & has other positive MH impacts

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STAY CONNECTED

- Client: “You can’t hug on FaceTime”
- Digital connections might not be as good as real life, but they help
- Do more than just talk
- A few examples: D&D and Magic the Gathering online, hosting Zoom dance party, staged reading of cancelled spring play, online GSA meetings

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DON'T IGNORE THE FEELS

- Mindfulness, meta-cognition skills & distractions help, but aren't enough
- Underlying existential concerns aren't "fixable"
- Help them explore, express & accept all the feels – good or bad
- Talk therapy is great for this; so are journaling, drawing, collaging & other expressive arts

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Beyond the Blues

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REINFORCE ALLIANCE

"A strong therapeutic alliance is the most important indicator of positive outcomes when working with teens."

Castro-Blanco and Karver, 2010

More true now than ever



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BE TRUSTWORTHY



We must demonstrate that we're trustworthy

"Trust is built one marble at a time."
Brené Brown, 2010

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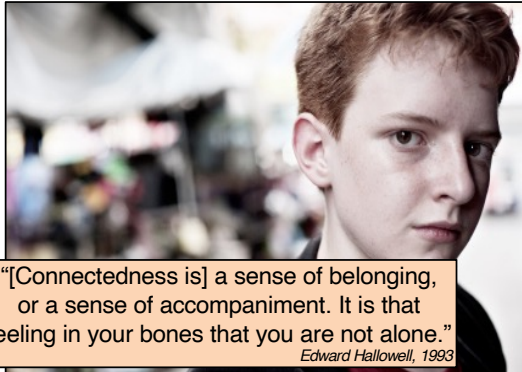
THE MARBLES
Authentic
Consistent
Non-judgmental
Useful
Transparent



In small groups, complete
Discussion Two

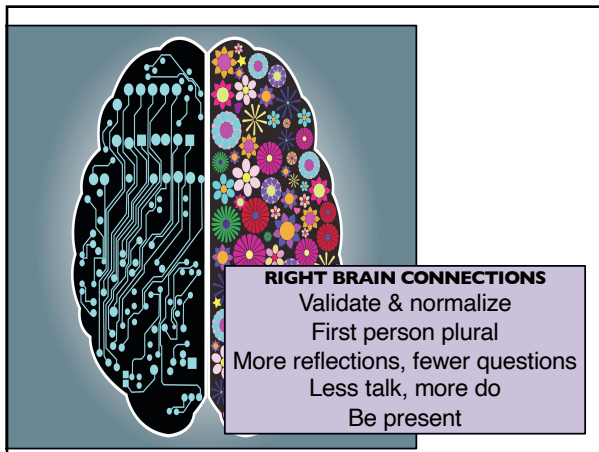
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INCREASE CONNECTEDNESS

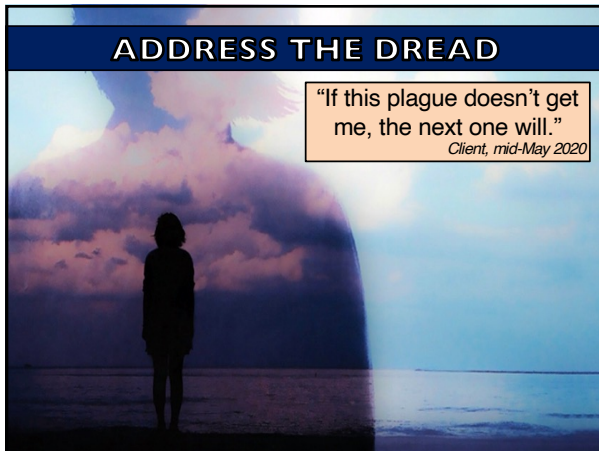


"[Connectedness is] a sense of belonging, or a sense of accompaniment. It is that feeling in your bones that you are not alone."
Edward Hallowell, 1993

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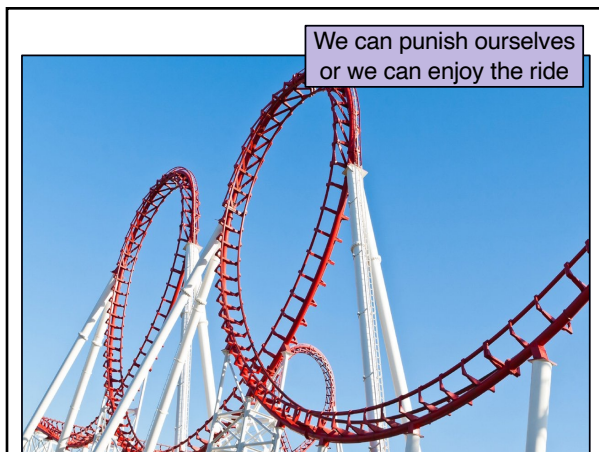
EXISTENTIAL THERAPY

