ROLES OF THE ADOLESCENT COUNSELOR

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Intro To Our Course

Objectives:

- Understand basic strategies in working with adolescents.
- How to balance the roles of being an adolescent counselor.
- Utilize games and activities to engage youth.
- Identify ways to be a healthy counselor in order to prevent burnout.
Intro To Our Course

Introductions

- Who are you?
- Who Am I?
Hopes for this course

• **INTERACTION** – I believe we can and will learn from each other, so please share your thoughts and ideas.
  ▪ Please be respectful to all who share

• **PARTICIPATION** – This course will be more beneficial if you participate in our discussions and activities (just like we ask our client’s to do in sessions and groups).
  ▪ When you leave this afternoon I want you to have some new ideas to share and use when you go back to your clients.
Strategies in working with Adolescents

- Understanding and utilizing different approaches in counseling
  - **Person Centered**
    - The client is at the center of the decision making with their treatment. This process involves listening, encouraging feedback, coaching, sharing ideas and developing treatment together.
  - **Cognitive Behavioral**
    - Short-term and goal oriented. Goal is to change the client’s pattern of thinking, or behavior, in hopes to change their feelings.
Strategies in working with Adolescents

- **Solution Focused**
  - “Goal-directed collaborative approach to psychotherapeutic change that is conducted through direct observation of clients' responses to a series of precisely constructed questions.” *Wikipedia*

- **Reality Therapy**
  - Focuses on the here and now and how to create a better future. It emphasizes making decisions and taking action and control of one’s own life.
Strategies in working with Adolescents

- **Play Therapy**
  - Uses play to communicate with and help the client resolve psychosocial challenges

- **Eclectic Therapy**
  - Use a variety of approaches to help the client
Strategies in working with Adolescents

(I know you already know this.. but just as a reminder!)

- Be real
- Be honest
- Don’t be judgmental
- Check YOUR attitude
- Don’t put yourself in “better than you” “smarter than you” role
- Don’t forget who you are working with
- Don’t forget who you are working for
- Work Safe
Exercise

What is the ideal Adolescent Counselor and what roles do you think they have in their client’s lives?
Things To Remember

- There is not a perfect counselor.

- You are most likely going to be put into a variety of roles and be in them simultaneously.

- Always make sure you are following the guidelines of your company and/or licensing board.
  - Are there exceptions to this?
Roles We May Have As A Counselor

(You decide if these are appropriate or inappropriate).

- Counselor
- Listening Ear
- Voice of Reasoning
- Cheerleader
- Shoulder to cry on
- Pastor
- Parent
- Friend
- Teacher
Roles of Counselor

continued

- Advocate
- Investigator
- Case Manager
- Secretary
- Encourager
- Coach
- More?????
Roles of Counselor

- First and foremost follow the guideline/rules of your licensing board and employer.

- Use COMMON SENSE!
  - *If something doesn’t feel right, then most likely you don’t need to do it!*

- Talk to your supervisor!
  - *Don’t be afraid to ask for their input or opinion.*
Things To Be Cautious Of

- Know your ethical guidelines of your licensing board and your employer
  - (You keep seeing this for a reason!!!!!!!)

- Know your boundaries!
  - What services are you trained to provide (don’t get in over your head.)
  - At what point do you refer them to another therapist or agency?
  - Know your personal boundaries?
    - What are triggers for you? (subjects, situations, etc.)
Things To Be Cautious Of

- Don’t cookie cutter your clients!
  - Are your services Client-centered?
  - Are there techniques/approaches that could be more beneficial in helping your clients?

- Let’s THINK OUTSIDE THE BOX!
Don’t Be Afraid
Thinking Outside The Box

- Don’t be afraid to try new things.......New things could become great things!
- If it fails the first time, don’t give up!
- Listen to your client’s likes/interests. They are experts on themselves and can give you great ideas on what things may engage them.
- Ask your clients some things they may enjoy doing.
Thinking Outside The Box

- Don’t be afraid to get out of YOUR comfort zone and learn about new things.
  - Music
  - Slang
  - Gangs
  - Etc...
Thinking Outside The Box

- Use resources you may already have.
  - Doesn’t have to take a lot of money.

- Be Creative!

- Your clients may take certain activities in a total different direction....Sometimes their spin on it may be even better than the direction you intended.
Thinking Outside The Box Ideas

- **Music**
  - Musical Chairs
  - What do you feel/think?
  - Just have music playing in the background
  - Rewriting lyrics
  - Have them bring you a song that describes their feelings, cheers them up, etc...
  - Use lyrics/songs to encourage them.
  - Let them teach YOU a new dance.

- **MUSIC EXERCISE**
Thinking Outside The Box

- Visual Illustrations
  - Coke Bottle
  - Remote Control
  - Volcano
  - Backpack with rocks
  - Stickers
  - What are some you use??
Thinking Outside The Box

❖ Games
  ➢ Jenga
  ➢ Candy Land
  ➢ Checkers
  ➢ Conversation Cards

❖ Play Therapy
  ➢ Sand
  ➢ Playdough
  ➢ Dolls
  ➢ Art
Thinking Outside The Box

- Journaling
  - Any topic or assigned
- Books
- Role Play
- Writing poems, music/rap
- Spin-off of Game Shows
  - Survivor
  - Jeopardy
- Group Exercises
  - Game books or website
Thinking Outside The Box

- You may need to help others in your client’s life with this concept.
  - Teachers
    - ADHD help in the classroom
  - Parents
    - Positive Reinforcement
    - Parenting skills in general

- Looking at different programs that are out there
  - Why try?
  - Mental Health First Aid
  - Bullies to Buddies
Ahhhhhhhhhh!!!
(Preventing Burnout)

- Take Breaks

- Set Limits
  - Taking work home with you?
  - Is it ok to say no?

- Remember why you are doing what you are doing!

- Exercise
  - Moving in some way for some amount of time.
Preventing Burnout

- “YOU” time
  - Hobby, interest, down time, good movie, listening to music

- Finding the positive, or just taking time to smile or laugh

- An Outlet
  - Supervisor, friend, husband/wife, religious relationship, etc.

- Remember....HOW DO YOU EAT AN ELEPHANT?
Contact Information

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