

Headline: Find the solution for your Teenager – Human Dynamics

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A teenager is no longer a child and yet not an adult either. We coach teens to deal with the sensitive, complicated teenage years and the high risks they present to adulthood.

Many symptoms of emotional and relationship problems appear to be latent during childhood. Some children begin to show symptoms of mental or emotional problems during adolescence. After about 12 years old, emotional symptoms and relationship challenges may become increasingly obvious.

Symptoms may appear as the child becomes adult - as the child becomes physically available for partnership and parenthood - but is **emotionally immature** or unavailable. These symptoms may not *just go away*. These symptoms may become part of an incomplete or dysfunctional adult identity.

There are windows of opportunity to detect and remedy these problems. However, few parents, teachers or therapists can recognize and dissolve systemic relationship and emotional issues. Instead, these teenagers are more likely to be labeled *problem kids*, **learning disabled** or *juvenile delinquents*.

Coaching can be great for teenagers, especially if a parent is involved. As coaching is usually requested by a parent, a coach, teen and parent can probably find ways to work together that work for everyone. A written **coaching contract** may help everybody remember their responsibilities.

Some common teen problems seem to be related to chaotic family backgrounds and covert emotional incest (e.g. mother-bonded boys and father-bonded girls). This can show up in a teenager's life as inappropriate emotions and problematic behaviors, especially in relationships.

Common Teenage Issues

Inability to relate to others	Learning disabilities
Little or no sense of own identity	Attention issues
Anger and aggression	Low motivation
Melancholy and depression	Drug and/or alcohol abuse
Fear and avoiding change	Perfectionist
Endless conflicts	Avoids responsibilities

Coaching can help children old enough to understand rewards and consequences. If a child can understand that completing a task will result in a reward, it is possible to start coaching. Children who cannot verbalize problems or offer suggestions need role models for social skills.

Parents can coach young children, especially with support from a systemic coach. For students age 12 and over, an "outsider" may be a better coach. It is not easy to be a parent and to coach a teen.

When coaching teens, a sensitive area is trust. Discuss this at the initial meeting - and earn trust - don't demand it! Gain a clear understanding of what is confidential and what information can be shared and with whom. Regular meetings with parents and teens together can be very useful.

We combine equine therapy with our program to ensure more involvement. Coaching teens has shown to be most successful when using alternate therapies in conjunction with coaching. Also involving families and teachers has shown to have a higher success rate in dealing with your teenagers problems.