

1

BEFORE WE START

- This workshop runs 9:00am to 12:15pm
- We're not going to end early
- Break about 10:30am
- To get CEUs for today, you must be present the entire time
- We may be online, but my goal is this workshop will be interactive

2

"A strong therapeutic alliance is the most important indicator of positive outcomes when working with teens."
Castro-Blanco and Karver, 2010

How do you define therapeutic alliance?

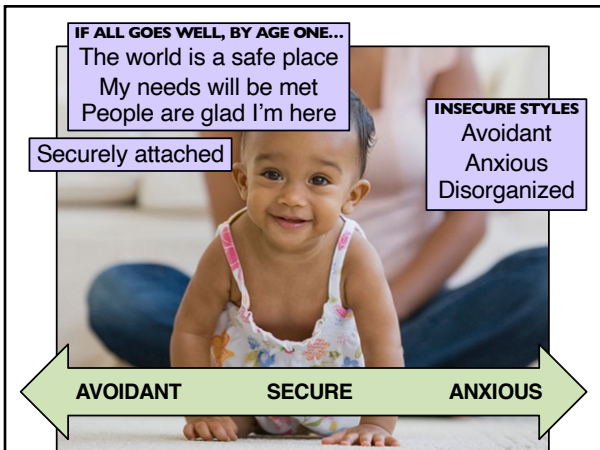
3



4



5



6

AVOIDANT TEENS

- Often labeled resistant, oppositional or non-compliant
- Expect treatment interfering behaviors
- Present as highly independent
- Lack trust
- Empathy can seem insincere or even threatening

25%

7

ANXIOUS TEENS

- May over-perform in therapy or strive to please you
- Self-sabotaging behaviors are common
- Often hyper-emotional
- Very small comfort zones
- High frequency of learned helplessness

15%

8

DISORGANIZED TEENS

- May fear primary caregiver
- Behavior may not make sense
- Struggle with empathy & trust
- Often highly controlling or caregiving
- Desire to be attached conflicts with desire to be safe

< 2%

9



10



11



12

GETTING STARTED RIGHT

- Get parents out of the room
- Emphasize autonomy
- What is the teen willing to do?
- Don't over-sell therapy
- Find some common ground
- Give the teen a reason to come back

Skip the trauma assessments

13

3 Keys to Rapport Building

14

BE TRUSTWORTHY


We must demonstrate
that we're trustworthy

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

15

THE MARBLES
 Authentic
 Consistent
 Non-judgmental
 Useful
 Transparent

In small groups, complete
Trust Marbles



16

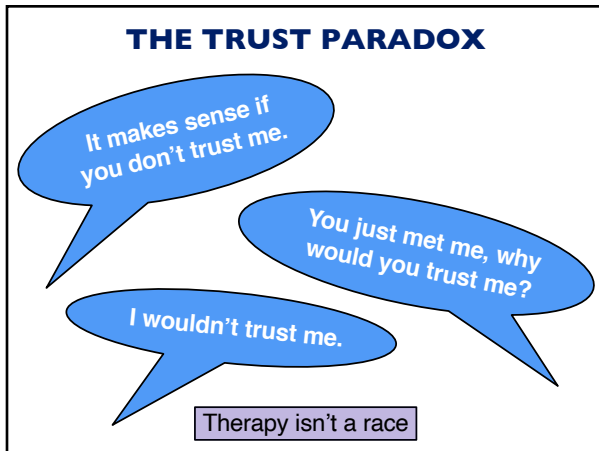
THE TRUST PARADOX

It makes sense if
 you don't trust me.

You just met me, why
 would you trust me?

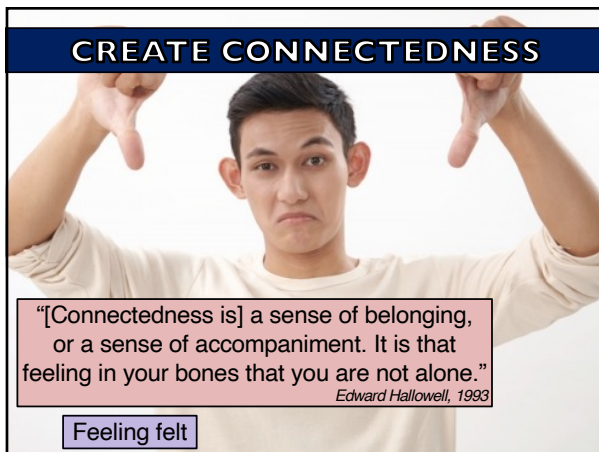
I wouldn't trust me.

