

# Developmental School Counseling with the Developing Adolescent Brain in "Mind"

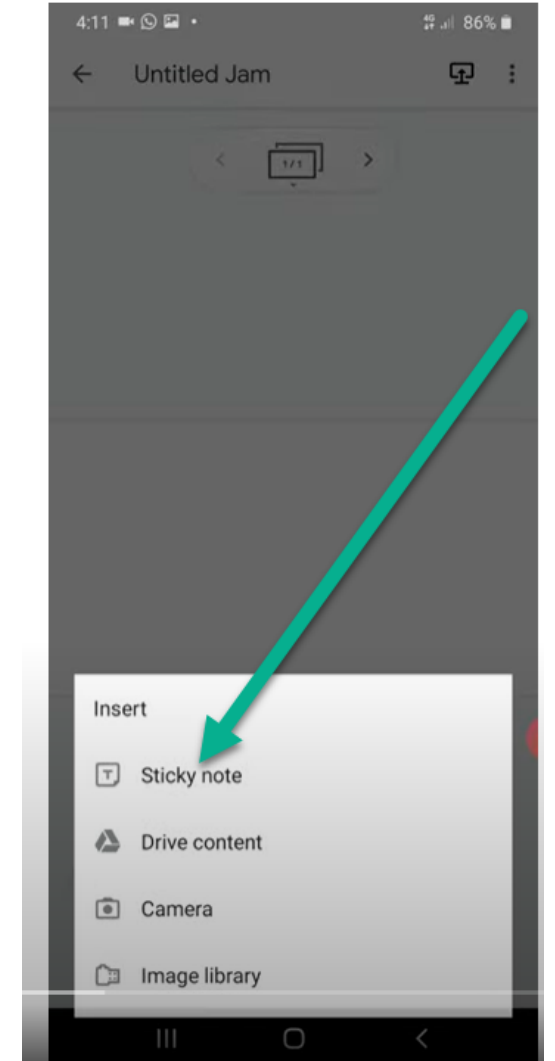
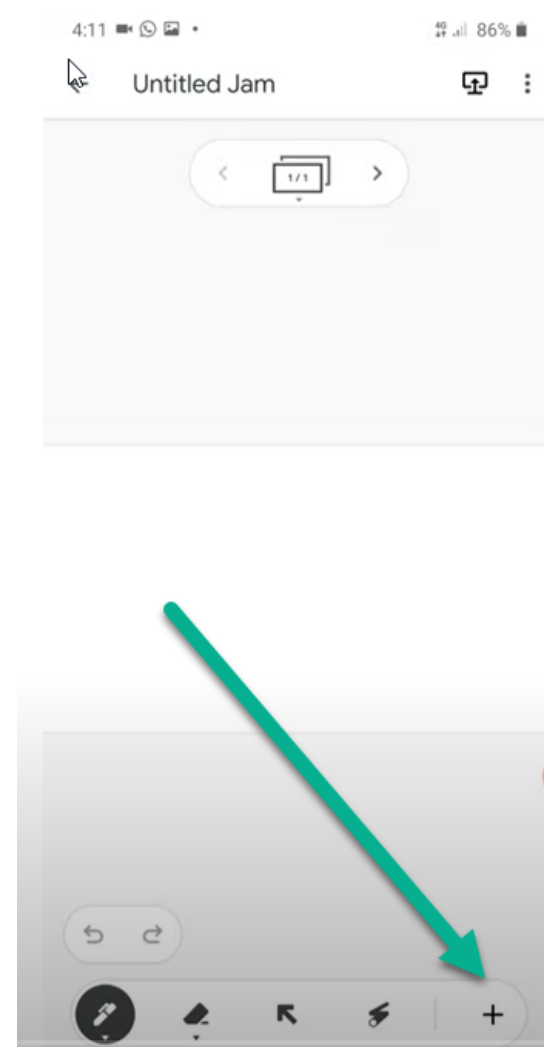
Terence J. Houlihan

*Counseling Supervisor, Ridgefield High School  
Adjunct Lecturer, Fairfield University*



