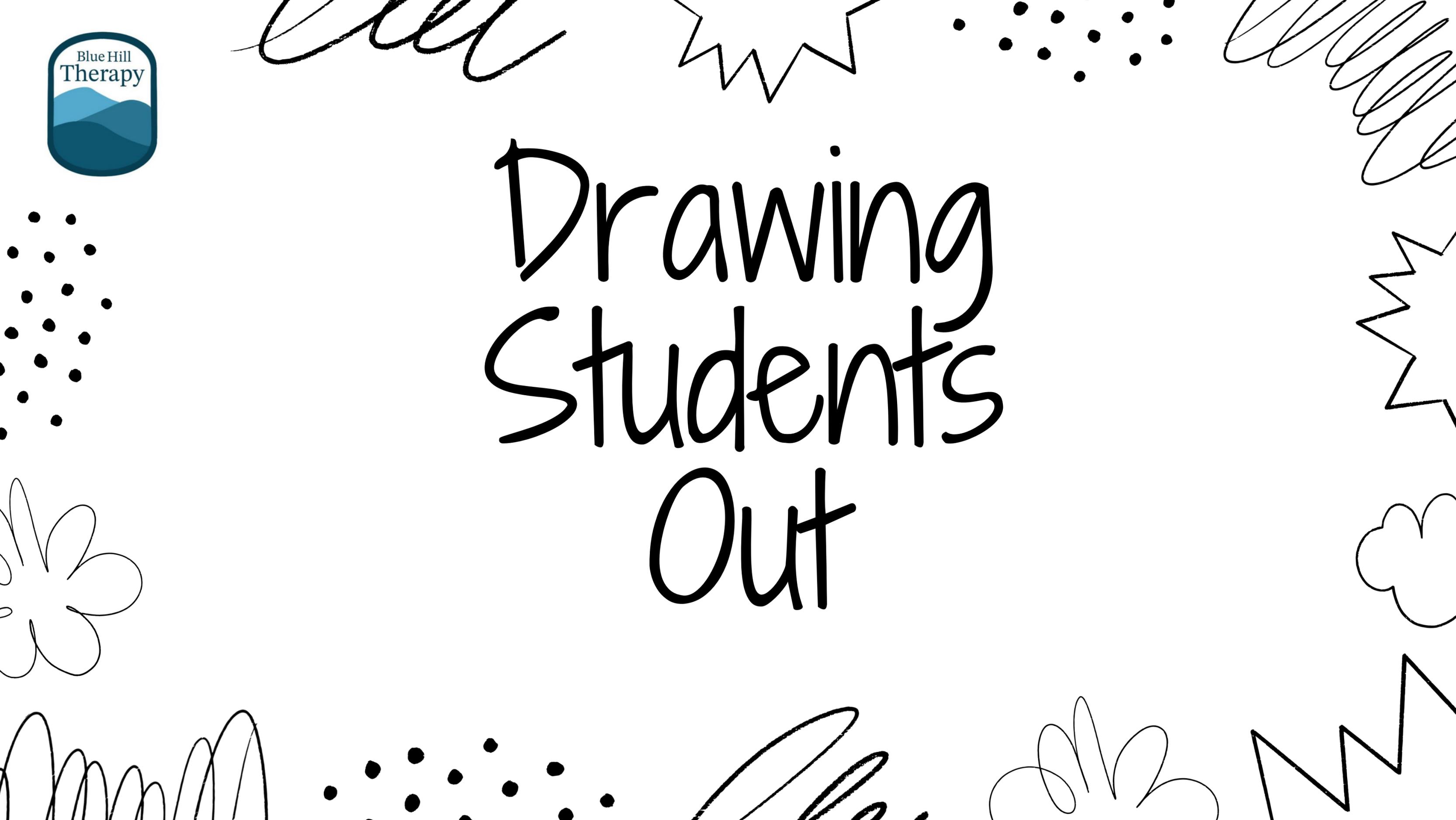




Drawing Students Out



Introduction

Ellie Stackhouse, LPC-A

MEd Clinical Mental Health Counseling, TCU

MA Theological Studies, Covenant Seminary

Austin, TX

Blue Hill Therapy

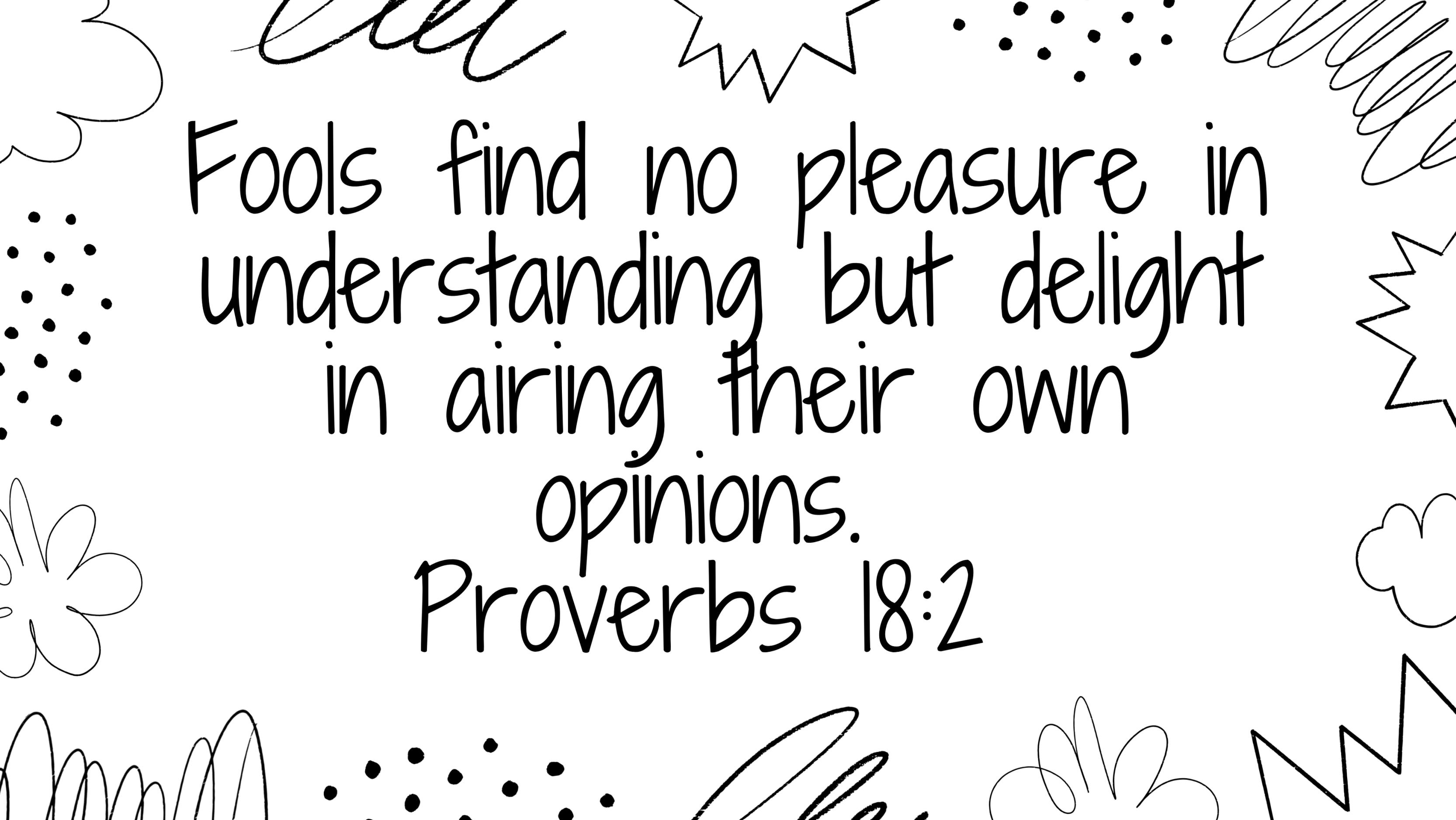
Grace and Peace Austin