- Strong therapeutic alliance first
- Not solution-focused or short term
- Therapist must be comfortable with ambiguity & a lack of resolution
- You may be the first person to explore these topics with the client
- Make it accessible

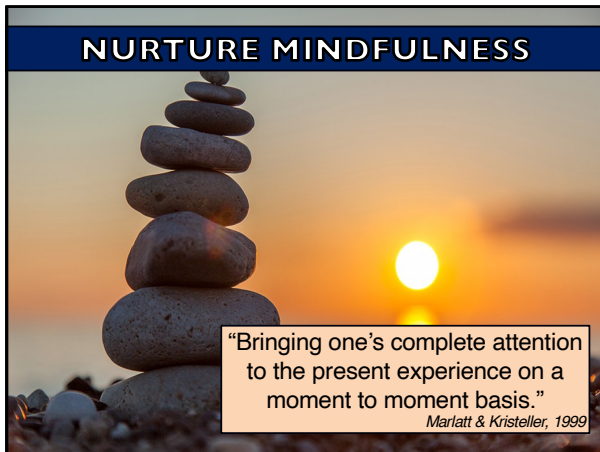
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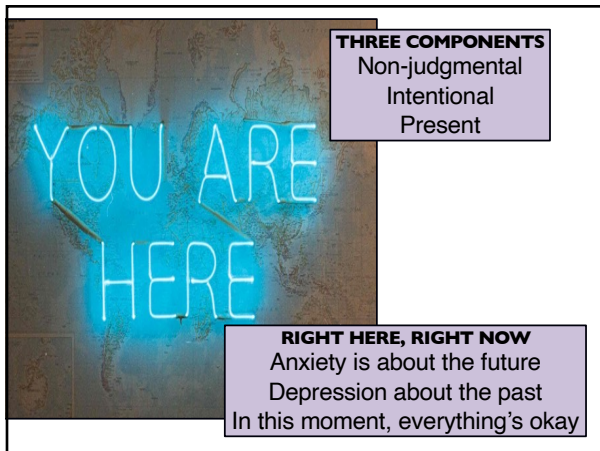
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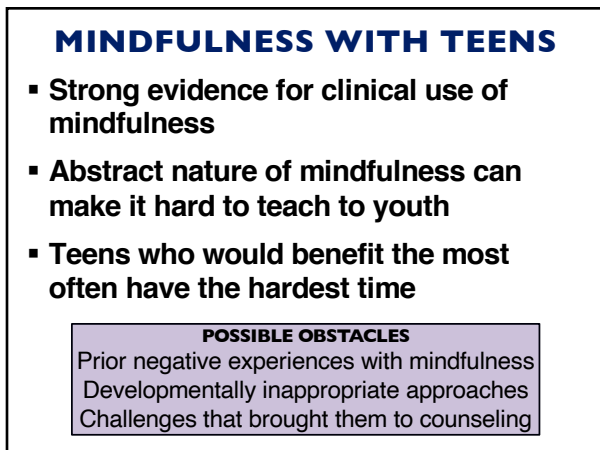
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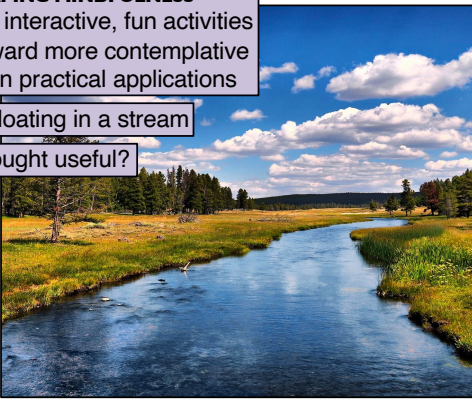
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SHAPING MINDFULNESS

Start with interactive, fun activities
Move toward more contemplative
Focus on practical applications

Sticks floating in a stream

Is this thought useful?




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Be Trauma Aware

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What does *psychological trauma* mean?



Defined by survivor

Trauma leads to more trauma

Survivor vs. surviving

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IS IT TRAUMA?

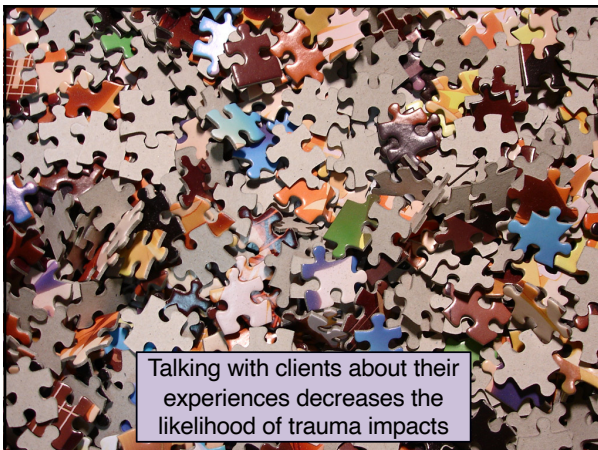
- Certain “symptoms” of the Pandemic Blues are suggestive of trauma impacts
- Dandelion or orchid?
- For some, trauma may be overt; for others, impacts may be less obvious
- Trauma treatment generally happens after the fact, but this is an ongoing crisis

