

*just
for
now*

TEENS: THE FULL NEST
VIRTUAL USE OF THE OAKLANDER MODEL
IN A TIME OF CRISIS

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GLOBAL PANDEMIC

COVID-19 now spread worldwide

Collective stress for all children and families

JUST FOR NOW: MOVE THERAPEUTIC GOALS TO CRISIS MANAGEMENT

Put aside long-term goals for short-term crisis management

Keep in mind presenting problem

- Presenting problem could dictate how they manage in a crisis
 - (please see [Just for Now slides and article](#))

Keep in mind developmental issues for adolescents

JUST FOR NOW: EMPTY TO FULL NEST AFFECTS ADOLESCENTS

Presenting "problem" for adolescents:

- They shouldn't be at home, they should be
 - Out with their peers
 - At University
 - Creative and productive pursuits

JUST FOR NOW:
THEY PLAY
VIDEO GAMES
TOGETHER



JUST FOR NOW:
COLLEGE
COURSES ARE
ON-LINE





JUST FOR NOW: NO MORE AIRBNB
OF THE CHILDREN'S ROOMS



JUST FOR NOW: TEEN ROOM TRANSFORMED BACK

ADOLESCENCE

Identity vs. Confusion (Ericson)

“Neediness and self-sufficiency” (Mark McConville)

- “I can do it myself, even if I need help.”
- Time where risk taking is important and driven by their brain chemistry.
 - Feeling of invincibility (Dan Siegel)

ADOLESCENT'S TASKS AND WHY BEING AT HOME IS DIFFICULT

Integrate the intrapsychic with the interpersonal (inner and outer lives)

Struggle is within themselves and their families and the outside world

Changes from accepting reality as it's been told to them to seeing it as it is

PARENTS' ADJUSTMENT

“Manager” to consultant

Limits and boundaries

Accepting them for who they are not who you wish they would be.