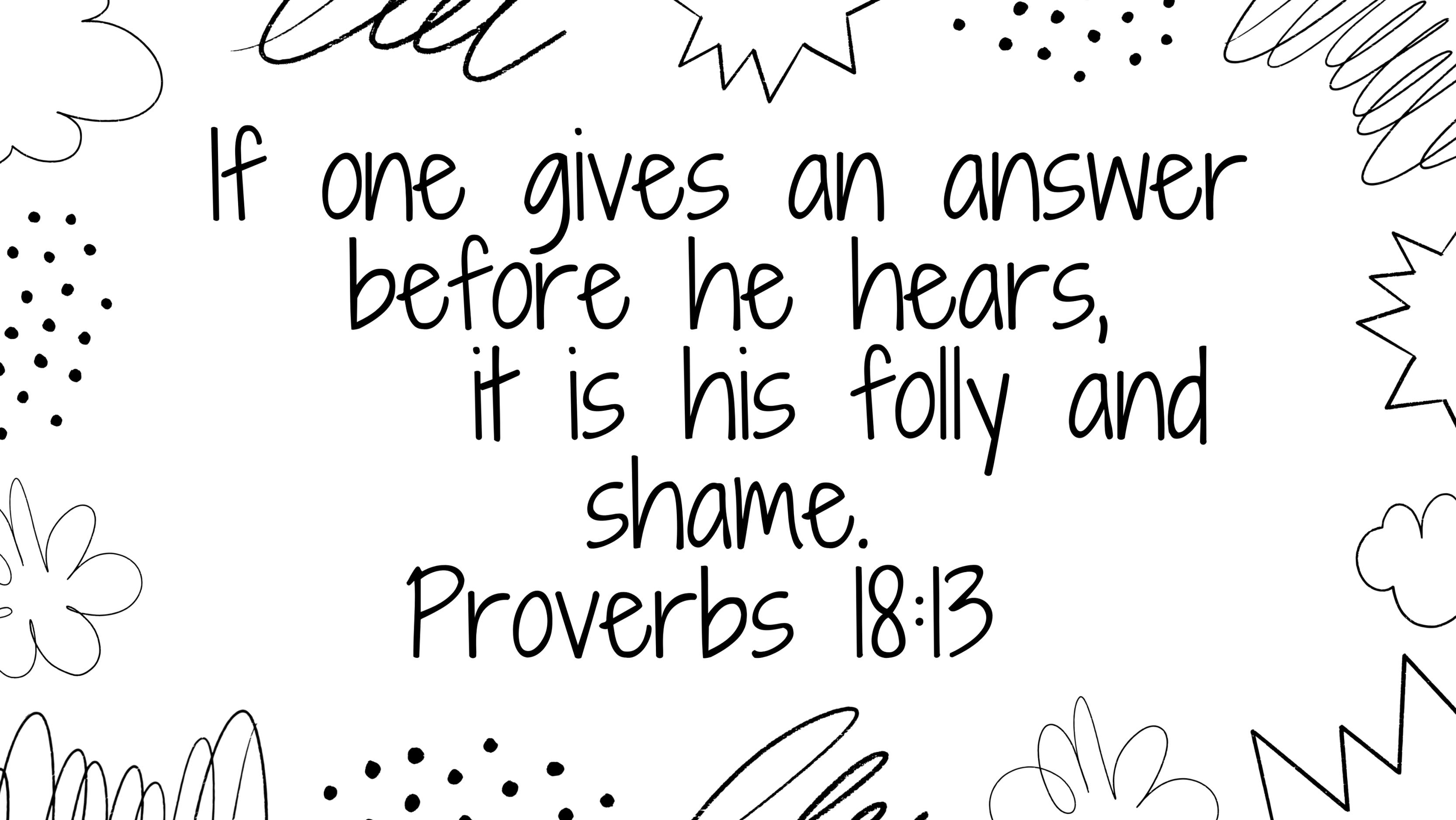
"We all come into this
world looking for someone
looking for us"

-Curt Thompson



Fools find no pleasure in
understanding but delight
in airing their own
opinions.

Proverbs 18:2



If one gives an answer
before he hears,
it is his folly and
shame.