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SHORT TERM IMPACTS

- Overwhelmed and helpless
- Emotional extremes
- Can't process the experience
- Memory becomes fragmented

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LONGER TERM IMPACTS

Hyper-arousal

Vigilance, anxiety, sleep problems, trouble concentrating

Intrusion

Flashbacks, nightmares, unintentionally re-enact trauma

Constriction

Attempts to avoid intrusion, withdrawal from the world

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INFORMED VS. SPECIFIC

Trauma-informed care

Services that aim to engage people with histories of trauma, recognizes the presence of trauma symptoms and acknowledges the role trauma has played in their lives

Trauma-specific care

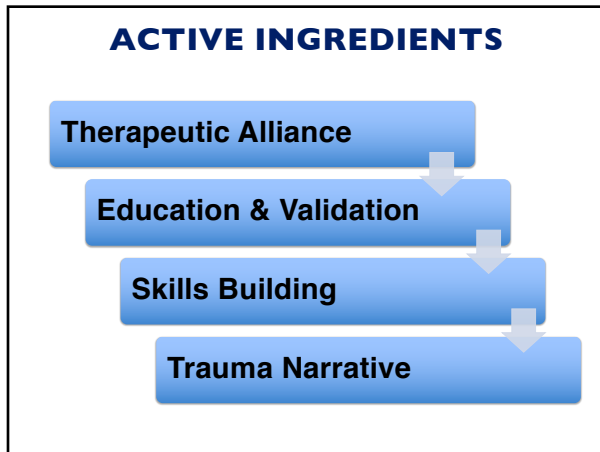
Counseling services that are intended to resolve trauma-related symptoms, provided by a master's level therapist with advanced training and close supervision or ongoing consultation

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STUDIES SHOW...

- All trauma-specific EBPs have similar outcomes
- Effective treatments have four active ingredients
- Non-EBPs equally effective if the active ingredients are present

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NARRATIVES

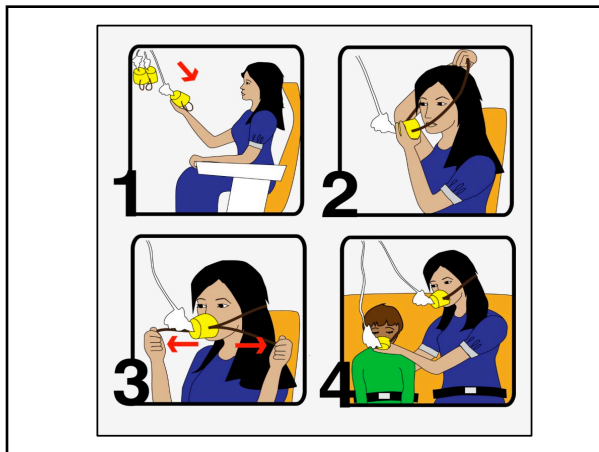
- Address DSM-5 Criterion B symptoms for PTSD through desensitization
- Narratives may be unnecessary
- Can be literal or metaphorical

Client autonomy is always more important than The Manual

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Self-Care During a Pandemic

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A NARRATIVE PERSPECTIVE

- A story has a beginning, middle & end
- We only see, hear or participate in a small part of a client's story
- Sometimes, our experience of their story ends abruptly
- Often the session, day or week ends with some unresolved stuff

We're in this story with them

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COMPASSION FATIGUE

- Hearing about traumatic experiences, typically in a professional role
- Hyperarousal, intrusion & constriction are common signs, but often subtler than in cases of trauma
- Self-care can be an important preventative step

In small groups, complete
Discussion Three

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RECENT DEVELOPMENTS

4/12/21 Use of Johnson & Johnson vaccine suspended

4/13/21 About 34% of Washington adults have received at least one dose

4/15/21 All WA adults eligible to receive vaccinations

4/16/21 Pierce, Cowlitz & Whitman counties move back to Phase 2; all other counties currently at Phase 3

4/19/21 All WA schools offering some in-person classes

AS OF 4/14/21:

Over the past few weeks, WA has experienced weekly increase in cases of about 7.4%.
Current US weekly increase is around 10%.

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With schools reopened, expect increased demand for services

Politics has found its way into therapy

Impacts of this pandemic will likely resurface throughout our clients' lives

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DAVID FLACK, MA, LMHC, SUDP
Email: david@davidflack.com
Web: www.davidflack.com

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Questions & Comments

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