



CBTS NEWSLETTER

October 2019

Listening and De-escalation Techniques to Use with Teens

While your teen is starting to form his own opinions, he is also starting to gain some independence from you. However, trying to navigate your teen in the right direction can be hard when he wants to yell at you or completely shut you out of his life.

1. Remain calm

It shows you are in control and you can think most clearly when you are calm. Your child is learning from your behavior. Remember the quote, “*Do what I say, not what I do?*” Well, it does not work. In reality, actions speak louder than words. Your teen is going to remember and learn from those actions. If you are trying to talk with your teen and either of you are not calm, take a break. You can even come up with a code word that either of you can say when the argument escalates. Then go away to a separate place (ex. Your teen goes to his room and you go to the living room) so you can both calm down. Next, return to talk. If you become upset again, then repeat!

2. Calming techniques

It is important to teach your child how to calm down when they become upset, so it doesn't result in him “exploding” later. Have your teen make a list of things he can do when he becomes angry to help him calm down. While you are at it, come up with a list for yourself too! Examples include: writing, drawing, doing push-ups, playing music, deep breathing, praying, talking to a friend or trusted source, singing, and journaling. While you are on your break, practice your calming techniques.

3. Talk to your teen

As parents, it is our job to help our teen solve his problems. Try talking to your teen and helping him problem solve before it turns into an argument. You can do this by asking your teen how he feels about the situation (discuss what his beliefs and values are, how he can apply his beliefs to solving his problems, how he thinks he would solve the situation and how he thinks you would solve the situation).

(cont.)

4. *Listen to your teen*

If you want him to listen to you, then you need to listen to him too. Remember, he is learning by what you do. Try practicing these active listening techniques to show him you are listening:

1. Stop what you are doing to give him your undivided attention (no cell phone, no TV, no sibling interruptions, and if possible, no cleaning, etc.)
2. Show him you are listening by nodding your head, using facial expressions, making eye contact, etc.
3. If you are not sure what he meant, then clarify by asking him, "Is what you are saying 'ABC'?"
4. Ask questions or make statements back to show you are interested in the conversation.
5. Be aware of your own biases. You don't want to jump to conclusions. So remember to listen to what your teen is saying first. After your teen is finished, think about your response thoroughly before you state your viewpoint.

5. *Praise appropriate behavior*

Point out when your teen is exhibiting great behavior! Building your teen's self-esteem can actually lessen your teen's outbursts. Anger is often driven by feeling insecure and lack of control. Help your teen by spending time with him, teaching him a skill, enjoying a hobby, or just talking.

If you do have an argument, remember to remain calm, discuss the issue with your child (never argue in front of others because siblings can pick up on the behavior and it can give your child power in the situation), and try to problem solve together. If your child needs discipline, wait until you are calm to enforce it. Remember change will not happen overnight. It is important for you to practice these tips and model these behaviors to your teen.

De-escalation Strategies

Act calm even if you're not.

Give a choice.

Use humor to lighten the mood.

Ask them to draw a picture.

Say, "I see where you are coming from."

Talk about something they like.

Try to understand their perspective.

Let the person talk without interrupting.

Avoid needing to get the last word.

Remind them they are not in trouble.

Say, "I'm here for you."

Ignore the behavior if you can.

Say, "What would help you right now?"

Offer to change something you are doing.

Let them take a walk or get a drink.

PROCTOR PARENTS NEEDED

We are always in search of more proctor parents (individuals, couples, and families) throughout various parts of the Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive:

If you refer someone and they come in for the initial interview you will receive \$25.00.

If they complete the initial licensing process, and are approved, you will receive an additional \$25.00.

After they have remained with CBTS for three months (while taking placements) you will receive a \$300.00 bonus check. That's an extra \$350.00 per referral!

Please have them contact Lori to get the process started!



