

**ZestLife Therapeutic Services -
Stuart Wilson
Parents Support Evening
Gonzaga College
WELCOME**

**The world in which our kids are
growing up in is very different to
the world we lived in.**

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Developmental stages of a YP

Embedded- Disembedded-Interiority-Independence- Launch into Adulthood-Adulthood.

Embedded

Parents do everything for us
Arrange our food/water/shelter
Take care of our every need- or don't ?



Dis-Embedding

Move gently away from Mum and friends become important

Fitting into groups

managing school relationships

Teachers have big influence

Arranging play dates - creating friends



Interiority

Stepping out
It's all about friends
Identity- who am I?
Finding my place
What's my point or purpose?



Independence/ Integration

Self sufficient
Able to manage relationships
Giving back to parents in connection



Launch into Adulthood

Depending on how well the lifespan of the young person has been supported depends on the launch
Some traumas in the various developmental stages can speed up or slow down each developmental stage



Adulthood

You have fully developed brain
You're COOKED!





Adolescent Configuration(Personality) Styles

Directional-Impulsive- Inhibitive

Directional

They raised themselves
Never had to ask them to study
They got great grades
Always on top of things
keep their room tidy
Keep in touch with friends
Helped with chores without asking

When Directional kids present for therapy?

Generally they don't- everything is fine- till it's not
Then maybe because of stress- exam pressure
Concern re progression routes after school - college etc
Perfectionism- Burnout- Emotional fatigue.



Impulsive

They will usually be centre of the group - leader
Risk takers

Very popular- full of friends
Very busy and plenty to do
Often sporty - well rounded

Not very empathetic- step over friends if they fall
May get into things early incl. alcohol, relationships etc

If they present for therapy they are usually in crisis or have
been made go...

