



About Holly

- ▶ 2011: Master of Arts in Marriage and Family Therapy, Southern Nazarene University
- ▶ 2014: Licensed Professional Counselor
- ▶ 2014-2016: Private Practice—children, adults, couples, families
- ▶ 2016: LPC Board Approved Supervisor
- ▶ 2016-2021: Director, Deer Creek Public Schools Health and Wellness Program
- ▶ 2021-Present: Executive Clinical Director, Renew Counseling Center, Southern Nazarene University





What's great about working with kids?

What's hard about working with kids?

The Disorder of Childhood

Congenital Onset

Knowledge deficits

Legume anorexia

Involvement in
fantasy world



Dwarfism

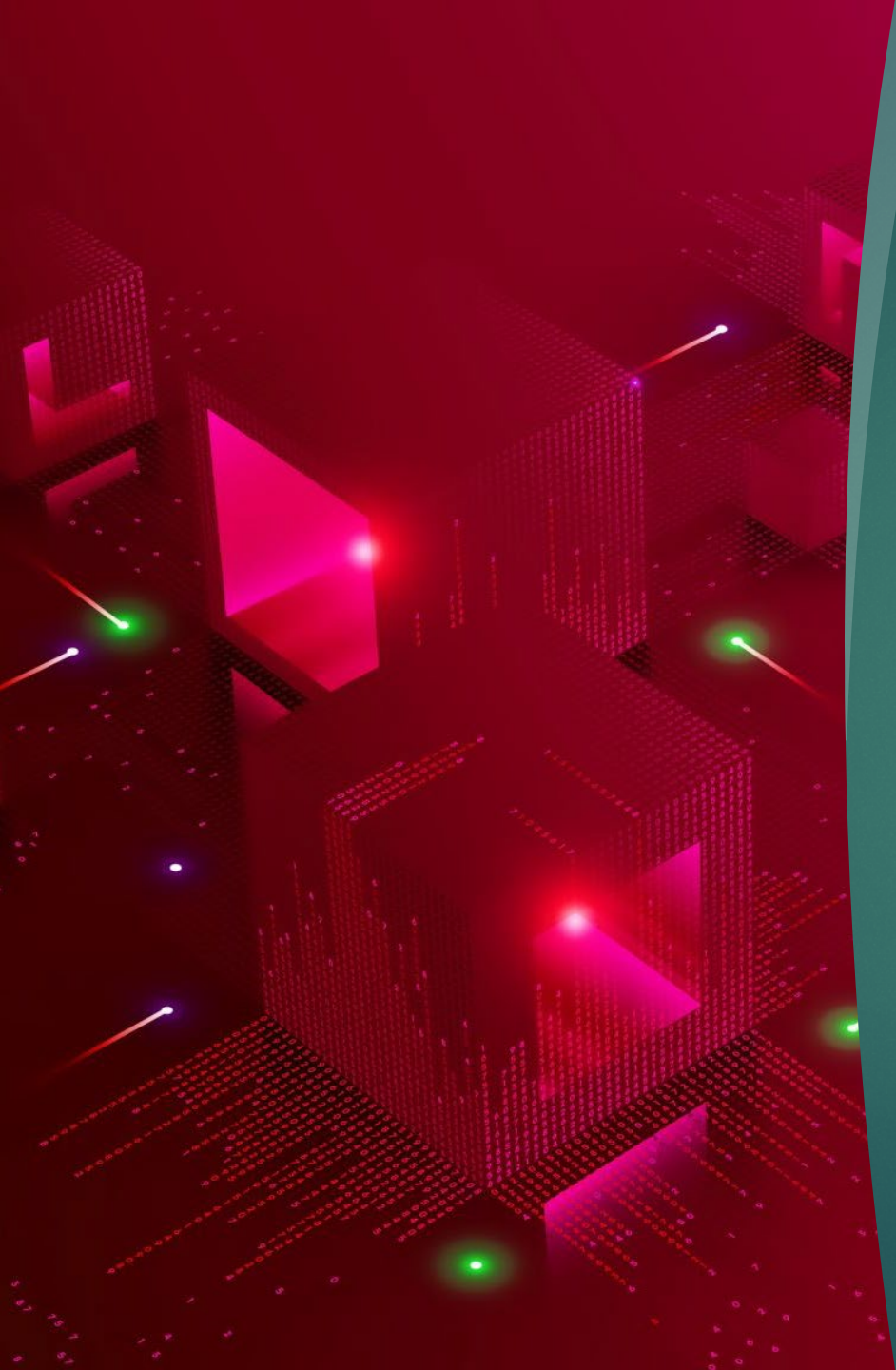
Emotional lability
& immaturity

Unemployed

Bath refusal

Greater incidence
of scraped knees

Adapted from: Smoller, J.W. (1986). The Etiology and Treatment of Childhood. In *Oral Sadism and the Vegetarian Personality*. G.C. Ellenbogen (Ed.). NY: Ballantine Books.



Let's Talk Development!

Cognitive Development Review-- Piaget

Stage	Age	Goal
Sensorimotor	Birth to 18-24 months	Object permanence
Preoperational	2 to 7 years old	Symbolic thought
Concrete operational	Ages 7 to 11 years	Logical thought
Formal operational	Adolescence to adulthood	Scientific reasoning

Piaget's 4 Stages of Cognitive Development

<https://www.simplypsychology.org/piaget.html>

Social-Emotional Review--Erikson

Erikson's Psychosocial Stages			
Stage	Basic Conflict	Virtue	Description
Infancy 0-1 year	Trust vs. mistrust	Hope	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met
