

*FROM BI-POLAR TO BORDERLINE—
EFFECTIVE STRATEGIES FOR WORKING
WITH EMOTIONALLY REACTIVE YOUTH.*

*“BE KIND FOR EVERYONE YOU MEET IS
FIGHTING A HARDER BATTLE”.--PLATO*

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Slide 1

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Jim Nelson, 4/11/2013

CHARACTERISTICS OF BI-POLAR DISORDER:

- A. Large mood and behavioral swings—Impulsive.
 - 1. Overconfident – grandiose, followed by sad/hopeless.
 - 2. Very productive—to can't get anything done.
 - 3. Suddenly very angry with little provocation.
 - 4. From mental dullness to creative thinking.
 - 5. Great interest in people then desire to isolate.
 - 6. From tearful or crying to excessive joking.
 - 7. From great optimism to extreme pessimism.
- B. Manic phase—elation, rapid speech, increased activity, decreased sleep, and delusions.

Show movie Dori – Missy and Cindy – "two prophets and the 3 Christs".



manic.mpg

II. REASONS FOR BI-POLAR “EXPLOSION”:

{1955 = 1/13,000 – today= 1/40—325X. In 1995 – 20,000 cases – in 2004 – 800,000 cases.}

A. Greater awareness and less stringent criterion.

B. Prescription Drugs—before –75% recovered within a year. Now considered chronic condition—needing lifelong medication. Ex. Anti-depressants for hospitalized depressed clients—3X higher mania rates. {400% anti-dep. for kids}

C. Increased Illicit Drug use—2/3 –1st episode after abusing illicit drugs. Ex. Marijuana use— mania diagnosis— 5X.

D. New research: Overstimulation of brain and imbalances in our 4 primitive urges—sex, hunger, sleep and self-{ego} preservation— significant factors in increases. Live in a “Bi-Polar Culture of extremes”— Lost our Balance and Purpose. *

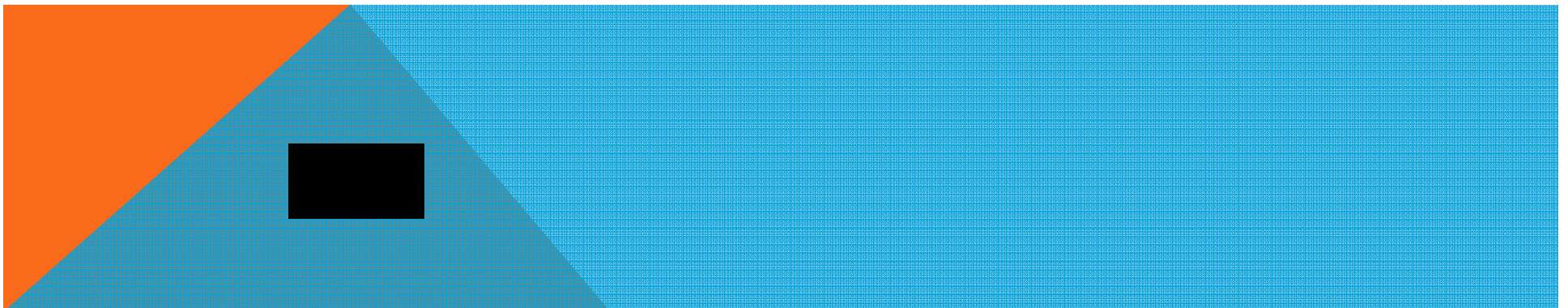


II. CHARACTERISTICS OF BORDERLINE PERSONALITY DISORDER—(LIKE BI-POLAR, MOOD IS UNSTABLE WITH IMPULSIVE BEHAVIOR, BUT SYMPTOM DURATION IS SHORTER).

A. Explosion in Diagnosis—Reason: Children's emotional needs are not being met.

A. Borderline symptoms handout and Movie.

C. ADHD, Oppositional Defiant, Conduct Disordered, and youth with Anti-social Personality also increasing.



III. TOP TEN STRATEGIES WHEN WORKING WITH DEFIANT, ANGRY, EMOTIONALLY REACTIVE YOUTH.

1. Establish trusting relationship through sincere interest.
2. Stay calm/professional to minimize escalation.
3. Address problems privately, allow “cooling off” period.
4. Active listening—goal isn’t to agree but to understand their perspective—“Let me be sure I understood you—is this how it feels to you.”
 - Make eye contact and use student’s/clients name.
 - Make request clear /concise—use “Do” not “Don’t” statements.
5. Start with positive affirming statements before criticizing or commanding a change.

“I really enjoy having you in class, but I find it difficult to keep everyone attentive when other conversations are going on.”

6. Use “I” vs. “You” statements. Separate worth from behavior.

*Dog

THE TOP TEN STRATEGIES WHEN WORKING WITH DEFIANT, ANGRY, EMOTIONALLY REACTIVE YOUTH

7. Give students 2 choices—lessens power struggle.

{Numbers 8-10 are long-term strategies}

8. Explore relationship between imbalances in their Four Primitive Urges and their painful emotions.

Ex. Bedtimes and depression.— Ads: 4th meal /Multi-tasking . *Handout

9. Teach/practice acceptance, breath awareness, mindfulness/meditation for emotional control. *Jacob

10. Teach Resiliency—use painful circumstances for growth rather than develop a learned helplessness, entitlement, or a victim mind-set. *Handout



“*Fill yourself first and then only will you be able to give to others.*”

– St. Augustine

*Starfish story/Reservoir story