Reactive - Fighting at home
Regular RED ZONES at home

Potential behaviour issues

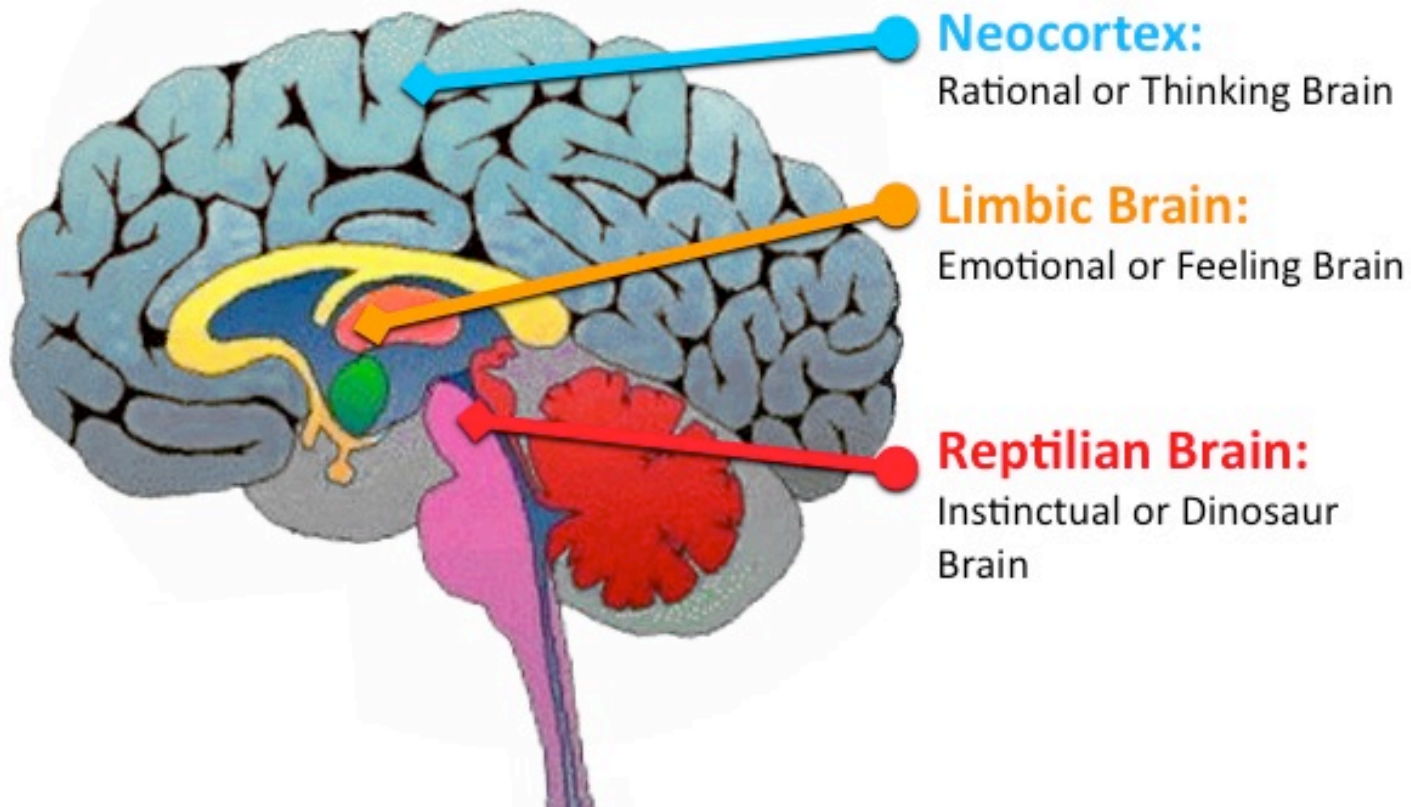


Inhibitive

Usually just outside the group looking in- checking
Very kind and empathetic and caring
Usually very helpful to other friends
They go to when friends are struggling
Smart and little more introvert- don't need the big group and
may prefer smaller group
They are creatives and emotionally smart

If they present for therapy usually for anxiety
Overthinkers and may over-analyse themselves
Can lead to controlling behaviours for the overthinking like OCD,
Dis-ordered eating etc





Neocortex:

Rational or Thinking Brain

Limbic Brain:

Emotional or Feeling Brain

Reptilian Brain:

Instinctual or Dinosaur Brain

The Brain

What are Creative Adjustments?

Instead of 'behaviours' - adolescents creatively adjust their actions to meet the needs that are not met in the moment.

They can go from a 'reactive emotion' to an 'immediate action' in a nano second that seem utterly un-linked.

They can 'creatively adjust' their behaviours to meet a need we have no idea about.

Medium to longer term 'creative adjustments, can present in different forms, anxiety and depression, presenting in coping strategies such as overthinking, OCD, Dis-ordered eating, Phone overuse, alcohol etc etc





Parenting Styles

Receptive- Non-Receptive- Hostile 1 or 2.

Receptive

Sees their kid
Parents who 'show up' for their kids
Secure attachment
A good listener and aware of zones
quick to repair any relational damage that occurs
Sets strong boundaries and follows through
Kids know where they stand with parents
Consistent 'smooth' parenting style
Not too many bumps in the relational journey



Non-Receptive

Agenda driven parenting

Busy parents- home but not present or simply 'not available'.

Too many after school groups

**Even therapeutically - reduce symptoms
fix them and make it better**

**if kid gets impulsive parents get caught up in the behaviour
they see the behaviour not the kid**



Hostile

**1. Directly hostile - causes distress knowingly
often abusive and unsupportive
other parent can be co-dependent on this parent**

**2. Indirectly hostile - sometimes living with distress
maybe addiction/ sickness/ this parent with support can show
up and help their kid**



**SO how do we as parents parent
'scaffold' while understanding
these things?**



We support their livespace

Not overindulge, overprotect or create dependency- quite the opposite we want resilient kids right?