Early childhood 1-3 years	Autonomy vs. shame/doubt	Will	Develop a sense of independence in many tasks
Play age 3-6 years	Initiative vs. guilt	Purpose	Take initiative on some activities—may develop guilt when unsuccessful or boundaries overstepped
School age 7-11 years	Industry vs. inferiority	Competence	Develop self-confidence in abilities when competent or sense of inferiority when not
Adolescence 12-18 years	Identity vs. confusion	Fidelity	Experiment with and develop identity and roles
Early adulthood 19-29 years	Intimacy vs. isolation	Love	Establish intimacy and relationships with others
Middle age 30-64 years	Generativity vs. stagnation	Care	Contribute to society and be part of a family
Old age 65 onward	Integrity vs. despair	Wisdom	Assess and make sense of life and meaning of contributions

Erikson's theory outlines 8 stages of psychosocial development from infancy to late adulthood. At each stage, individuals face a conflict between two opposing states that shapes personality. Successfully resolving the conflicts leads to virtues like hope, will, purpose, and integrity. Failure leads to outcomes like mistrust, guilt, role confusion, and despair.

High and Low Brain

- ▶ From Dr. Dan Siegel, Whole Brain Child (<https://drdansiegel.com/resources/>)
- ▶ Amygdala vs. Prefrontal Cortex--who wins?

Implications for Therapy

Integration

Discuss, don't
lecture (when
appropriate
and possible)

Engage, Don't
abandon

SIFT (thanks,
Dan Siegel!)

