

WHEN TEENS REFUSE THERAPY

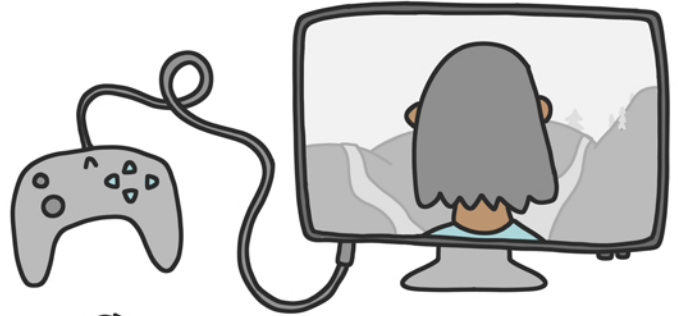
A SKETCHNOTE FROM @ASKLISAPODCAST BY @LINDSAYBRAMAN

STRATEGIES FOR PARENTS



1. Meet w/ a teen therapist for parent coaching.

PRO-TIP
this outsmarts waiting lists



2. Talk with teens about what therapy is. (make it less scary)



3. Connect your teen w/ the therapist you met.

EVERY TEEN SECRETLY WORRIES THEY'RE CRAZY

And that's normal! ADOLESCENCE IS HARD but getting 'sent to therapy' reinforces it.

REFRAME:



it's okay to...

ASK your teen if they're having dark thoughts.

PHRASE IT LIKE:

Are you safe? Do you need more support to keep yourself safe?



IF NO, DON'T WAIT FOR TREATMENT. call pediatrician or go to E.R. ASAP.

PRO TIP: therapeutic activities AREN'T always therapy.

play · movement · work · art

are ways to get teens who refuse therapy into the world.

2 NAME THE VOICE OF MENTAL ILLNESS

I know you don't want to, but that's the voice of depression

WAYS TO FIND YOUR TEEN A THERAPIST:

3 SAY: what we're doing now is **NOT WORKING** therapy might.

- A. Ask your pediatrician.
- B. Connect via school counselors.
- C. Get on (multiple) waiting lists.
- D. Consider video therapy with out-of-state providers

ASAP!



SOURCE: ASK LISA: the psychology of parenting podcast. Episode #65

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