Therapy isn't a race



17

CREATE CONNECTEDNESS



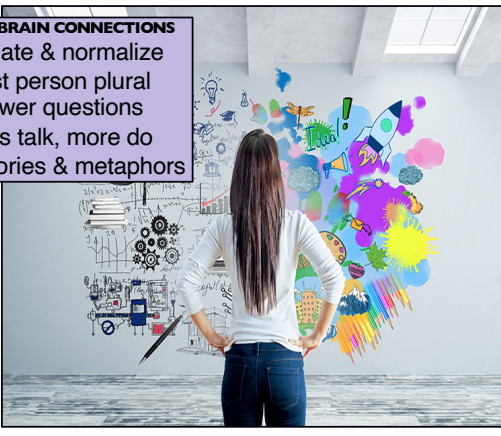
"[Connectedness is] a sense of belonging,
 or a sense of accompaniment. It is that
 feeling in your bones that you are not alone."
Edward Hallowell, 1993

Feeling felt

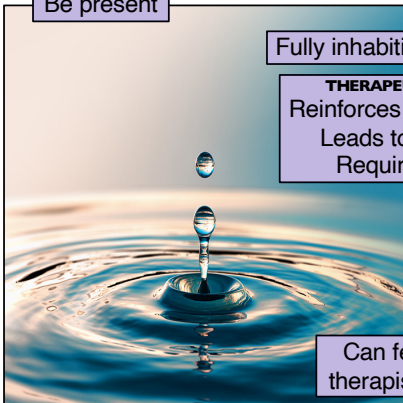
18

RIGHT BRAIN CONNECTIONS

- Validate & normalize
- First person plural
- Fewer questions
- Less talk, more do
- Use stories & metaphors



19



Be present

Fully inhabiting this moment


THERAPEUTIC PRESENCE

- Reinforces connectedness
- Leads to attunement
- Requires practice

Can feel risky to therapist *and* client

20

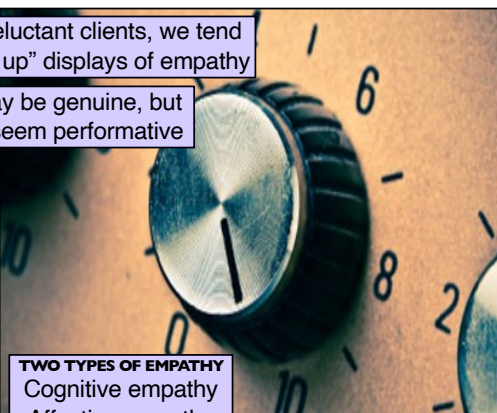
EMBODY EMPATHY



"We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know."

Carl Rogers, 1995

21




With reluctant clients, we tend to “turn up” displays of empathy

We may be genuine, but it can seem performative

TWO TYPES OF EMPATHY
Cognitive empathy
Affective empathy


22



True empathy isn't a volume knob, it's a mixing board

ON THE BOARD
Cognitive & affective empathy
Trust marbles
Right brain approaches
Our therapeutic presence
Attachment styles

23



A Final Thought

24

Relationships are reciprocal

In small groups, complete
Self-Disclosure



25

Coming Soon

Transforming Teen Therapy: An Online Series
Facilitating Change • 2/17/22 • 9am to 12pm
Beyond Resistance • 3/24/22 • 9am to 12pm
Imminent Danger • 6/16/22 • 9am to 12pm

**Ethical & Legal Considerations
When Counseling Teens**
 4/15/22 • 9am to 4:30pm • In-person & via Zoom

Mindfulness With Teens
 5/13/22 • 9am to 4:30pm • In-person

26
