



Energizing communication  
with troubled youth.

Ella de Jong Med  
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# From teacher to trainer

- After 30 years of teaching at various primary schools ...
- After 10 years of private counselling practise next to being a part-time teacher
- After 7 years of various SF training ..
- Time for sabbatical!
- 24/7 putting SF passion into developing a training course, writing, translating etc.

# SF training course: KOC-J

- Everyone working in schools/mental health services can make a huge difference for any troubled child by having genuine solution focused conversations.
- Creativity - art – music can be hugely helpful
- Experiencing so your heart – soul- mind can be touched. It can make a huge impact on your actions after the training course.

The creative part





My inspirators



# Experiencing creativity ...

- Everything is GOOD
- New experience
- Fun => mind opening
- Mind opening => creative thinking
- Possibilities for connecting with your client
- .....

# Some expression forms:

- Fine art
- Music
- Drama
- Construction-building
  
- Dance



# Dance

- Every achievement counts!
- However small .... you can use it.
- Is there a smaller goal possible?
- Could it be more enjoyable?? 😊



# Dance - assignment

- On your knees, you're still able to dance. With almost every single moveable part of your body!
- One hand – two hands
- Shoulders – head – arms – corpus apart and together.
- Stand up dance with your legs – feet
- Etc. Etc.

# Music

- What do YOU have inside?
- Look at the possibilities!
- However small and strange, you can create music with it/through it.
- Life is mostly 'playing on the background', what can you add to it?

# Music - assignment

- Chose music to hear on the background (you are going to add something to it)
- Pick a stick, a (paint-blush) brush, ?? and play along with the music. (2 minutes)
- Play along with the music by using your hands, feet, elbows etc hitting the furniture, walls, doors. (2 minutes)
- Play along with the music by using your body. What sounds are you able to make on your own? (2 minutes)

# Drama

- Role play – How does it sound – looks like?
- Reframe – thoughts, solutions, actions
- Over reacting – over acting
- A lesson from ... An old man, a sobbing little child, a classy lady (how would they sound and look like?)
- Have FUN !

# Drama – assignment

- You give your client a present (a “solution”). Your client opens the present and responds like he/she wants (play without speaking)
- Eg.: Surprised – disappointed – rejecting – relieved – sad – energised - happy
- When the response is negative (or “the next day”) you come with an other present in a completely different shape.
- The client is at home, you come to visit him/her (you have to ring the bell – knock on the door). You can discuss whether your client is in a special mood, or a character.
- Change roles whenever it feels okay.

# Fine art

- It's your clients choice, he/she must feel good about this.
- Look at what has arised – first there was nothing ... “don't know” ...

# Fine art -- assignment

- Draw lines on an empty piece of paper, you and your client (2 minutes)
- Stick them together and make lines so large they are drawn on the other paper (2 minutes)
- Work on your own piece of paper again by coloring, drawing more lines, construct faces – animals, or ...
- Your client is creating something new!

# Building - sculpture

- It's your clients choice what he/she wants to 'build' (a goal)
- Everything can be useful: it doesn't have to be firm and strong to achieve a goal.
- The possibilities are endless!
- Together we stand! Weak, floppy items can create a statue.



# Sculpture (extra)

- It's your clients choice what he/she wants to make of it.
- Every object on the table can be useful in its own tiny way.
- See the tiny “objects” in your life, they are important – large statues need tiny objects also or they collapse and prizes are won due to big achievements and tiny details.

# Sculpture -- assignment

- Use: plastic bags, wool, news papers, clips to close plastic bags, thin (barbeque) chop sticks
- Assignment: make a swing or a statue. Make sure it “stands on its own”.
- Did you notice: when paper is rolled up and bend it is far more stronger!



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Theory – H.E.L.P.!

Ella de Jong



# Workshop for mentors in school





H.E.L.P.!

a solution focused tool.

My two main points:

**About troubled youth:**

1. Problems are unsuccessful attempts to overcome difficulties. (Michael Durrant)

**For the helpers:**

2. Your questions, your conversations are meant to energize, to build.

HELP!

H Hart – Head - Humor

E

L

P

!



# Heart – Head - Humor



# Assignment:

- **Smile** when did you smile about yourself  
– your actions/thoughts/feelings?
- **Smile** how did you make someone smile?
- **Smile** how did someone make YOU smile?





# HELP!

H  
E  
L  
P  
!

Earnest in wanting to know your client

Earnest as in genuine.



genuine curiosity



# Assignment:

name 7 important 'life circles' of teenagers

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



# Important 'life circles'

- At home
- Family
- Friends
- Sports
- Hobby/Interests
- School
- Recreation-club

HELP!

H  
E  
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!

Listen!



Listen and remember.  
What is important for your  
client? What do they want?



# Assignment:

I hear you say, you'd like to ... When you do that, what does everyone see and hear while watching you?

- Your mother?
- Your sister, brother, grandma?
- Your pets?
- **Your teacher?**
- A fly on the wall?
- A camera?





# HELP!

H

E

L

P

!

Positive



Aiii!!!

- Photo of daughter lying in bed “learning”

# Assignment:

## Sell your quality (book: 57 SF activities)

- Write down a negative characteristic of yourself or your child or your client
- Put in in the basket
- Pick a piece of paper from somebody else and read it in silence.
- Find a person who is going to buy this characteristic for his/her child.
- **Without mentioning** the characteristic you are for sure gonna SELL it! Mention all the pro's of this characteristic!



HELP!

H

E

L

P

! Yesss!

Celebrate ... in various ways:



# Let's see how proud ...

- Take a balloon
- Write a word on it that stands for an achievement
- Make your balloon bigger and bigger
- Blow! How proud are you??

## Troubled youth appreciates it when

- You show them **you care** by trying your utmost best to reach out for them in a SF way.
- No matter how stubborn and uncooperative they seem to be!

# Ella de Jong

- [www.elladejong.com](http://www.elladejong.com)
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- Facebook “Ella de Jong Inspiring workshop presenter and writer”
  
- [www.bureau-uil.nl](http://www.bureau-uil.nl)
- Coaching en counseling
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# Books:

- E-book:

Solution Focused *Mentoring*. 5 Steps to bring out the best in your client and you.

[www.bookboon.com](http://www.bookboon.com) and

[www.amazon.com](http://www.amazon.com) (10.000 downloads!)

- Translation of Mr. Bear wants to be loved.

“Meneer Beer wil lief gevonden worden.”

Author: Paolo Terni [www.amazon.com](http://www.amazon.com)

(serious talking going on with a Dutch publisher about two other books)



# Extra: about complimenting



Danny Janssen SF Therapist (Belgium) and his accompanist

# Assignment (source: Ella de Jong)

- Fold a piece of paper a few times
- Mention in turns positive actions – characteristics (from yourself at first)
- Cut or carve on the edges a figure after a new compliment made
- After a while you stop, open your paper and see a beautiful positive piece of art!

# Extra:

- <https://youtu.be/g3Rf5qDuq7M>
- British got Talent 2014 – a song about bullying
- Nora: my ‘drive’ to do what I do. I hope to meet her someday!
- <https://youtu.be/PyxFd46w45k>