

10 tools to utilize the first time you spend with a teen:

1. Collect data - ask lots of probing questions and listen well.
2. The teen's spiritual condition - as best you can discern, is he/she a believer? Can she articulate the gospel clearly?
3. Assess the teen's willingness to hear God's Word, pray, etc.
4. Halo data - notice body language, tone of voice, etc.
5. Parental involvement, what is the teen's story from their perspective
6. Assess interests and level of ability to function in daily life...school, social, family, church life, online activity, interests, hobbies, other activities, music preferences, movies, tv favorites
7. Always ask the teen what questions they have on their mind related to their faith and struggles
8. A few more things to consider as you approach a case...
 - How will you build rapport and trust with this particular teen, what ideas do you have? Think about the way teens think.
 - What are the presenting problems, or the more surface issues that brought them in to counseling?
 - What do you think maybe the root or heart issues are beneath those presenting problems? You won't always know for sure right away, but if you listen and observe well, you can begin to pick up on things right off the bat. What has been revealed about the teen's heart so far? (Think about thought life, belief system, desires expressed, and other things you might pick up on like motive, attitude, emotions, personality). Are they thinking biblically? Do they know how to apply the gospel to their struggles?
9. Are there any particular scriptures or passages that come to mind that would offer her some hope during your first meeting with this teen?
(Related to her presenting problem and her heart issues, as well as the questions she is asking.)

Case Study Notes:

#1 "Tina", depressed due to father's separation from the family.

#2 "Jennifer", anxious due to school struggles.

#3 "Kyllie", victimized by stepfather.