Proverbs 18:13

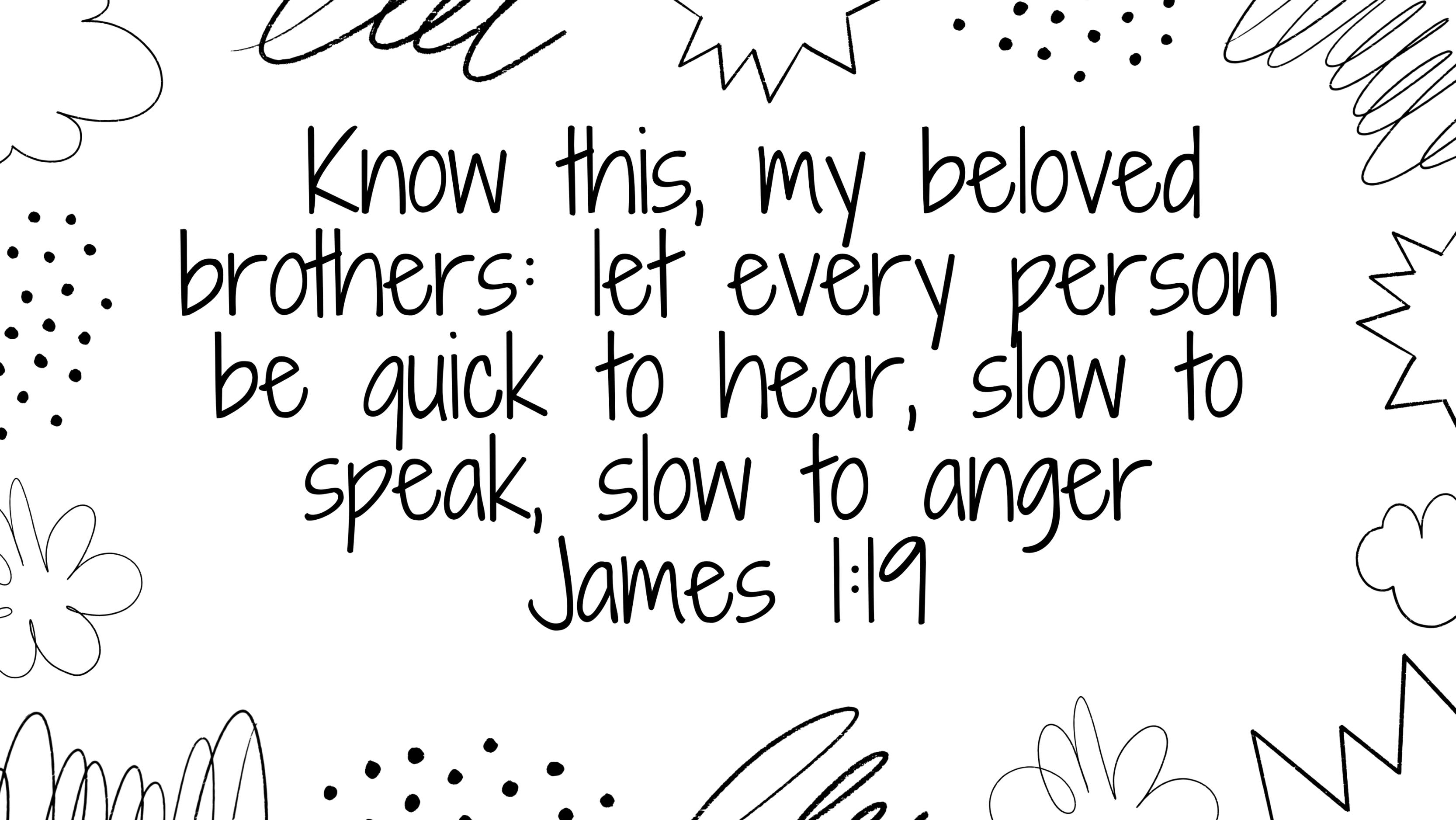


Do you see a man who
is hasty in his words?

There is more hope
for a fool than for him.

Proverbs 29:20

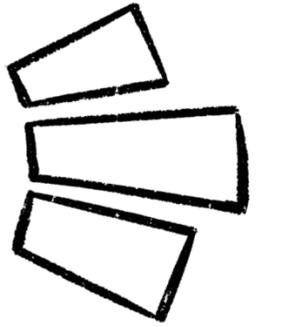




Know this, my beloved
brothers: let every person
be quick to hear, slow to
speak, slow to anger
James 1:19