Allowing for regression

DIFFICULTIES WITH THE FULL NEST

Significant others in their lives

Apart from grandparents

Less help in the household

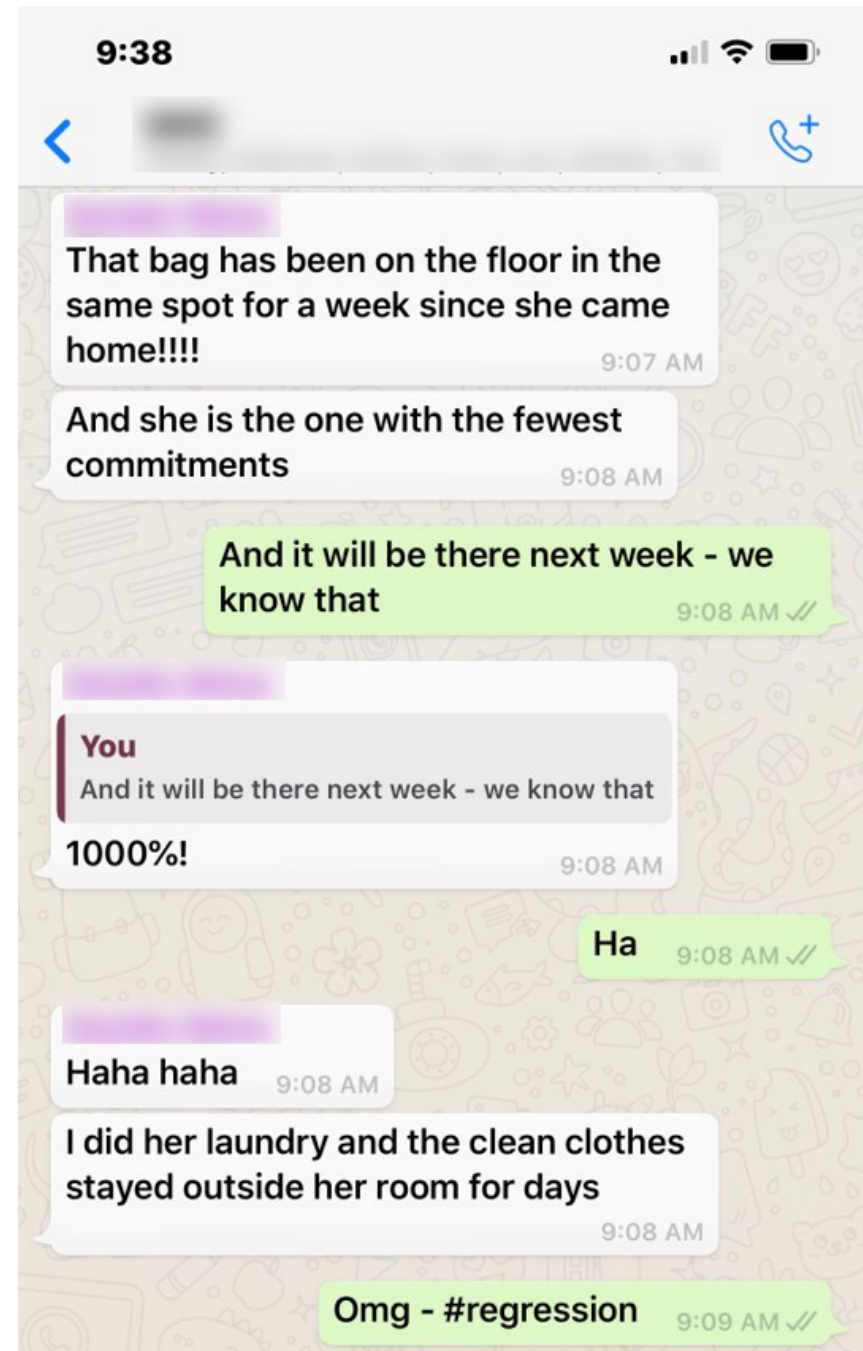
- Working parents

Parents living together with conflict, strain upon whole family

- Risk of domestic violence

JUST FOR NOW:
PARENTS ARE
DOING
LAUNDRY
AGAIN?

21 YEAR OLD-
UNIVERSITY GRAD,
EMPLOYED IN A HIGH
PAYING JOB



JUST FOR NOW: LIMITS AND BOUNDARIES

Health and safety is first

- Social distancing for a group that developmentally is driven to be social

Everyone can help in the house

Assign roles

- Acknowledge that it's different, new, difficult
- Put the adolescents in charge

JUST FOR NOW: THEIR FUTURE IS ON HOLD

Help them make the decisions they can make

Set aside those they can't or don't have to

CASE PRESENTATION: “BELLA”

20-year-old female

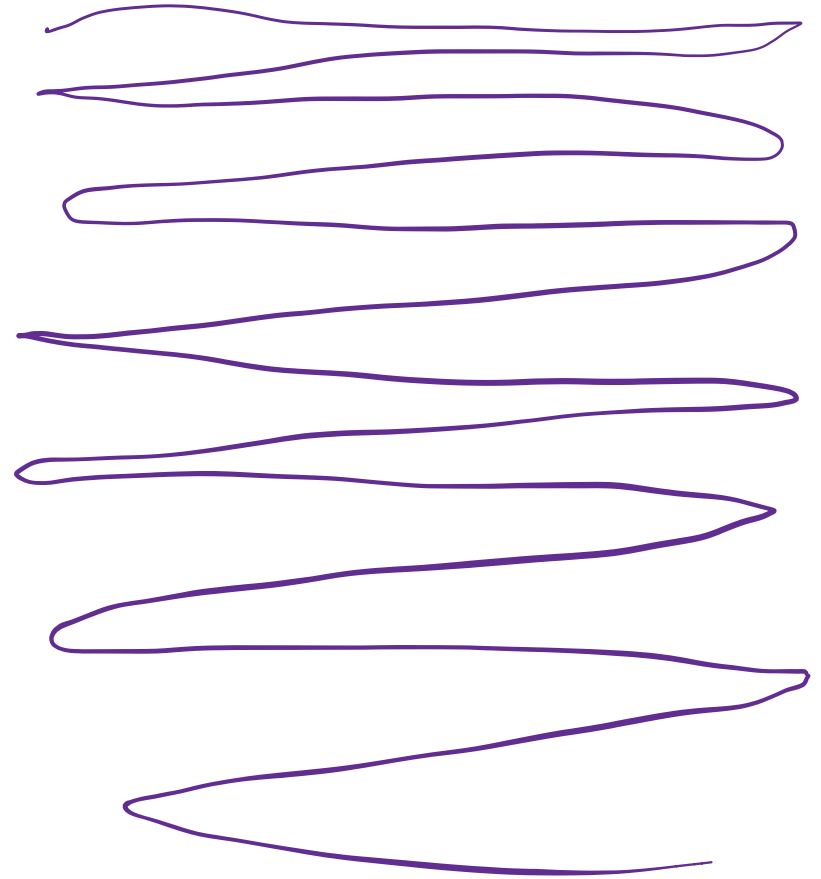
- Lives at home with step-father, mom, half-sister 13, half-brother 2
- Major family dysfunction
- “Failure to launch”