Name Emotions

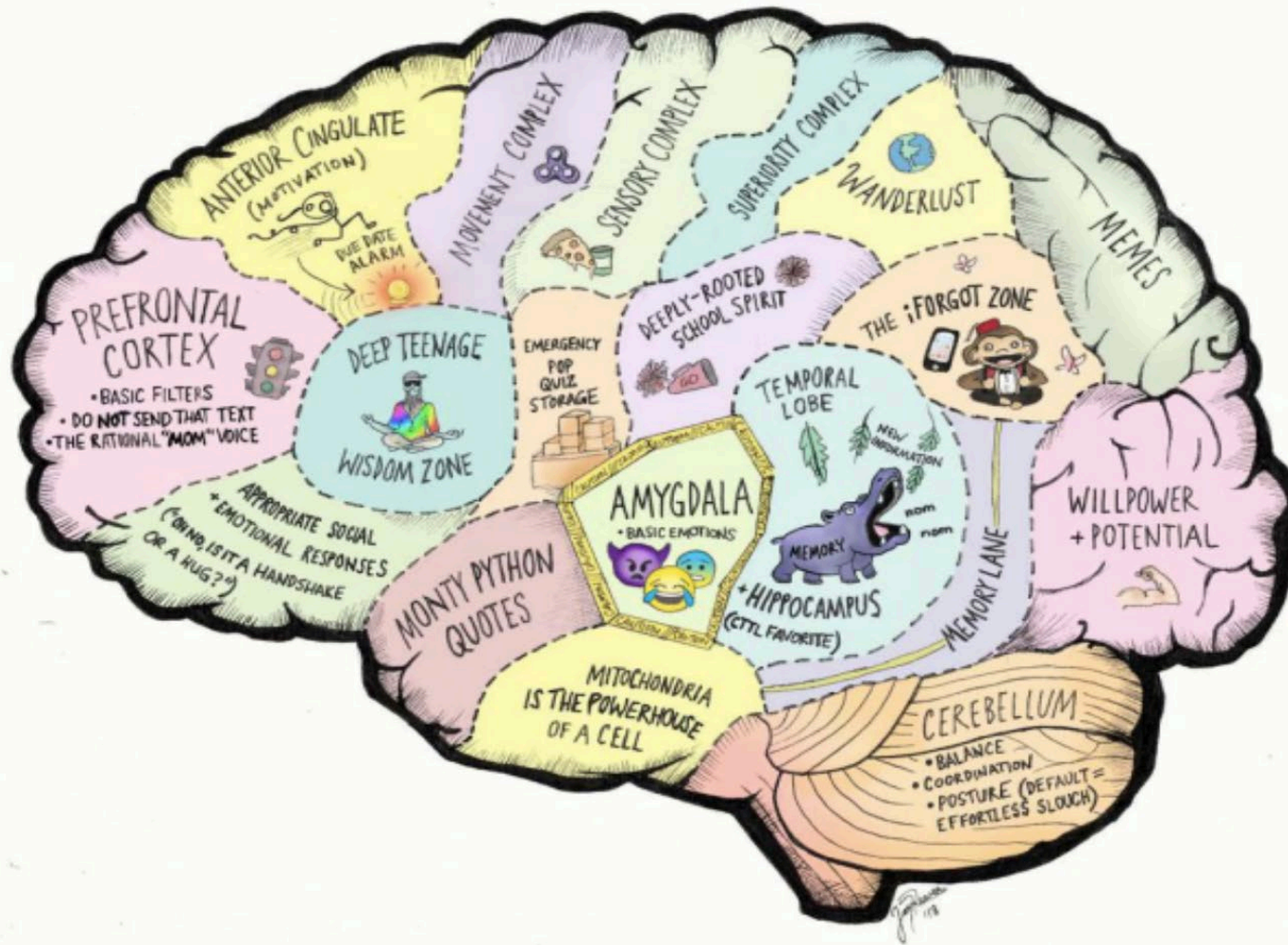
Remember



What's great about working with adolescents?

What's hard about working with adolescents?