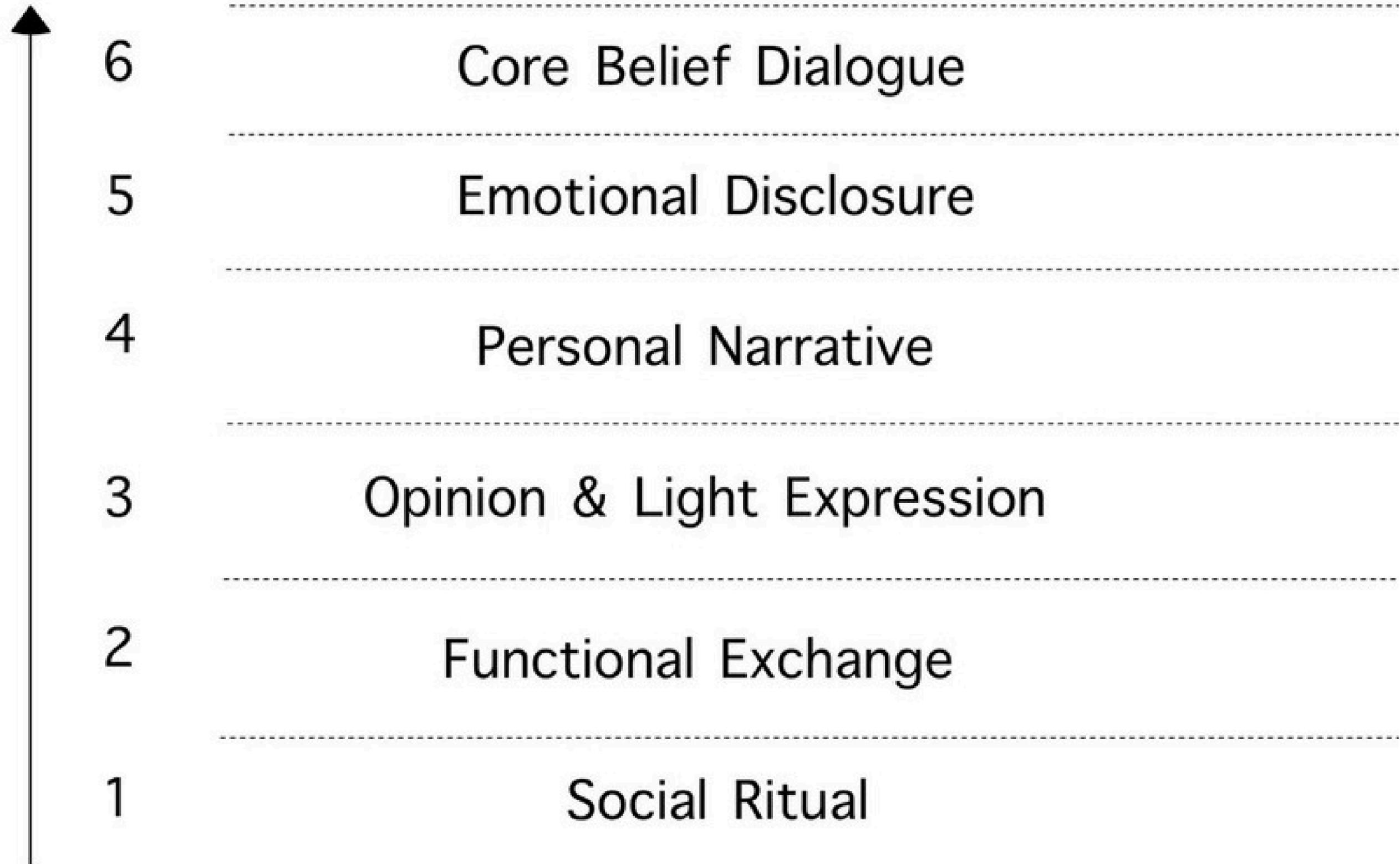


What is Conversational Depth?



What? → Why? How?

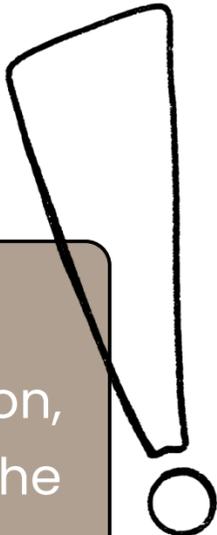
The Dialogue Depth Model



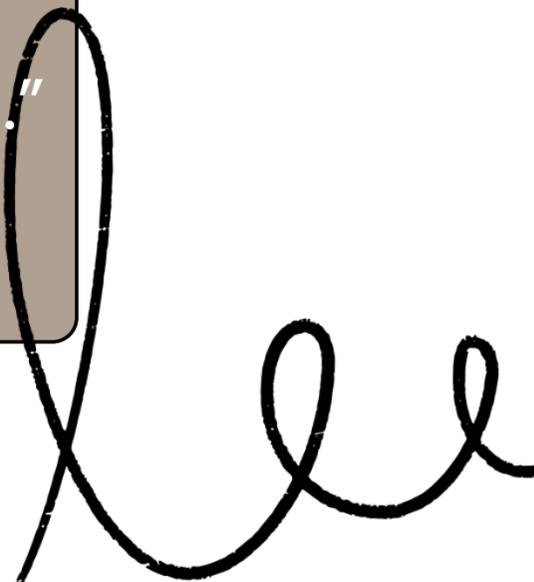


What?

“Our conversations invent us. Through our speech and our silence, we become smaller or larger selves. Through our speech and our silence, we diminish or enhance the other person, and we narrow or expand the possibilities between us. How we use our voice determines the quality of our relationships, who we are in the world, and what the world can be and might become. Clearly, a lot is at stake here.” Harriet Lerner

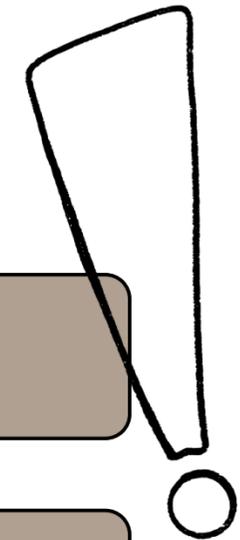


“Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.”
— Brené Brown





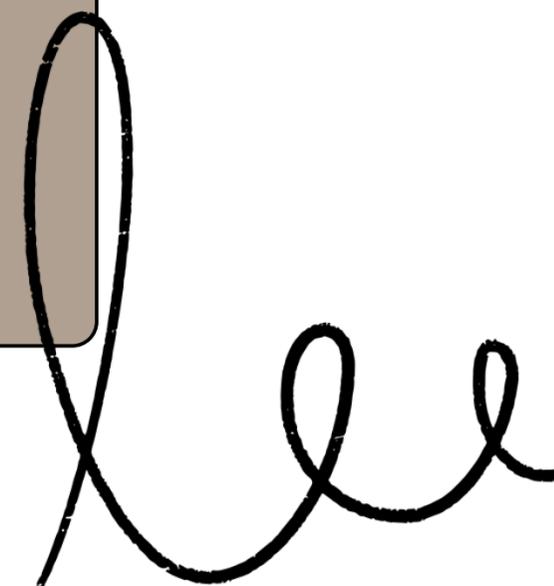
Why?



Redeemed and Renewed Lives

Incarnation

Loving them better
Specific Prayer
Gospel Application
Practical Service

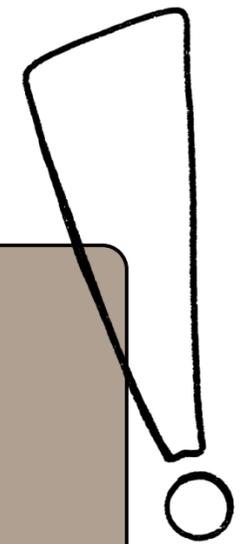




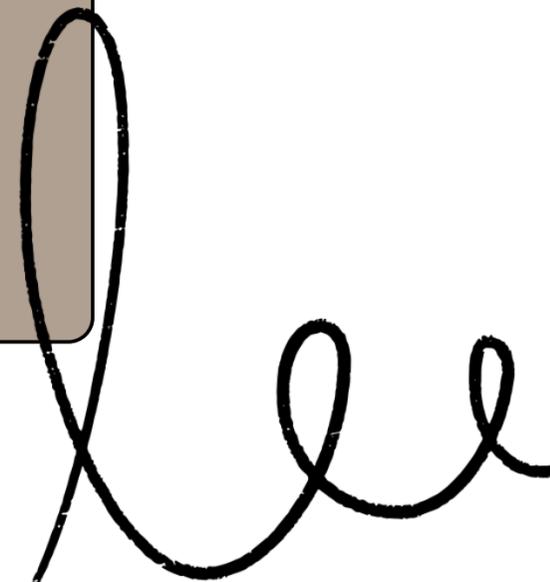


How?

Casual Approach?



Aggressive Approach?