JUST FOR NOW INTERVENTION: SCRIBBLE

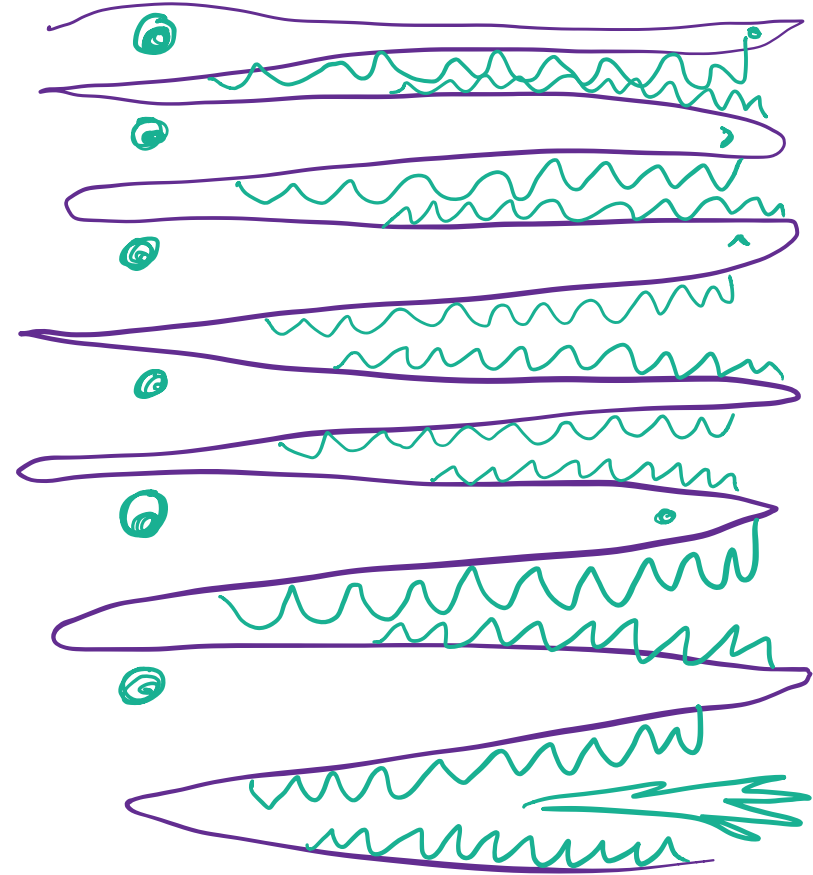
Scribble –

- Stand up
- Imagine a large piece of paper that is the size of you from your head to your toes
- Pick a colored pen, or crayon
- Scribble with it in the air from the top of the imaginary page going down to the bottom – helps to count to 10
- With the same motion you used in the air, scribble on a piece of paper
- Find an image/picture in the scribble and outline it with a second color
- Describe the image verbally, and/or in writing