**CSCA 2023 Conference**  
*Sacred Heart University*  
May 24, 2023

# What is one thing you'd like to know about teens?





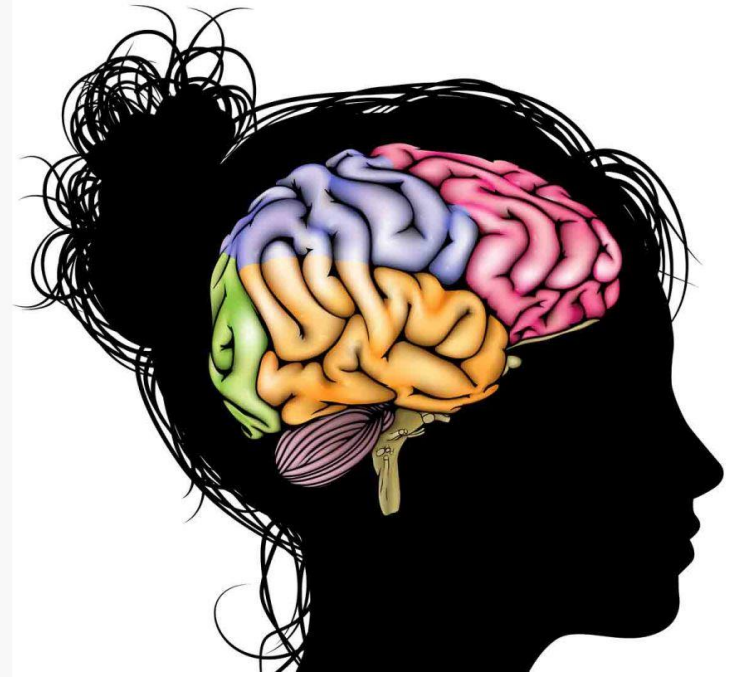








**Scan For Resources**



# Some initial thoughts



Exceptions...speaking in generals

The word, "adolescence."

Causation

Resilience

The "worst" generation?



# The “Change”

- Puberty
- Smartphone
- Middle School > High School
- Existential threats
- College
- Disconnecting from parents
- Seeking acceptance within peer groups
- Dating/Romantic Relationships
- Chemical substances
- Increase in sensation seeking
- Driving



