

“How to Empower Adolescents & Young Adults” Program Goals and Objectives

Goals:

1. A trusting therapeutic relationship between client and counselor will be established
2. Client will improve sense of self and sense of self worth
3. Client will empower self and take control of own life
4. Client will set goals and make healthy decisions to achieve them
5. Client will have functional problem and conflict solving skills
6. Client will manage emotions in a healthy manner
7. Client will communicate effectively
8. Client will understand the importance of relationships in life
9. Client will have knowledge of drug/alcohol use/abuse issues

Objectives:

1. Client will be provided a welcoming, non-judgmental, age appropriate and accepting environment through statements of caring, support and understanding
2. Client will verbalize skills needed to improve their sense of self-worth
3. Client will verbalize skills needed to empower self and take control of own life
4. Client will verbalize skills needed to set goals and make healthy decisions to achieve them
5. Client will verbalize skills needed to problem and conflict solve
6. Client will verbalize skills needed to manage emotions in a healthy manner
7. Client will verbalize skills needed to communicate effectively
8. Client will verbalize skills needed to understand the importance of relationships in their lives
9. Client will verbalize knowledge of drug/alcohol use/abuse issues

How to Empower Adolescents & Young Adults Outline

I. Self-Worth Skills

Chapter 1: Self-Belief
Chapter 2: Self-Acceptance
Chapter 3: Behavior Judgment

II. Empowerment Skills

Chapter 1: Self-Responsibility
Chapter 2: Self-Discipline
Chapter 3: Self-Control

III. Decision & Goal Setting Skills

Chapter 1: The “Y” Theory
Chapter 2: Impulse Control
Chapter 3: Value Clarity

IV. Problem & Conflict Solving Skills

Chapter 1: Problem Identification
Chapter 2: Problem Analysis
Chapter 3: Problem-Solving
as it relates to: Personal Conflict Relationship Conflict Group Conflict

V. Emotional Control Skills

Chapter 1: Anger & Stress Management
Chapter 2: Fear Effrontery
Chapter 3: Grief Resolve

VI. Communication Skills

Chapter 1: Passive Voice
Chapter 2: Aggressive Voice
Chapter 3: Assertive Voice

VII. Relationship Skills

Chapter 1: Relationship Awareness
Chapter 2: Relationship Values



Chapter 3: Relationship Boundaries

VIII. Parental Power Skills

Chapter 1: Age Appropriate Adolescent Behavior

Chapter 2: Adolescent Assertive Discipline

Chapter 3: Family Harmony