

March 2023 – Striving for Balance and Equipoise in Adolescence

Explore the Push and Pull that are a part of all teenager's lives. Let our discussion intermingle both professional ideas as well as self-reflection. I invite you to revisit our own adolescence and bring that into the discussion.

This video call incorporates a lot of interesting ideas. If we don't get a chance to hear all your questions or examples, save them for April. Please note that in April, we are continuing the focus on young adults. Carolina Joos and Melissa Starr (Thank you, Thank you) are sharing their professional and personal approach with teenagers. The April video will include several case presentations.

Thank you, Dr. John McGonigle MD, for your wonderful ideas, which directs our discussion.

Questions and topics to consider when listening:

#1

How do you incorporate the teenager's struggle into your session?

What were your teenage struggles? And who was there for you and in what way?

#2

Do you inquire about their physiological and hormonal health? Is that your role?

Did anyone inquire about that with you?

#3

How do you offer unconditional love and acceptance yet remain grounded with boundaries?

Anyone do that for you when you were a teenager?

#4

Dr. McGonigle spoke of how some teenagers can be very flexible in their bodies and yet some areas can be in spasm. What is your experience with teenagers? How do you address their pain?

Do you relate to this idea in your own life?

#5

Dr. McGonigle spoke that anxiety is the body's attempt to maintain equilibrium in the face of uncertainty and disruption. What are your thoughts on this? How do you, as a manual therapist, offer the teenage the ability to express themselves. Do you feel it is part of your therapeutic responsibility? What structures within the body do you consider, evaluate and treat? Any examples to share?

Do you want to speak to your own adolescent anxiety? Did you feel personally that it was a way you were trying to maintain equilibrium?

#6

It was mentioned the importance of creating stillness in the body to create a sense of confidence, creating an awareness of inner resources, to come back to one's center. How do you incorporate this in CST/SER with your clients, of any age?

Were you aware of this when you were a teenager?

#7

As a therapist, how do you project confidence that your client has the ability to heal themselves, meaning, improve and get better in time? Would you share your approach?

Who in your past did this for you? How did you benefit from it?

#8

Anything else you want to share about adolescence? Make a note of this. If we don't have time to address it on the zoom call, I want you to know that the April video will include 2 therapists speaking about how they work with teenagers and their approach. In April, we'll have a lot more time to discuss our sessions and examples.