



EXPLORING WAYS OF WORKING WITH TEENAGERS

"I don't really want to be here"

- ### are we on the same page?
- do you know why your teenager is here?
 - does your teenager know why he/she has come to see you?
 - is your teenager is a mandated client, self-referred, peer-referred, other?
 - does your teenager know who you are and what you do?
 - do you discuss & agree on terms of privacy and confidentiality?
 - do you explain the purpose and intent of the extraordinarily detailed homeopathic questioning style?

DECONSTRUCTION
or 'unpacking' is exploring
assumptions and taken for
granted ideas

are the teenager and family
member/parent
on the same page regarding
the presenting
problem/concern?

POWER RELATIONS
getting
permissions/agreements
during the consultation
can contribute to the
teenagers' sense of
personal agency

"The grunt"

"The grunt"
....a dead end response

is the question too distant
from the teenagers ability
to answer?
can the homoeopath ask the
question in a different way?
does a grunt answer signify
an uncooperative teenager or
an unskillful practitioner?

PERSONAL AGENCY
Q: Would it be OK to continue
to ask a few more questions?

EXTERNALISING
Q: If one of your close friends
was here with us, what might
he/she say in answer to this
question about you?

RE-MEMBERING PRACTICES

Would you be interested in having
one of your friends come along to a
consultation with you?

or.....

Sometimes other young people have responded to my questions in a similar way, but when we talk about what they mean, their answers are all different.
Would it be OK to ask you what it means for you?

WHENEVER WE ASK PERMISSION WE ARE GETTING A 'STATEMENT OF POSITION' ie the person is taking a stand, not just a passive recipient of treatment

these are some of the considerations when setting up the therapeutic context, now we will explore a key narrative orientation - 'externalising'