The Marathon Approach

01

Conversational
Humility

02

Conversational
Selflessness

03

Conversational
Attentiveness

04

Conversational
Authenticity

05

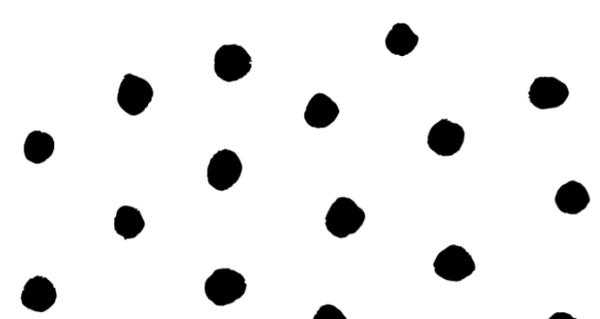
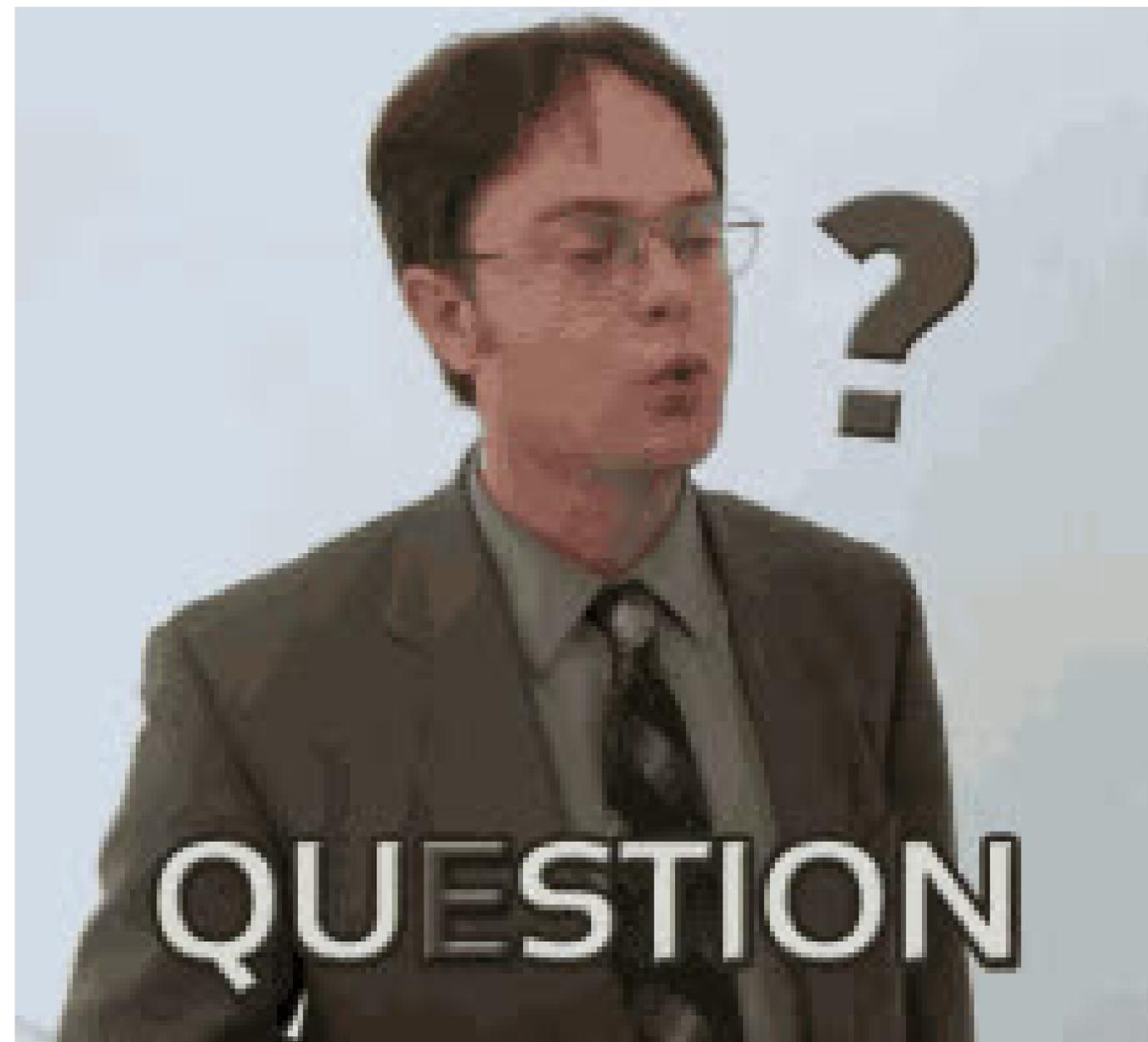
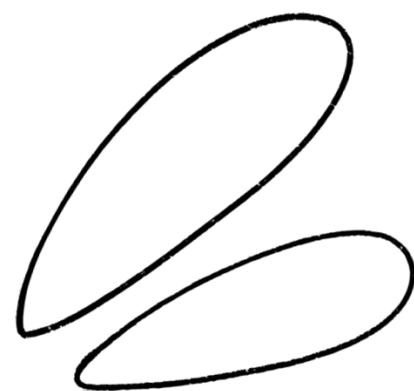
Conversational
Expectation



5 Minute Drill

5 minutes of uninterrupted talking
(bigger than an ant pile smaller than a mountain)

Asking Questions

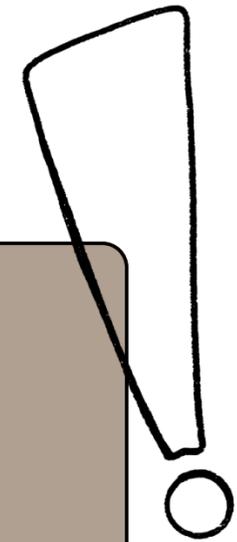


the

Interpersonal Exegesis

What does it say?

