



Counselor Connection

NOVEMBER 10, 2009

BY MARCI PAYNE, MA, LPC

Receive free, monthly psychological information, resources, & updates on my services:

Subscribe to my mailing list at:
info@marcipayne.com

Newsletter Spotlight:

1. *Communicating with Your Teen*
2. *Teen Resources*
3. *Playlist Help*

Opening Up Communication with Your Teen

If you're a parent of a teenager, chances are excellent that more than once you've complained about how your teen simply refuses to talk to you. You want to communicate...you want to know what your teen is doing, thinking, feeling...you don't want to face stone silence. It may not be much comfort, but know you're not alone. It's a problem many parents face, including, more likely, your own when you were growing up.

Remember, for a moment, what it was like to be 14, 15, or 16 years old. On the one hand, you wanted to be treated like an adult, yet were still dependent on your parents for money, food, housing and most other basics of living. One second you were telling your parents you didn't need their help, the next asking them to drive you to the movies!

Teenagers typically have mixed feelings about growing up. They want to be independent, but are also frightened by all the things that independence will bring. They face complicated feelings they aren't always willing, or able, to put into words.

It's also difficult for most parents as they try to decide how much independence their teen can handle and how much dependence is still needed. On top of that is the desire parents have of not wanting their children to make the same mistakes they made. The result can be parents almost as confused as their teenager. Such confusion on both sides doesn't make communication any easier.

One starting point is simply accepting that most teens are going to want to talk to their friends more than to their parents. But there are still things you can do to help guide your teen in the right direction and open up communication.

Invest in Your Teen: Encourage your teen to invite friends to the house. Even if you can't stand the noise coming from the stereo, make an effort to know their music. You don't have to like your teen's friends, music, or TV preferences to understand and appreciate that he or she is trying to develop an identity separate from yours.

Validate Your Teen's Feelings: Yes, teens' emotional reactions can seem irrational at times, but teens need to be encouraged to feel whatever they are feeling. Instead of immediately giving advice, let your teen know you accept his or her reaction by saying something like, "That's frustrating," or "Yes, that's annoying," or "I bet that hurt."

**Marci Payne, MA,
Licensed Professional
Counselor**

**19401 E. 40 Hwy,
Suite 140**

**Independence, MO
64055**

816-373-6761

info@marcipayne.com

I'm on the Web!

www.marcipayne.com

To remove your name
from my mailing list,
send unsubscribe to
info@marcipayne.com

© Copyright, 2009

Marci Payne, MA, LPC

Empower Your Teen: Most parents don't want to see their teenagers make the same mistakes they made growing up. That's why it's so tempting to solve your teens' problems for them. Instead, say something like, "That's tough, what are you going to do?" If they have no idea, then offer some solutions, but leave the decision up to them.

It may take some time for your teen to see that you are not going to lecture or preach every time he or she talks to you. But if you keep practicing these tips, your teen will begin to see you value his or her developing identity, and eventually will see you as someone to consult regarding some of life's tougher decisions. Most of all trust that your teen will learn from their mistakes and make the right choices when they feel supported and valued by **you!**

To schedule a professional consultation, call 816-373-6761 (ext 2).

Teen Resources:

Books for Teens: (Note - I haven't read all of the books for teens, but many have been recommended by previous clients and teens I know.)

It's Called a Breakup Because It's Broken by Greg Behrent

Coping with Self-Mutilation: A Helping Book for Teens Who Hurt Themselves by Alicia Clark

I Kissed Dating Goodbye by Joshua Harris

The Divine Dance: If the World is Your Stage, Who are you Performing for? by Shannon Kubiak Primicerio

Parenting Teens with Love & Logic by Cline & Fay (for parents)

Looking for a teen to make a playlist for my website...



Listening to music is one of the main ways that teens cope and express feelings. I would like to make a playlist available to teens on my website. I'm looking for uplifting songs for teens to listen to when there are down, nervous, overwhelmed, and/or freaked out. Some ideas I have are: *Beautiful* by Cristina Aguilera and *The Climb* by Miley Cyrus.

Since I'm not as hip and current on the musical styling as your teens are, I'm looking for someone to create a playlist using www.playlist.com. Email me if you are interested, info@marcipayne.com.