CBTS

715 East 3900 South

#206

SLC UT 84107

(801) 268-4044

Fax (801) 263-0926

www.cbtsutah.com

Lori Nadeau

Owner

Mobile: 801-634-5379

cbts@xmission.com

Ann Eyre

Specialist

Mobile: 801-663-1067

ameyre@xmission.com

Brittani Neto, LCSW

Clinical Supervisor

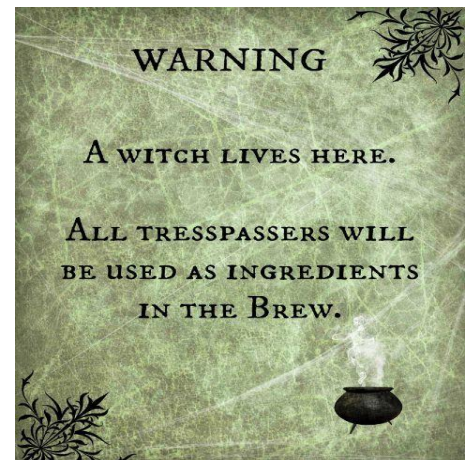
801-268-4044



Fun and easy Halloween craft idea - - paint wooden spoons (can purchase at the Dollar Store)

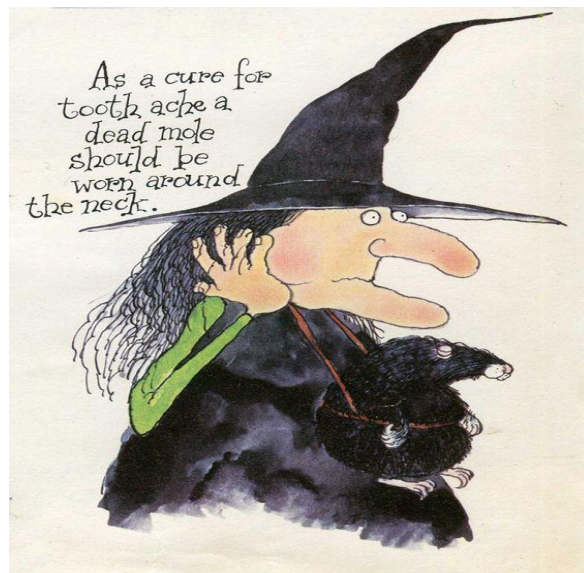
FREE OCTOBER EVENTS

October 3	Teen Time Oktoberfest	Tooele Library	128 W. Vine St.	4:00-6:00 p.m.
	Enjoy celebration of German culture, games, treats			
October 5	Herriman Community Health & Wellness Fair	5373 Main Street	Herriman	
	7:30 a.m. – 1:00 p.m.	Screenings, yoga, information booths, movie		
October 5	SLC Performance Art Festival	SLC Library	210 E. 400 So.	
	9:00 a.m. – 6:00 p.m.	Performance art, local & international artists		
October 12	Glendale Heritage & Apple Festival	Glendale Park	1375 W. 1700 So.	
	9:00 a.m. – 4:00 p.m.			
October 12	Tad Calcara & New Deal Swing	Viridian Center	8030 So. 1825 W.	
	7:00 – 9:00 p.m.			
October 15	Herriman Howl	5335 West Main	6:00 – 8:00 p.m.	
	Activities, inflatables, entertainment, haunted house, spook alley			
October 19	W.J. Symphony Fall Concert	Viridian Center	8030 So. 1825 W.	
	7:00 – 8:30 p.m.			
October 20	“Poltergeist” Halloween Movie	Viridian Center	8030 So. 1825 W.	
	7:00 – 9:00 p.m.	popcorn, games, activities, giveaways		



MORE FREE OCTOBER EVENTS

October 21	"Ghostbusters" Halloween Movie	Viridian Center	8030 So. 1825 W.
	7:00 - 9:00 p.m.	popcorn, games, activities, giveaways	
October 22	Draper Haunted Hollow	12500 So. 550 W.	6:00 - 8:00 p.m.
	Carnival games, pumpkin patch, entertainment for all ages		
October 25	Halloween Celebration	SLC Library	210 E. 400 So. 1:00-4:00 p.m.
	Trick-or-treating, activities, prizes		
October 26	Monster Block Party	Gallivan Center	239 So. Main 11:00 a.m. - 3:00 p.m.
	Trick-or-treating, costume contest, arts & crafts, music, dance performances, pumpkin drop		
October 26	South Davis Spooktacular	550 No. 200 W.	5:30 - 8:30 p.m.
	Carnival games, crafts, trick-or-treating alley		
October 26	Pumpkin Palooza	Viridian Center	8030 So. 1825 W.
	11:00 a.m. - 2:00 p.m.	Everything pumpkin, activities, entertainment	





Happy
Halloween



My lack of dusting
ability will finally
pay off on
Halloween.



Where candy corn comes from