BELLA'S SCRIBBLE #1

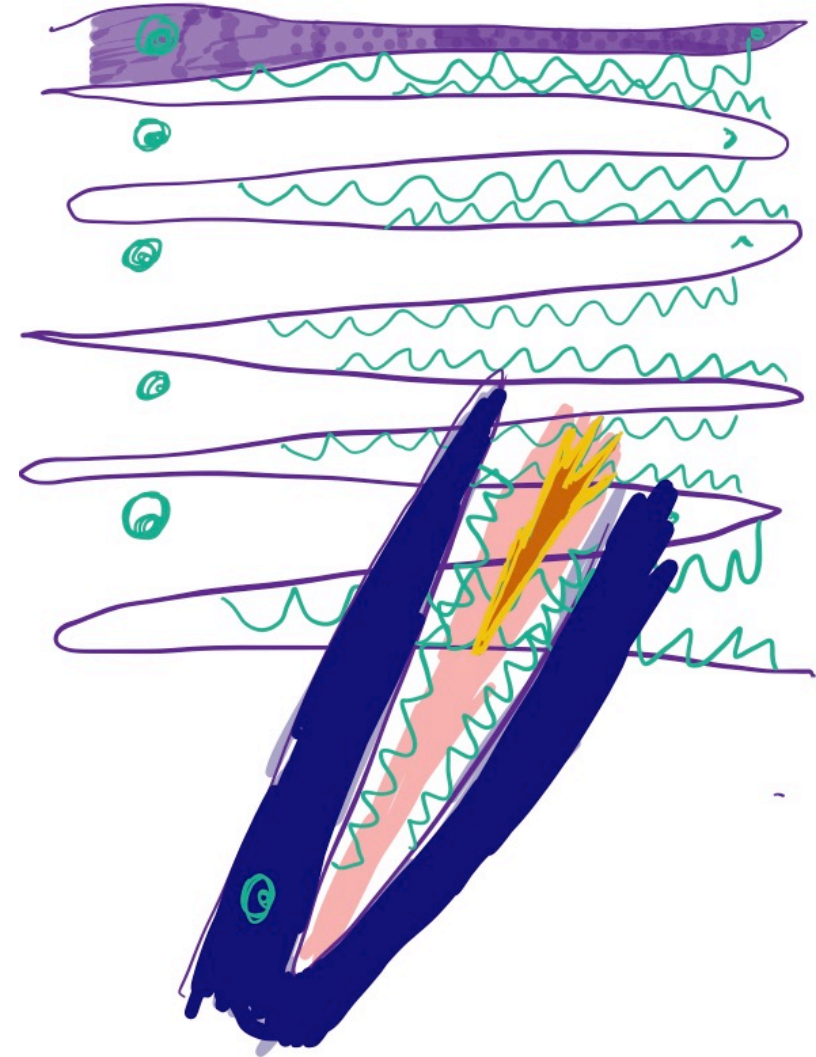


BELLA'S SCRIBBLE #2



“Predator” on the bottom

BELLA'S SCRIBBLE #3



"Predator breaks free"

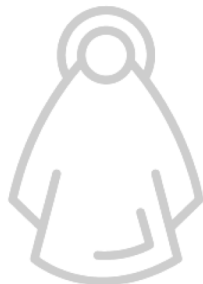
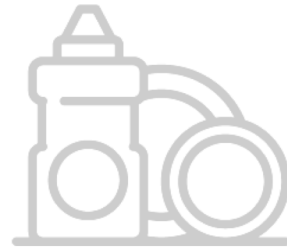
POWER AND USE OF THE PROJECTION

Peter Mortola's 4-part sequence (*Windowframes*):

1. Imagine it
2. Make it
3. Be it
4. Own it



BELLA'S SAFE PLACE:
FOREST MURAL IN HER BEDROOM



**BELLA'S PURPOSEFUL
ACTIVITY: CLEANING
OUT THE GARAGE**



BELLA'S TO DO LIST

Get Shit Done

- take stuff to Gerty (car)
- Organize Gerty (car)
- ~~◦ wash / dry laundry~~
- ~~◦ put away laundry~~
- set social media time limits
- create a mock schedule
- look up book Susan suggested
- create alarms
- ~~◦ sticker charts for B, L + E~~
- ~~◦ brush teeth charts~~
- remove sticky in bathroom
- ~~◦ Miguel for Lola~~
- set up piano?
- Complete documents for Cassidy
- Organize garage
-

I/THOU RELATIONSHIP: MEET THE ADOLESCENT WHERE THEY ARE



Mr. Holland's Opus – Beautiful Boy <https://www.youtube.com/watch?v=j0IMASimhRo>

ACTIVITIES FOR ADOLESCENTS: DRAWINGS

HTP

Rosebush

Safe Place

Scribble

Boat in a Storm

Family in Symbols

How you think you look
exaggerated

- How you would like to look

Polarities

- Weak/strong
- Safe/unsafe

Pawnshop fantasy drawing

ACTIVITIES FOR ADOLESCENTS: CLAY

Eyes closed exercise

- Something out of nothing

Polarities

- Weak/strong

Image of self

ACTIVITIES FOR ADOLESCENTS: PUPPETS

Choose a puppet that reminds you of each member of your family

Choose a puppet that reminds you of you

Polarities – pick puppets that go with weak/strong, sad/happy, etc.

MORE ACTIVITIES FOR ADOLESCENTS

Medicine cards

Check Lists

Projective Tests

Sand tray scenes with or without themes

Demon work – disliked part of self

Ratings

- Rate your family on a scale of 1-100
- Rate how you feel, etc.

GAMES AND BOOKS WITH ADOLESCENTS

Books – ask for their opinion, read a book they're also reading and discuss

Charades – pantomime, roleplay

- Top dog/under dog, empty chair, dilemmas, polarities

Self-hypnosis

Ungame, Connect 4, Trouble

Record themselves role playing

Use apple play to see their photos and videos they want to share

Today's materials will be posted online at
<https://www.oaklandertraining.org/just-for-now>

(Chat transcripts are password-protected)

THANK YOU

Questions?

IF YOU HAVE MORE QUESTIONS...

Email karenfried@kandmcenter.com to receive details on future Sunday Supervision/Consultation sessions

9:30-11:30 am PT

No charge for these sessions during this time