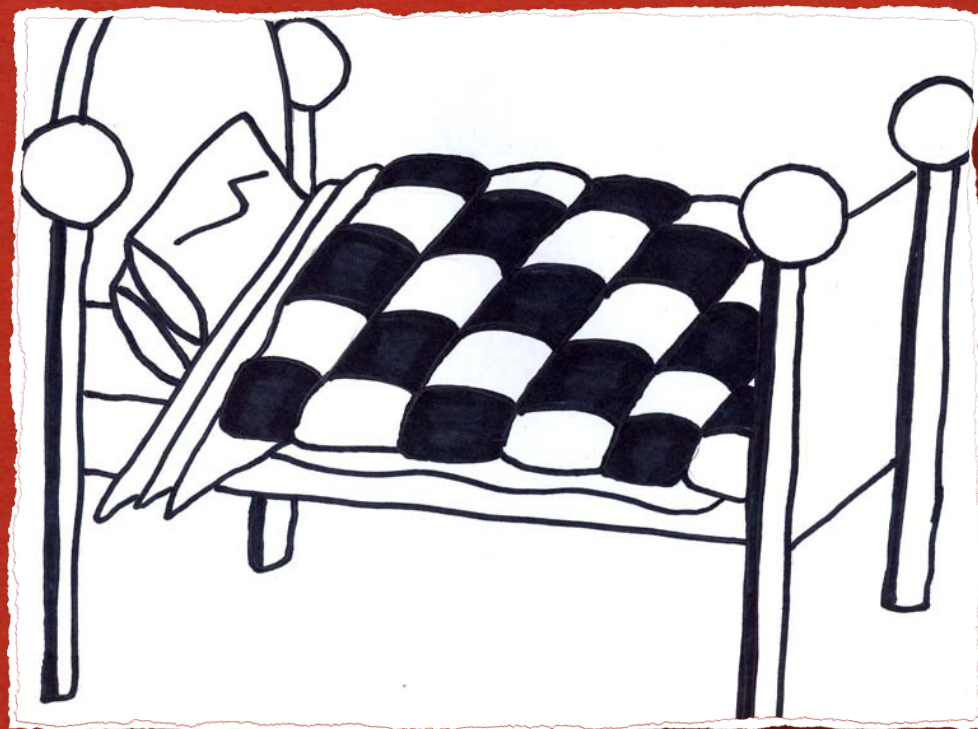


RED ZONES

The world they live in is creating HUGE red zones

Mayhem/Meltdown/Reptilian brain

Examples, Screen time boundaries, family outings, leads to BED behaviours.



WE GET INTO BED

WHO LIKES THEIR BED???



B

BLAME



E

EXCUSES



Denial

This orange is in it.

D

DENIAL



Green Zones

Places of peace, learning, love.

Learning zones- calm /Create these conditions/rational brain.
Examples couch time, driving in the car, leads to OAR behaviours.



WHITE WATER RAFTING?

WHO'S DONE IT?



STARTS OFF CALM

SOMETIME LIKE LIFE CAN BE



THEN IT CAN BE

A BIT LIKE LIFE CAN BE TOO...

