

REINTEGRATION

Introduction

Reintegration uses Solution Focused Brief Therapy when working with disaffected young people. Research shows it can bring about lasting change, on average, in less than five sessions. It is enormously effective with young people experiencing difficulties around stress, depression, anxiety and self-esteem – all key factors in school refusers and absconders.

Program Aims

To dynamically demonstrate develop and practice with the young person the practical skills required for reintegration into a previous stressful environment. We use Solution Focused Brief Therapy and self-esteem building techniques to pave the way for deep and meaningful discussion of problems and worries.

Program Content

- To** assess barriers and focus on helping young people to see ways through them
- To** enable the young person to facilitate and support change, rather than have a carer or mentor take responsibility.
- To** understand the importance of language patterns and to develop conversational strategies to assist young people to access and act on their resources, potential and the possibilities for positive change and reintegration.

The course will also include problem free talk, goal setting, method structure, exception finding, scaling, locating resources, building on strengths, coping, stopping things getting worse, self-awareness, group dynamics, challenging and power, and dealing with difference.