What does it mean?



the

How to Start

01

Open Ended Question

02

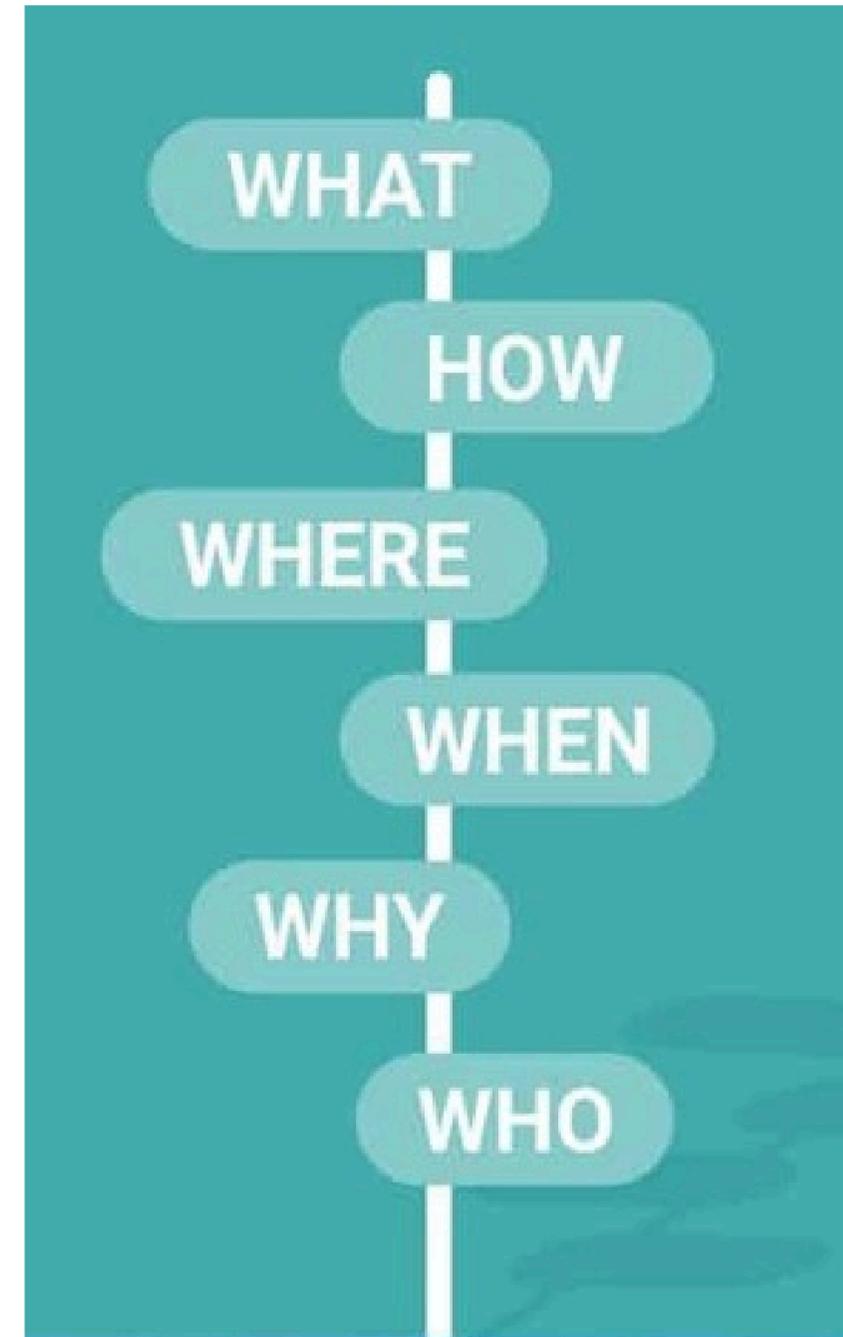
Reflection of
meaning/Reflection of feeling

03

Tell me more

04

The Art of Noticing



Questions God Asks

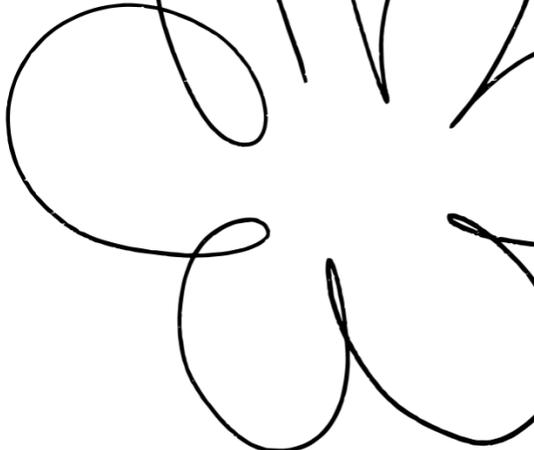
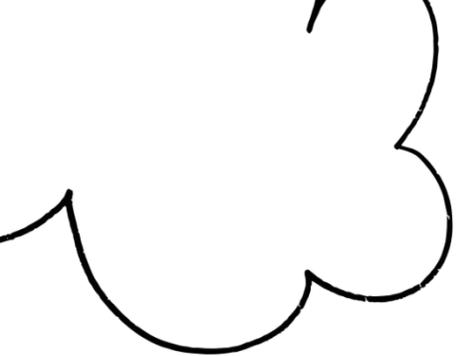
Where are you? (Gen 3:9)

Why has your countenance fallen? (Gen 4:6)

Where are you from? Where are you going? (Gen 16:8)

Who do you say that I am? (Mark 8:27)

Do you want to be healed? (John 5:6)



Please talk to Jimmy about xyz...

01

What
happened?

02

How do you
feel?

03

What was
the hardest
part?

04

What can I do?



