



August 2011

Dear Supervisors/Colleagues:

**TEEN GROUP, BEFRIENDING ANGER, BECOMING KINDER**  
**JANUARY 19 TO MAY 3, 2012**

**REGISTRATION DEADLINE OCTOBER 17, 2011**

We are accepting referrals for a teen group.

**MODEL AND CORE AIMS OF THE GROUP:**

The teen group is based on the mindfulness approach to living. The core aims are:

1. to assist the teens in changing their habitual relationship to their thoughts, feelings and body sensations.
2. to help them choose skillful means of responding to challenging events, rather than being carried away by their experience of the event.

**CRITERIA FOR ADMISSION:**

1. Teenagers ages 14-17.
2. Teenagers who are challenging parental and community expectations, fighting with siblings and peers, having aggressive outbursts, not attending school, giving in to peer pressure, withdrawing from the usual activities.
3. Teenagers not actively suicidal.
4. Teenagers for whom substance abuse is not a central concern.

**BENEFITS:**

1. Learning to “sit” with troubling emotions and mind states without getting overwhelmed and reactive.
2. Accessing a clear mind from which they can make wiser decisions.
3. Cultivating a friendly attitude or kindness towards themselves
4. Letting go of old storylines which create anger, fear, anxiety and sadness and instead develop an attitude of curiosity towards these storylines.

5. Becoming conscious of and changing habitual patterns of thinking, feeling and behaving when relating with people.
6. Developing a more curious and respectful relationship towards their body.
7. Recognizing that they already possess the resources of wisdom and compassion and learning how to use these in difficult situations.
8. Cultivating a compassionate heart.

**FORMAT:**

1. Semi-open group with a maximum of 8 teens at any given time.
2. Talking, writing, art, loving-kindness meditations, practicing silence, sharing experiences of kindness, cultivating an awareness of breathing, body sensations and thoughts from moment to moment.

**APPLICATION PROCESS:**

1. Referring worker returns referral form and two teen handouts, **completed**, to the **Family Therapy Secretary by October 17, 2011**.
2. Referring worker indicates on form who will attend the screening interview.

**SCREENING PROCESS:**

1. Therapist will meet with the teen alone for the first 45 minutes of the interview unless the teen requests that the parents or worker be present.
2. Parents or worker are required to join in the last 15 minutes of the interview.
3. Screening interviews will take place on the following days:

Thursday, November 10	1:30, 2:30,3:30 p.m.
Monday, November 14	4:00, 5:00, 6:00 p.m.
Thursday, November 17	4:00, 5:00, 6:00 p.m.
Friday, November 18	9:30, 10:30a.m.
Monday, November 21	4:00, 5:00, 6:00 p.m.
Thursday, November 24	1:30, 2:30, 3:30 p.m.
Friday, November 25	9:30, 10:30, p.m.

4. Once the group is full, the remaining teens who are eligible will be put on a waitlist and invited to join the group when a space becomes available.

## **PREPARING THE TEENAGER:**

- 1. Based on several years experience, we have found that a key to the teen's success with the group are:**
  - a) The quality of preparation done by the worker with the teen.**
  - b) The commitment of the parent and/or worker to ensure that the teen attends the group.**
  
- 2. Please prepare the teen by:**
  - a) Informing them of the format and structure of the group and the screening process and give them the information brochure (white)**
  - b) Involve them by having them assist you in completing the referral form.**
  - c) Assist them in creating a quiet space, and have a conversation with them about the presence of kindness in their life (Handout 1).**
  - d) Assist them in creating a quiet space, so that they can respond to the questions in a reflective manner. (Handout 2).**

\* The Teen Handouts are not meant to be filled out as a form. It is a process where you, the worker put yourself into a quiet space and engage the teen, assisting them to turn inward and be self reflective.

This sets the tone for how they will start to view themselves and will set the context for the change process.

### **TIME AND PLACE:**

- 16 Thursdays from 4:30 – 6:00 p.m.
- Starting January 19, 2012, ending May 3, 2012.
- New Directions for Children, Youth, Adults and Families  
491 Portage Avenue - 4<sup>th</sup> Floor

Sincerely,

Tereza Gomes M.S. Counselling, M.A. Psychology  
Family Therapist

Stephanie Albiani, M.M.F.T.  
Clinician

Attach. Referral Form  
Information Brochure for Teen  
Teen Handout 1  
Teen Handout 2