

Working with, and Achieving optimal Motivation in co-creation with, your Adolescent Clients.

Description:

Introduction: Adolescents are on the threshold of their adult life. They are experimenting with their autonomy, their competency and relationships. Their learning to become independent and self-determination. Often this learning is achieved on a trial-and-error bases. Influences from peers and social media are directing their choices, more than we would sometimes like them to. And many therapists and coaches see adolescents as a somewhat challenging age group.

How can we make working with this age group more attractive, effective and mutually pleasant? How can we help them to build a solid platform for optimal motivation? Optimal motivation for their co-operation with us, and their motivation to find their own goals and achieve them successfully?

What solution Focused approach works well for them? How can we guide them, without imposing our own ideas, to make choices that work for them and help them to find solutions on their way in life? How can we use our ground attitude and approach to influence, instead of determine, their process?

This training will combine theory and practice in a 40/60% ratio.

Content Training:

Day 1

- **Welcome and 'getting to know each other'**
 - o Collecting the groups personal goals for this training on a sheet
 - o Circle (15-20 minutes)
- **Introduction** (to the workshop theme)
 - o The five themes: Ownership, Value, Trust and Confidence, Observing and Monitoring Success, and Anticipating Setbacks.
- **Building a solid platform for motivation**
 - o Plenary 'carrousel' exercise: roll play or video session (30 minutes)
- **Adjusting** to the need of your adolescent client
 - o Entering into the conversation the 'right' way:
 - Using internal assessment (**Bruges model** from Luc Isebaert)
 - What questions work with 'different' client types?
 - o Plenary or group exercise: roll play (25-30 minutes). Learning to make the assessment and effectively entering into the conversation with your client.
- **Introduction** to (some of) the steps of the **Mission Possible** program
 - o General overview Mission Possible
 - o Step 1: a SF-question protocol for helping adolescents find the 'right' goal
 - o Exercise in smaller groups with the protocol (35-45 minutes).
 - o Plenary sharing of the experiences within the exercise (10 minutes).
- Small break (15-minutes)
 - o Next 10 Mission Possible steps.
- Lunch break (45 minutes)
- A little **SF-energizer** exercise (10 minutes)
 - o Continuation: Mission Possible steps.
 - Step 7. Exercise physical scaling instrument; combining Scaling question, Miracle-question, Resources and agreeing on the next step forward.
 - Demonstration (10-15 minutes)

- Exercise in couples: Combining SF questions into one powerful intervention (45 minutes)
- Small break (15-minutes)
- **Solution Focused Language**
 - The language of solutions
 - Pitfalls of the SF approach (and how to avoid them or get past)
 - Exercise: pitfall Bingo (20 minutes)
- **Day closure**

Day 2

- **Welcome and opening**
Collecting feedback from day 1, and tracking our collective and personal goals
- Small break (15-minutes)
- **Structuring your SF session**
 - A seven-step dance
 - Simplicity and structure
Exercise: smaller groups. (30-45 minutes)
 - And how this all will work exactly the same with adult clients and in organizations.
 - Working from the 'not-knowing'; taking on a beginner's attitude.
 - Exercise: (15 minutes)
 - Learning to use META-observation as an important tool.
 - Exercise: (10 minutes)
 - Exercise: (case history) or video session. Working in smaller groups (30 minutes)
- Lunch break (45 minutes)
- **Final assignment** (short break somewhere in the middle)
 - Exercise: SF conversation with an adolescent client in practice (total time 2-3 hours)
Exercise in smaller groups
 - Preparation 20 minutes
 - Depending on number of groups small group presentations (10-15 minutes per group)
 - Feedback
- **10-20 minutes Q&A** (ideas/themes/questions) participants want to have addressed f.e. engaging parents.
- **Evaluation and feedback**
 - Closure: Thanking hosts and participants