

**Substance Institute
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**Module 10 -
Counseling Young
People Therapies**

Counseling Young People Therapies

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Introduction

How can we help improve young people to have healthy relationship and improves interpersonal skills?

Throughout a child, teen, and young people’s life, they will and must learn mindfulness-based skills to gain control over their emotions – so they can have a healthy relationship and improves interpersonal skills.

Types of Therapy

Just like with physical illnesses, there are many different types of treatments available that may help a child recover from drama / trauma.

Understandably, many parents are hesitant to seek a diagnosis because of negative perceptions and fears about labeling their children.

Unfortunately, there is no one treatment that works for every person and, typically, a combination of different approaches may be needed to help your family and your child cope with and manage emotions, thoughts, and behaviors that cause problems in their lives.

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The important thing to remember is that early intervention can make a significant difference in the length and severity of ANY health problem, including those related to mental health.

Treatment options vary widely and can include complementary and alternative approaches, medication, therapy, nutrition, exercise, social support, and education.

Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) works by addressing a teenager's thoughts.

CBT can teach children specific tools and skills that will help them identify negative thoughts and replace them with thoughts that result in more appropriate feelings and behaviors.

CBT may be a good option for addressing:

- mood disorders, such as depression and bipolar disorder
- anxiety and phobias
- eating disorders
- substance use disorders
- OCD
- insomnia
- some symptoms of schizophrenia

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CBT can also be very helpful for certain conditions when combined with medication.

There are also some subtypes of CBT, such as:

Dialectical behavioral therapy (DBT).

DBT uses CBT skills, but it prioritizes acceptance and emotional regulation.

Rational emotive therapy.

RET approach helps you learn how to challenge irrational beliefs that contribute to emotional distress or other issues.

Humanistic therapy

HT is an approach that looks at how your worldview affects the choices you make, especially choices that cause distress.

HT can be useful for addressing:

- self-esteem issues
- difficulty coping with chronic health concerns
- effects of trauma
- depression
- relationship issues
- substance use disorder
- feelings of worthlessness or being lost in life

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Humanistic approaches to therapy include:

Existential therapy

ET approach to treatment, you'll consider concepts such as responsibility for your choices and your freedom to make choices.

Person-centered therapy

PCT approach works from the belief that emotional distress can result when others criticize you or show disapproval for your choices or actions.

Gestalt therapy

GT approach, you'll look at unresolved issues, such as relationship and family conflicts, considering how they affect your emotional well-being.

Interpersonal Therapy

IPT was developed in the 1970s.

IPT is a therapeutic modality that is most often used to treat teenagers who suffer from anxiety disorders, eating disorders, depression, as well as other psychiatric disorders, including substance use disorder.

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Dialectical Behavior Therapy

DBT combines strategies from cognitive behavioral therapy with a mindfulness-based approach.

DBT can be used to treat depression, eating disorders, bipolar disorder, personality disorder, post-traumatic stress disorder, and substance use disorder.

DBT teaches communication skills to manage painful emotions and their resulting behaviors or conflicts, with a specific focus on mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.

They include the following, as provided by Behavioral Tech:

1. *Core Mindfulness*: learning to be present and fully aware in the moment
2. *Distress Tolerance*: learning to tolerate pain in challenging situations, without changing it or escalating it
3. *Interpersonal Effectiveness*: learning to manage and deal with primary emotional reactions before they have a chance to turn into distressing secondary reactions

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There are many different types of group therapy.

Play Therapy

Play Therapy is generally used for younger children and involves helping the child identify and communicate emotions and feelings in the use of

- Toy,
- Blocks
- Dolls
- Puppets
- Drawings
- Games

Self-help and Peer Support Groups

SH&PSG can help address feelings of isolation and help people gain insight into their mental health condition.

Psychoeducation

Psychoeducation is a therapeutic intervention for both the child and the family members and is an important component of the treatment process.

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Individual Therapy

IT is referred to as psychotherapy or counseling. IT is a process through which clients work one on one with a trained therapist in a safe, caring, and confidential environment – to explore their feelings, beliefs, or behaviors, work through challenging or influential memories, identify aspects of their lives that they would like to change, better understand themselves and others, set personal goals, and work toward desired change.

Psychoanalysis

Psychoanalysis is a method of psychiatric therapy originating from Sigmund Freud in which free association, dream interpretation, and analysis of resistance and transference are used to explore repressed or unconscious impulses, anxieties, and internal conflicts.

Faith-based Therapy

Faith-based therapy is a Biblical model of therapy based on the dynamics of beliefs, choices, and faith.

Faith-based counselors vary in amount of religious training and psychological expertise.

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Some may feel most comfortable seeking help outside the traditional psychological profession.

Counseling

Counseling is a type of psychology and therapy focused on typical and normal developmental issues as it applies to the human experience.

Youth may need help / counseling but is not limited to:

- Career counseling
- Family counseling
- Individual counseling
- Organizational counseling
- Grief counseling

Six key strategies therapy to help teens understand their emotions:

1. Acceptance:

Instead of avoiding negative emotions, teens are encouraged to observe and accept them without trying to change or deny them.

2. Cognitive defusion:

The focus of this step is to change how they react to their feelings or thoughts. By changing

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this reaction, the emotion then has less power over them.

3. **Being present:**

This strategy focuses on being mindful and aware of what is happening without judging or trying to change the experience.

4. **Self as context:**

The focus of this technique is to help see their thoughts as something separate from their behaviors.

5. **Values:**

ACT works to help teens identify the values that are important to them.

6. **Committed action:**

This type of therapy also helps teens find ways to commit to behaviors that will help them stick to their values and achieve their goals.

You can expect to spend some time discussing how challenging situations, emotions, and behaviors affect your life.

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Some common types of therapy and how to choose which one is best for the young person.

Psychodynamic therapy

Psychodynamic therapy developed from psychoanalysis, a long-term approach to mental health treatment.

In psychoanalysis, you can expect to talk about anything on your mind to uncover patterns in thoughts or behavior that might be contributing to distress. It's also common to talk about your childhood and past, along with recurring dreams or fantasies you might have.

Psychodynamic therapy may be a good choice for addressing:

- depression
- anxiety
- eating disorders
- somatic symptoms
- substance use disorder
- a variety of other conditions

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Behavioral therapy

BT is a focused, action-oriented approach to mental health treatment. According to BT, certain behaviors develop from things you learned in your past. Some of these behaviors might affect your life negatively or cause distress. BT can help you change your behavioral responses.

Subtypes of behavioral therapy, including:

Systematic desensitization

SD relaxation exercises with gradual exposure to something you fear. This can help you slowly get used to replacing feelings of fear and anxiety with a relaxation response.

Aversion therapy

In AT, you learn to associate the behavior you want to change with something that's uncomfortable or unpleasant in some way.

Flooding

This is similar to systematic desensitization, but it involves facing your fears directly from the start, rather than gradually. If you have a phobia of dogs, for example, the first exposure step might be sitting in a room of friendly, playful dogs.

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Module 10 Homework
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Homework – Module 10 – Counseling Young People Therapies

Name: _____ Date: ____/____/____

Question 1: What is the Behavioral therapy and the subtypes used for young and why in your own option?

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Question 3: Youth may need help / counseling but is not limited to what areas and why in your own option?

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