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
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". 
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.”
*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*