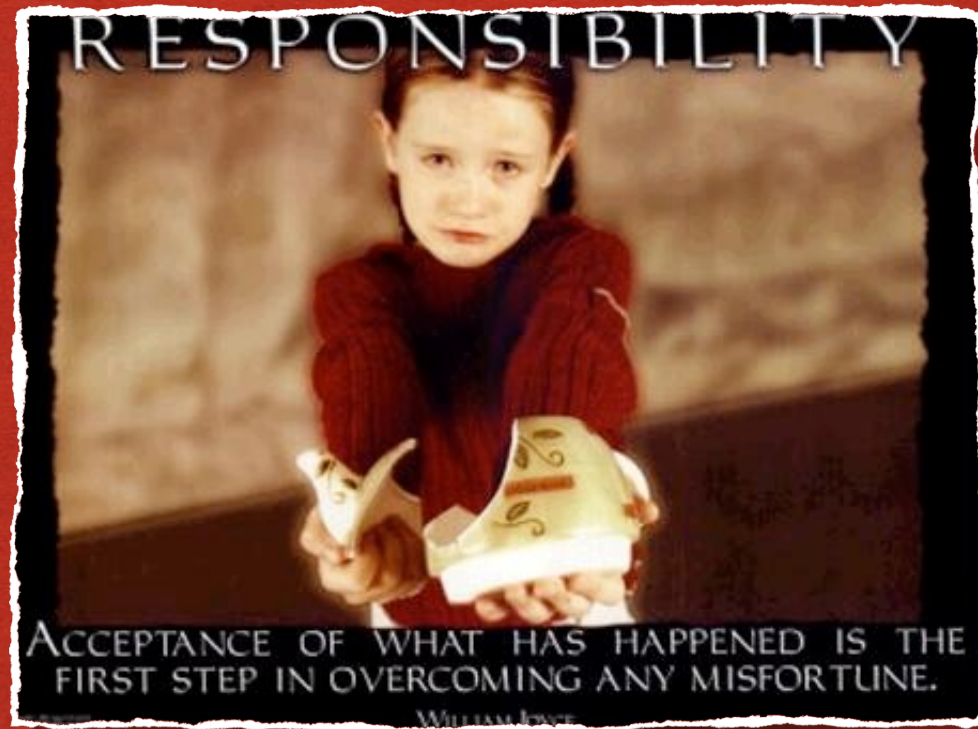


OWNERSHIP



A

ACCOUNTABILITY



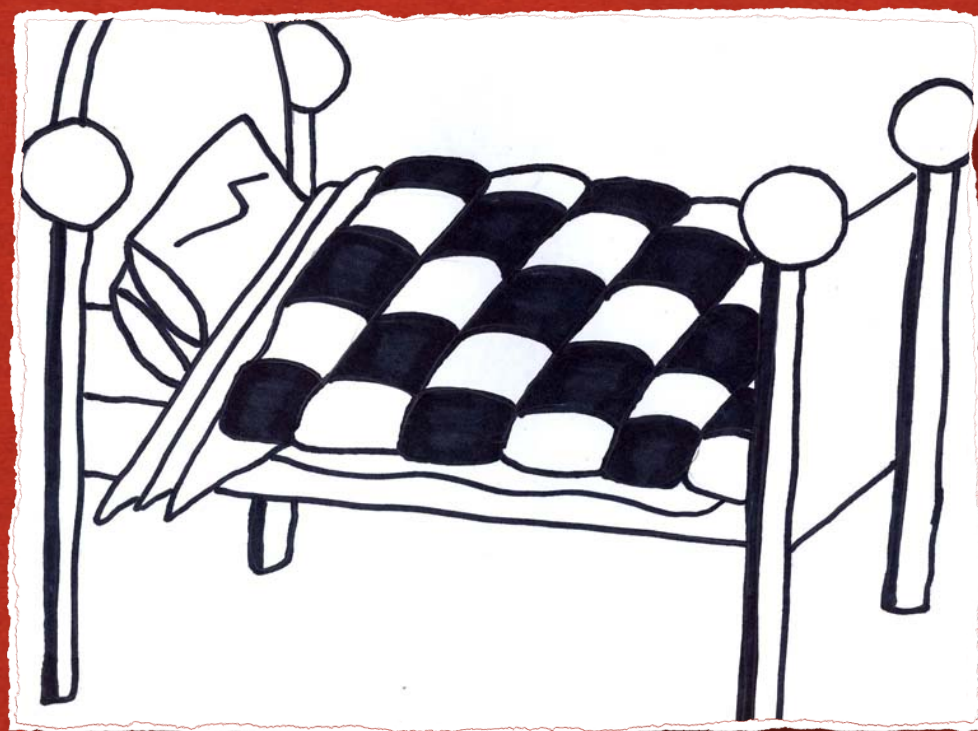
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RESPONSIBILITY



SO TAKE YOUR OAR

.....



& STAY OUT OF BED

.....

How to support their lifespace but not create entitled kids...

- Love things they love- not just that you love...**
- Encourage other older adolescents who are trustworthy to affirm your kids**
- Mum show them an unconditional soft loving heart- Dad affirm them to within an inch of their lives...**
- Learn in the correct (only zone that works) ZONE...**
- We don't have the right till we have the relationship**
- Set strong and robust boundaries in the correct ZONE ONLY**

Helping parents in 'Parenting'.



- ALL YOU NEED IS LOVE
- Mums love unconditionally
- Dads affirm - character not performance
- Intentionally and purposefully LOVE them
- Mum & Dads Relationship

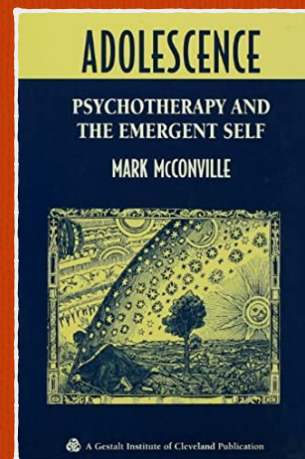
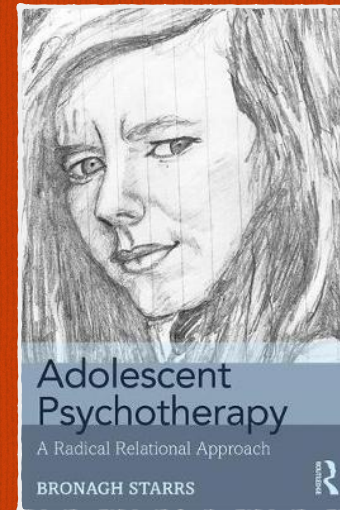
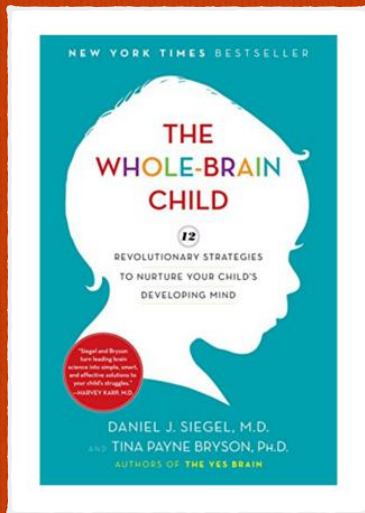
**We need to try to
create the
conditions in
which we can
have a great year**

**To do LIFE well
To keep things in order**

What are those things?

**The basics
Relationships/Communication
Sleep / Nutrition/ Exercise/**





Thank You
www.zestlife.ie