Instruments in the Redeemer's Hands

What

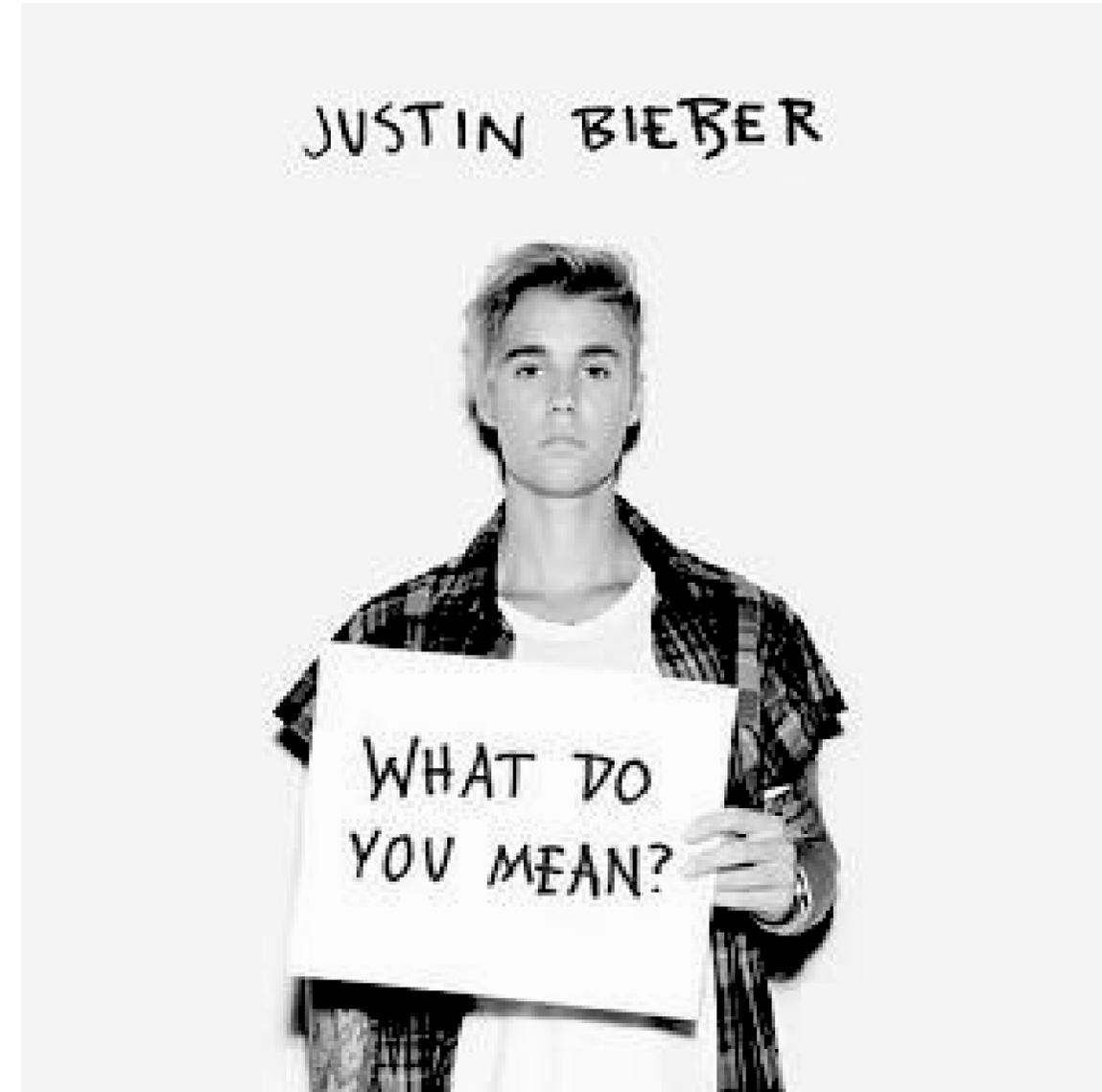
Define
terms

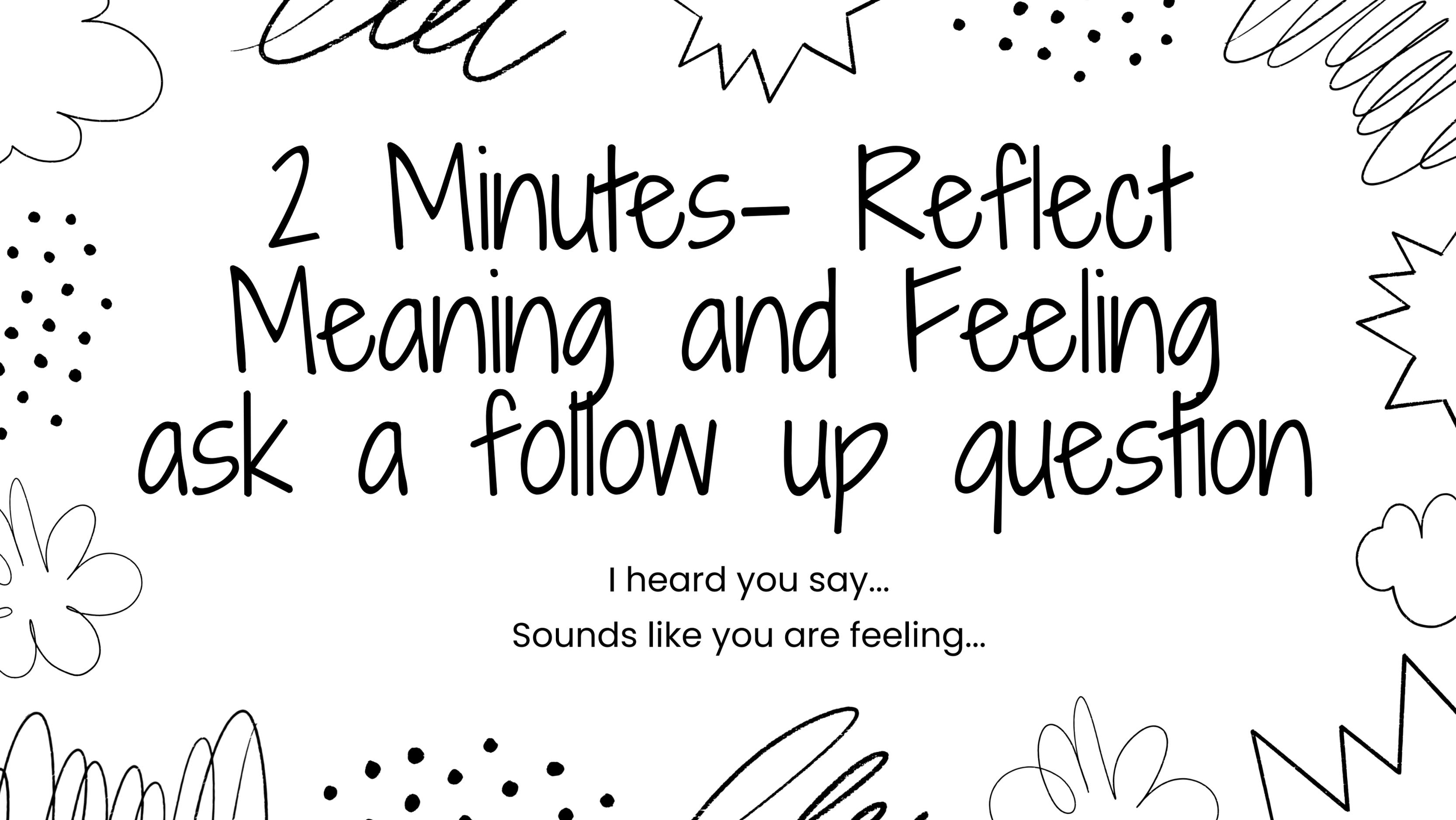
How

Provide
Examples

Why

Explain
actions



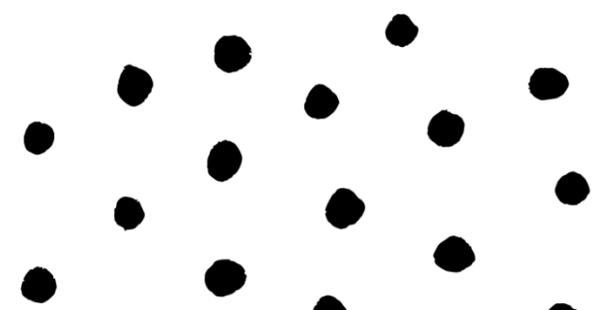
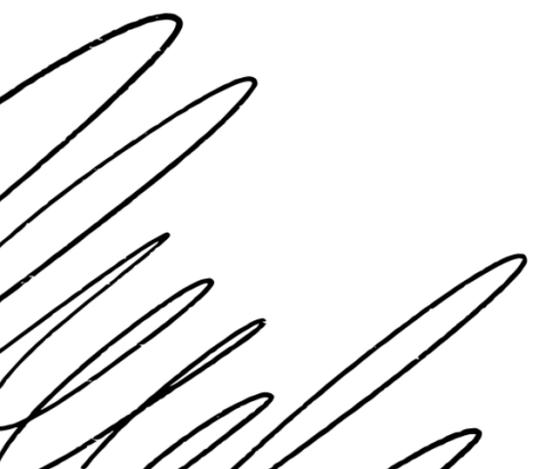
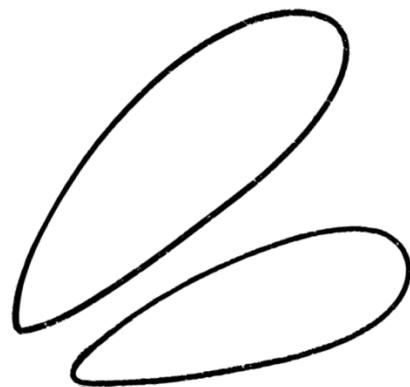


2 Minutes- Reflect
Meaning and Feeling
ask a follow up question

I heard you say...

Sounds like you are feeling...

