

The Tuesday 4-11-23 discussion included and more:

- Countless valuable examples:
 - The mindset of teenagers
 - Using computers to escape
 - The need to ask permission and explain our touch
- Bringing in our own inner teenagers
- Hormones – how they affect the emotional state
- Understanding the teenage experience of boys
- Excellent apps for anxiety and food issues – NERVA and Happy Inside
- Sensory Integration issues for teenagers
- Ideas to build trust:
 - Different suggestions of how to explain that we are a team and working together
 - Discussing with teenager what we share with parents.
- Alternative ideas when there's not enough time to do a 10 step protocol
- Ideas on dialoguing:
 - Remember, when a teenager identifies an image for the first time, it can be an Epiphany, even without a full SER
 - Be mindful teenagers do not have a lot of life experience, have beliefs that are contrary to their family culture, or not have the language to explain themselves
- Ask teenagers to show you their photos, it opens a door to a wider place in their lives
- Addressing pelvic floor and why
- “If a client can't say, no, I don't trust their yes” – a discussion of boundaries.
- Consider adrenal fatigue, sleep deprivation, and inadequate nutrition
- We can talk about important issues because we are living in complex times

The Thursday 4-13-23 discussion included and more:

- Asking simple questions, looking for specific answers when initiating dialogue
- Various examples on how we build trust in the therapeutic relationship
- Idea that if someone is depressed, their field is contracted and have little interest outside of themselves
- Importance of really listening from the heart and go with the pace the teenager needs to go

- Create safety and connection to let down their guard
- Example of difficult family dynamic
- Appreciate that when a teenager can smile again after a session, this is ENORMOUS, and very significant
- Listing commonalities teenagers struggle with: self esteem, expectations, anxiety, technology, social pressure
- When and how to incorporate aspects of 10 steps - see in CST Library, the video called Options for 10 Step Protocol
- Many of us start with respiratory diaphragm, it is more neutral.
- How to incorporate belly button into a session
- A few highlights of Carol McClellan's class, CST via the Matrix; addressing our primal health by embodying our embryology.
 - First 4 weeks of gestation and formation of membranes
 - Division of egg and formation of placenta
 - Hormones and cranial nerves as they were formed
 - Separating our feelings from mother's
 - Brain, heart brain and gut brain formed at same time
- A theme to incorporate in SER sometimes, is that not everything the client feels is theirs. Sometimes it belongs to somebody else and it can be given back. Susan offered suggestions for dialoguing.
- Teenagers perceptions are not broad, so CST offers an exploration into themselves
- Expectations and hormonal changes
- Importance of all aspects of 10 step, and sphenoid lesion patterns, compression triad, entire ANS, enteric nervous system, stress on eyes
- Importance of developing peripheral vision as a therapist
- Highlights from Melissa's video
 - Importance of silence
 - CST offers experiential learning verses didactic learning
 - Ask them meaningful questions
 - Adrenal fatigue
 - Sleep deprivation