

# Introductory Module

## Summary and References Page



6 core skills  
that help build  
authentic  
relationships  
with adolescents

BARs Online is self-paced. You can complete as much or as little at a time as you want. We recommend 1 module per week.

### 3 Introductory Facilitator Qualities to Enhance Relationships

- 1) **Authenticity** (be you!)
- 2) **Explicit intention to connect** (rather than problem solve)
- 3) **Don't force change** (it just doesn't work)

### Relational Dynamics are Important!

*Countertransference* is the psychological/interpersonal/emotional “*stuff*” that comes up based on *who we're working with*. Different people trigger different things. *It is imperative to be aware of this!*

#### References

Himelstein, S. (2013). *A mindfulness-based approach to working with high-risk adolescents*. New York, NY: Routledge.