

Key Elements of Good Therapy

- Understanding a young person's developmental story gathers valuable insights into their current well-being (Phase 1)
- It helps the therapist understand brain pathways and “go-to” patterns which influence their current responses to situations.
- A family-based “sense-making” process can also aid in repairing attachment injuries, marking the start of parent coaching in therapy.
- Collecting a young person's life story can help identify sources of trauma and show how their thoughts, feelings, and behaviors have evolved and impacted their brain.
- Understanding how a young person handles their emotions and recognizing their attachment styles (and injuries) is essential in therapy.
- Specifically, we should pay attention to what actions or strategies the young person uses to deal with their emotions:
 - Who did they take their emotions to?
 - What was the typical response to their emotions?
 - How was conflict handled?
 - How are they at speaking up for themselves?
 - How is their competency with emotions?
- Treatment is then customized to address and process old ineffective patterns of behaviour (Phase 2) and the development of healthier coping strategies (Phase 3).

Gathering the Developmental Story

Ages 0-4

Elementary

Junior High

High School

**Young
Adulthood**



Attachments

Parent's Emotional
Responsiveness

Siblings

Soothing
Capabilities

Temper Tantrums



Relationships

Ready to Explore

Emotional Venting

Friendships

Learning Patterns



Self Esteem

Peer Pressures

Bullying

Finding a Voice

Healthy Conflict

Academics

Sense of Self



Self Identity

Healthy Conflict

Intimate
Relationships

Speaking Up

Confidence

Risk Taking



Healthy Risks

Independence

Education

Relationships

Confidence

Differentiating
from Family

Key Elements of Good Therapy

Phase 1



Gather

- The Developmental Story
- Adapted Genogram
- Patterns for Emotions & Conflict
- Attachment Themes
- Therapeutic Relationship Building

Phase 2



Catch Up

- Trauma Work
- Brain Integration
- Creating New Neural Connections
- Corrective Emotional Experiences
- Earned Attachment (by therapist & parents)
- Resource Strengthening

Phase 3



Fine Tune

- Skill-building
- Talk Therapy
- CBT/DBT
- Experiential Learning
- Symptom Interruption
- Care Transfer
- Exposure Work