# Developmental Theories

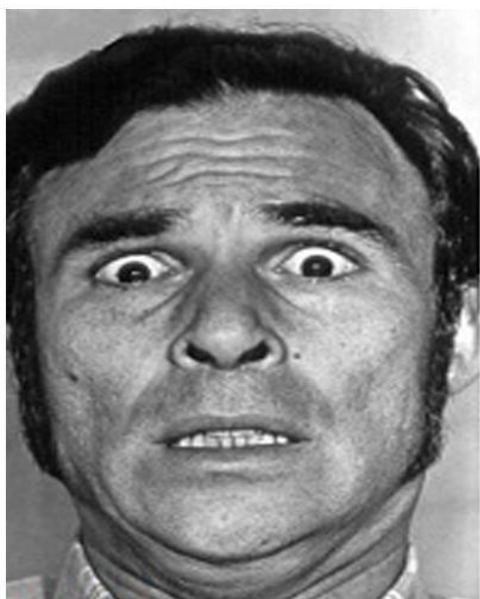
- ▶ Piaget
- ▶ Erikson
- ▶ Identity



# Cognitive Distortions in Adolescence

- Egocentrism & Elkind  
Imaginary audience  
Personal fable





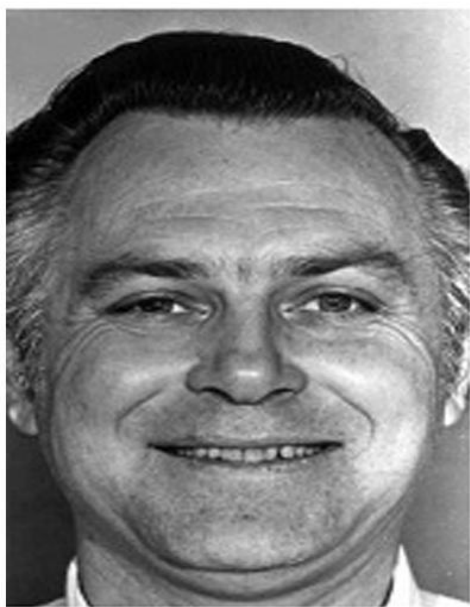
Fearful



Angry



Sad



Happy



Disgusted



Surprised



*Think about what you can do...* 2 new things



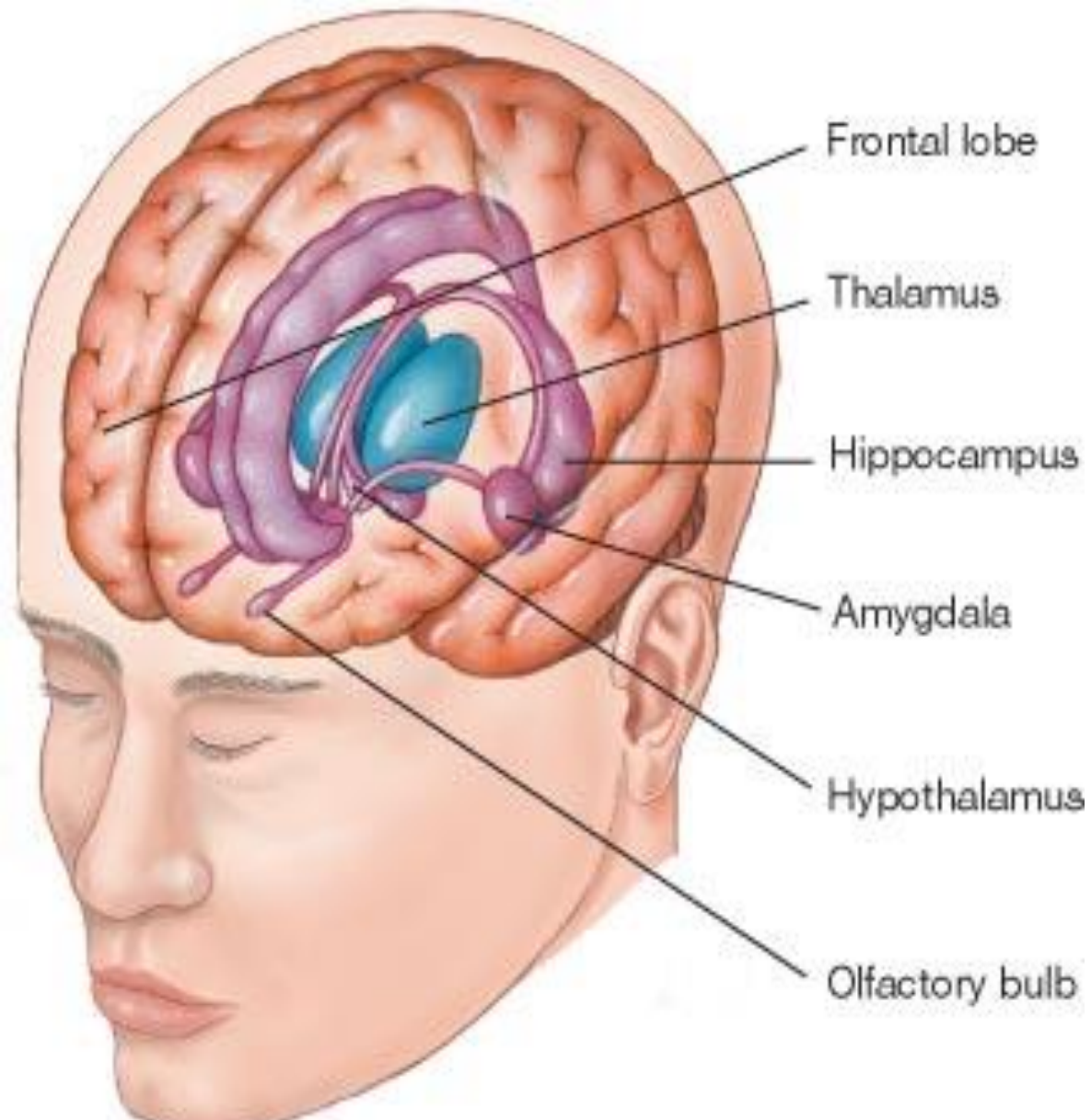
- In a class
- Individually
- w/parents
- w/ admin
- w/ teachers