PARTS OF THE STUDENT BRAIN

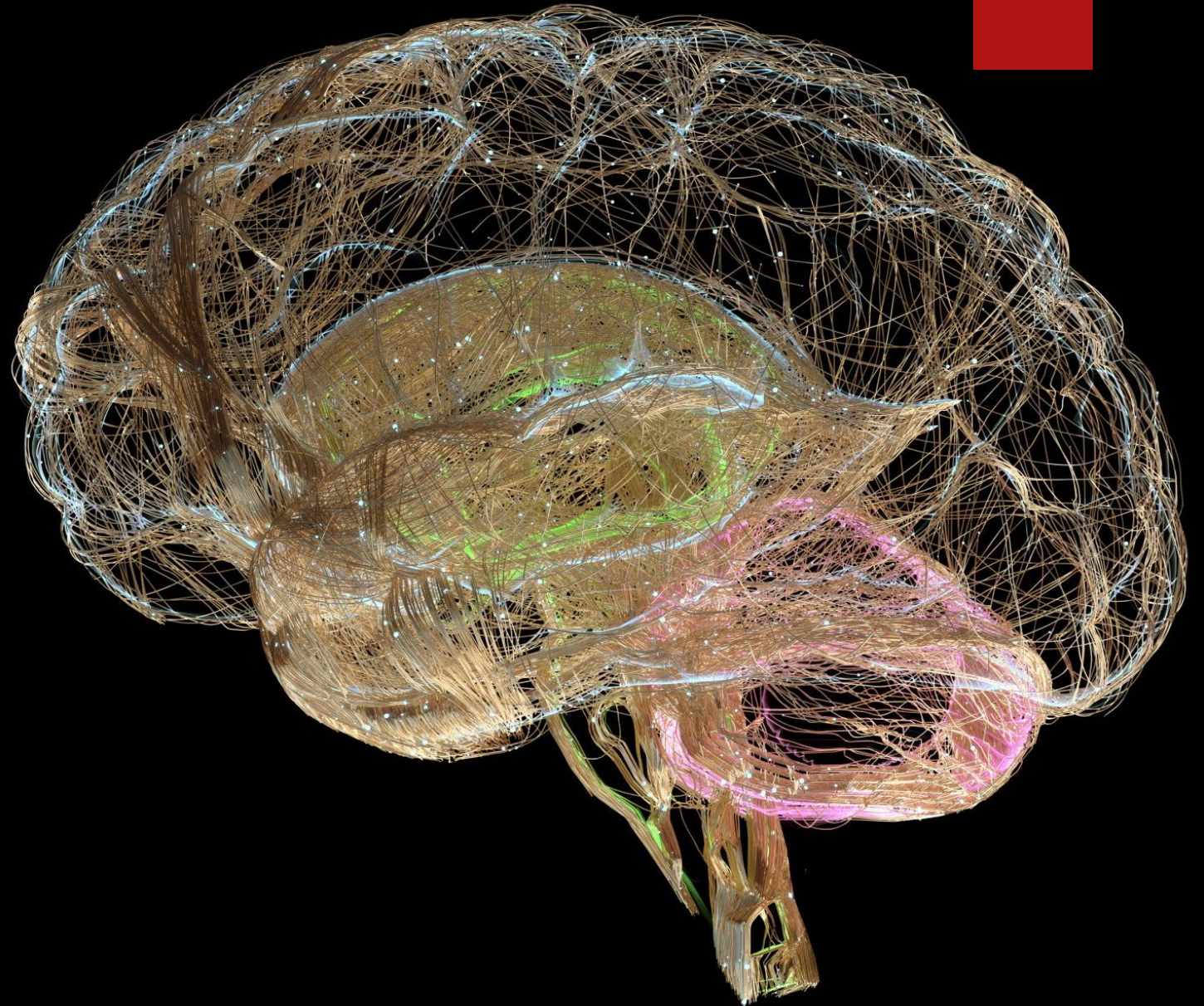


THE TEENAGE BRAIN

<https://www.thectl.org/2020/09/10/the-teenage-brain-tdd/>

What's Happening in the Brain?

- ▶ Rewiring
- ▶ Myelination
- ▶ Synaptic Pruning
- ▶ “Awkward” Prefrontal Cortex (it's not developed yet!)



Implications for Therapy

- ▶ Big Emotions!
- ▶ Use it Or Lose it
- ▶ Pushing Away for Independence
- ▶ Awkward Decision Making
 - ▶ Risks
 - ▶ Slow or Skewed Reactions