

## The Next Step ???

~How do I prepare my son/daughter for the next step?

~My child's not ready!

~I talk... he/she hears me but they aren't listening.

## Sounds familiar?

Adolescence can be a time of pride for many parents. However it can be a time in which parents agonized, sweat, cry and shake their heads in frustration.

Attempting to prepare adolescents for taking their "place" in tomorrow's world can be quite a chore, especially when they know everything and parents (soon to be "put out to pasture or riding in rocking chairs") know "nothing."

We brought our son to see Dr. Kane because we were concerned that he was heading down the wrong path, and we were challenged by how to bring him back.

After counseling with Dr. Kane over about three months, we witnessed positive and meaningful changes in our son. We got our "kid" back. We attribute this success to a combination of one on one visits that he had and Dr. Kane's occasional advice to us.

Dr. Kane has a unique demeanor whereby he is able to project authority and care. He was able to connect with our son in manner that got and held his attention. Dr. Kane gave him tools like R.A.C.E.\* that our son now uses in his daily life.

As we have found out, parenting a teenager can be challenging. Dr. Kane was there when we needed him. He was able to help our son through a difficult time.

~ The Egans,  
parents of a 16-year-old adolescent

### \* Four Stages of The Journey of Self Discovery (Adolescence) R.A.C.E.

- R**esponsibility- you must want to accept the burden of being responsible for your well being
- A**ccountability- you and no one else are answerable for your actions
- C**onsequences- are reactions (not punishment) to what you do or do not
- E**mpowerment- comes from within; you must want to set your direction or achieve your goals



Self-Relational Psychotherapy

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*As long as we act as a cushion for our children, they will not feel or understand the full impact (consequences) of their decisions or behaviors.*

~ Dr. Micheal Kane

## Moving On: from Adolescence to Adulthood



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## The ABC's of Parenting From Adolescence to Adulthood.

Adopt the following:

- A = **advocacy** - become a parental advocate.  
Provide encouragement for your adolescent's independence and movement into adulthood.
- B = **bystander** - become an observer.  
Be able to come to terms with your own stress/anxiety. Refrain from interfering. Be willing to observe your adolescent make mistakes and wrestle with choices & decisions.
- C = **consultation** - be open and available.  
Provide consultation upon request. Such is likely to be more valued when information is requested by the adolescent rather than demanded by the parent.

## Ten Tips for the Road

(Let's face the facts: We parents won't be around forever).

1. Allow them to make mistakes. Better to make mistakes now and learn at home than make the same mistakes in adulthood where the consequences may be heavier.
2. Resist the temptation to say, "I told you so" or "if only you would had listened." Once burned (in opening up to your parents), your adolescent may decide next time to keep silent.
3. Learn to talk to your adolescent without preaching. If they want or need a sermon, send them to church. Let's stick to what we do best; parenting.
4. Mistakes are part of life. We all make them. (Remember, once, not too long ago, you too were an adolescent.) The goal being, "a wise one profits from mistakes, whereas the foolish never seem to find the road."
5. As your adolescent get older, accept reality, they are changing and as parents, we must **WANT** to do the same. Our roles change from supervisors, disciplinarians, and directors to **guides, companions and advisors.**

6. When in a "heated" discussion, remember to turn down the temperature in the room. **Listen** to your tone and volume. Ask yourself, "do I want my adolescent to listen to the message, or do I want him/her to **hear** the tone and volume of my voice." To **listen** may bring integration and change in behavior or thinking whereas "**hearing**" is the action of sounds/words going in one ear and out the other.
7. Encourage (rather than restrict) your adolescent to experience "life" while still in the nest. It is better to get feedback now from their parents than later on, from some stranger in the streets.
8. Don't throw money at your adolescent. You could be "enabling" and reinforcing an attitude of entitlement i.e. "Prince/ Princess of A Lot in the Land of Plenty." Remember, your hard earned money spends better (and faster) than their money.
9. Let your adolescent know that you have belief, faith and trust in his/her ability to make decisions. Assist them to understand that **their** decisions are **theirs** and not yours. The theme of the hero/heroine "coming to the rescue and/or arriving at the nick of time" belongs in the movies and not in real life.
10. Finally, let's be for real. Yes, the front door swings both ways. Yes, our children are welcome to return. Times today are hard for most young adults. Time to time they may need a helping hand.

However, we parents won't be around forever. Ask yourself, "Who will be there for my adolescent after I have passed on?" Empower your adolescent to stand on his/her own foundation. Assist them to do so while you as parents are still available to provide advice and consultation.

By the way, about that green pasture? Rocking chair? There is a life after the young people leave the nest. Stay tuned...

*May we never break the strong spirits of our daughters.  
May we teach our sons to become loving & nurturing men.  
In doing so we hold the key to universal peace.  
Unlock it.*

~ Jane Evershed

## Micheal Kane Psy.D, MSW LICSW CTS

Dr. Kane earned his doctorate in clinical psychology from Argosy University/Seattle Washington School of Professional Psychology in 2005. In addition, he received Masters degrees in social work from the University of Washington in 1983, clinical psychology from Argosy University/Seattle in 2002 and postgraduate studies in Traumatology from the Justice Institute of British Columbia, (Vancouver, BC) Canada. Dr. Kane is a certified trauma specialist through the Association of Traumatic Stress Specialists (ATSS) and holds two clinical Dipolmates, the Dipolmate in Clinical Social Work from the National Association of Social Workers (NASW) and Board Certified Dipolmate from the American Board of Examiners in Clinical Social Work (ABE).

Dr. Kane has served on the clinical faculties of the University of Washington, School of Medicine's Department of Psychiatry & Behavioral Sciences and the University of Washington's School of Social Work. In addition, Dr. Kane has served as the Associate Director of Training & Development, Trauma Resources Coordinator and Mental Health Therapist of Hall Health Primary Care Center of the University of Washington and as an instructor and member of the advisory board of the UW School of Social Work's Certificate Program "Psychological Trauma Effective Treatment and Practice". Dr. Kane has served as a consultant on complex trauma and posttraumatic stress disorder to the Congressional Black Caucus Veterans Braintrust (US House of Representatives).

Dr. Kane has maintained a private practice since 1985 working with individuals, couples and families. His theoretical framework is self-relational psychotherapy (i.e. psychological self) which is integrative and reflecting themes based on psychodynamic, reality, and cognitive-behavioral approaches. Dr. Kane's specialties include domestic violence, anger management, depression, anxiety, trauma, grief and loss, and ethnic minority mental health issues. He has experience in gay/bisexual concerns as well as biracial relationship issues. Dr. Kane's research interests are focused on the integration of trauma and domestic violence and its implications within the psychological self.

### Publications:

~ Our Blood Flows Red: Trauma & African-American Men in Military Service, Clinical Implications For Working with African-American Veterans with Complex Trauma. Saarbrucken, Germany: LAP Lambert Academic Publishing. Kane, M. (2010).

~ A Review Study of the Clinical Implications for Working with African-American Veterans. (Doctoral dissertation, Argosy University-Seattle, 2005). Dissertation Abstracts International, 25, 144, Kane, M. (2005)



For additional information regarding Dr. Kane's background, please visit [www.lovingtheself.com](http://www.lovingtheself.com)

*Heart,  
Instinct,  
Principles*

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