## **Fist Bump**

**5 people**

**1:41 seconds**

# Limbic System



## Hypothalamus

Releases hormones

## Amygdala

Emotions

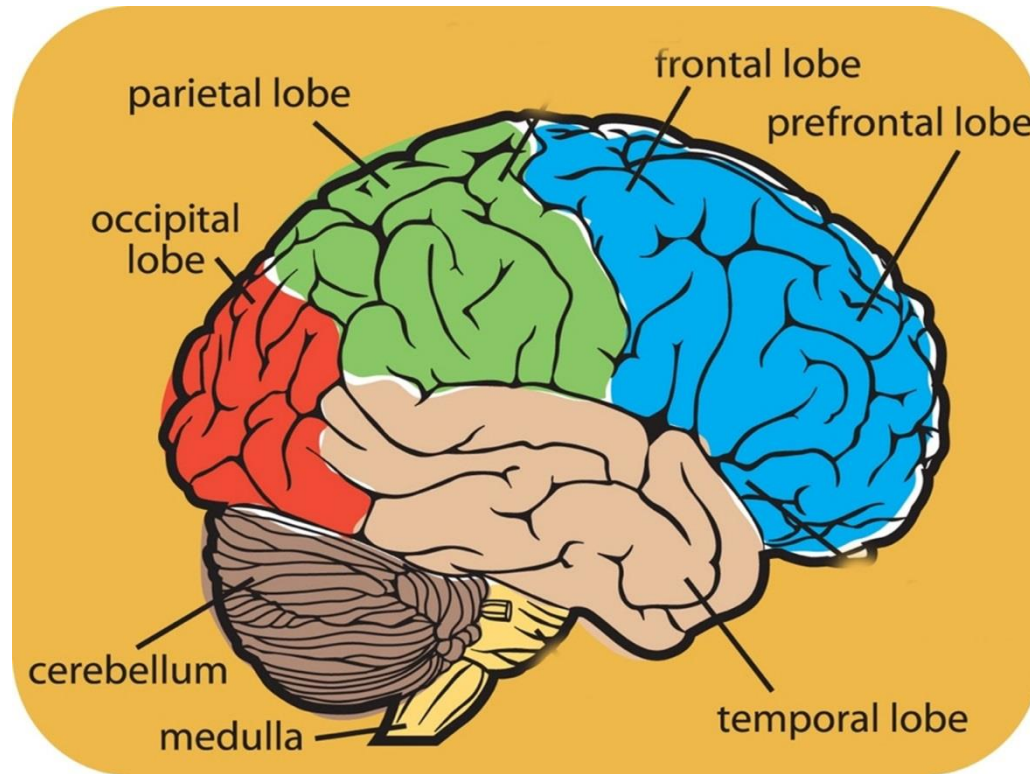
## Hippocampus

memory



# Pre-Frontal Cortex

- CEO of the brain
  - **Planning**
  - **Time Management**
  - **Organization**
  - **Working memory**
  - **Metacognition**
  - **Self-regulation**
  - **Task initiation**
  - **Flexibility**
  - **Mood modulation**



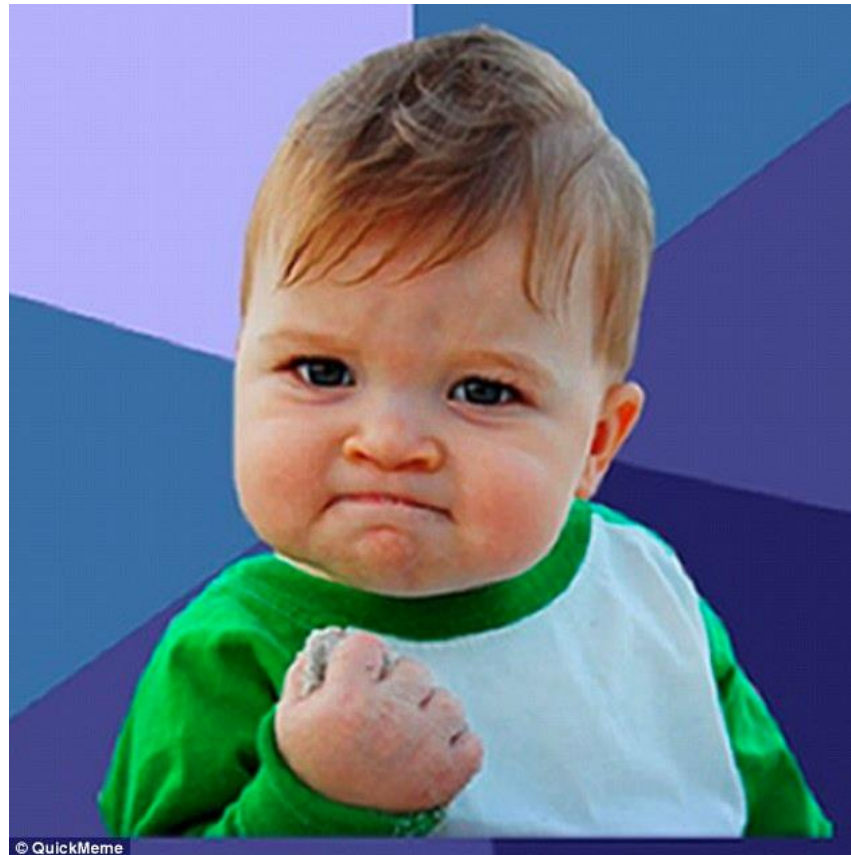
# A word or two about stress and anxiety

## ▶ Cortisol



# Creating Resiliency

- ▶ Dopamine
- ▶ Testosterone



What's one thing you want other adults to know about teens!



Find Your *FistBumpBuddy*

48 seconds

# TEENNS:

When You Get Them,  
You've Got Them



# Any questions?

- ▶ Thoughts
- ▶ Feelings
- ▶ Concerns



- ▶ Emotional center of the brain is the am \_\_\_\_\_.
- ▶ Teens read facial expressions from their li\_\_\_\_\_ sys\_\_\_\_\_
- ▶ The teen sleep cycle gets pushed back about \_\_\_\_\_ hours at the onset of puberty.
- ▶ The part of the brain just behind the forehead that is responsible for executive functioning is the p\_\_\_\_\_ | co\_\_\_\_\_.
- ▶ The chemical associated with stress is cor\_\_\_\_\_
- ▶ The neurotransmitter involved in learning, excitement and addiction is do\_\_\_\_\_.

# Follow Up



FOLLOW US ON  
**Instagram**  
@HoulihanSpeaks



[consultED@terencehoulihan.org](mailto:consultED@terencehoulihan.org)

**917-841-7537**