Listening
to your
Students



General Listening

1

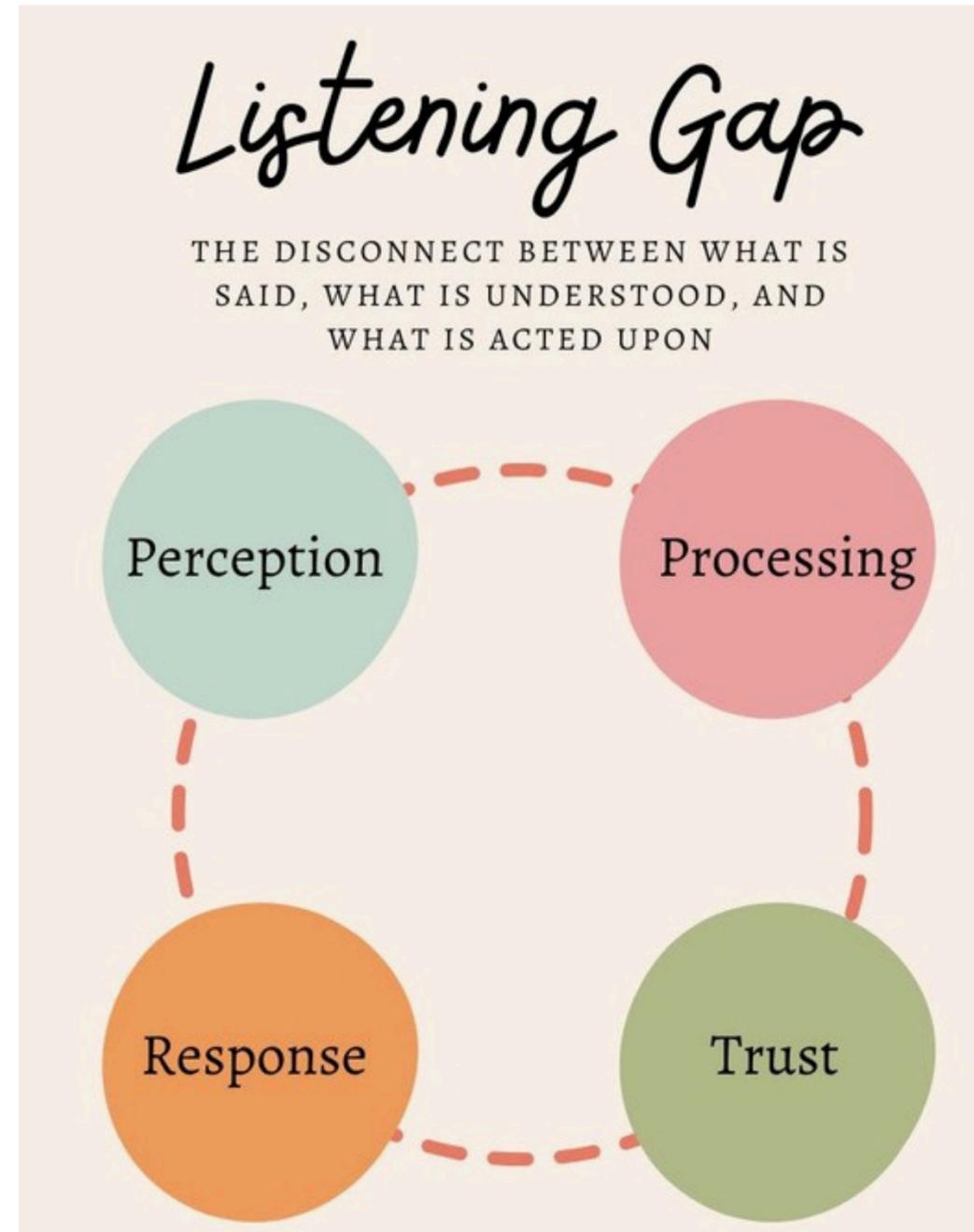
Don't interrupt

2

Listen with
whole body

3

Count to 10





"Don't Paint Legs on a Snake"

Considering Adolescent Development

01

Pruning

02

Myelin
Formation

03

Reward System
Restructuring

04

WHO AM I?

The ESSENCE of Adolescents

ES

Emotional Spark

N

Novelty Seeking

SE

Social
Engagement

CE

Creative Exploration



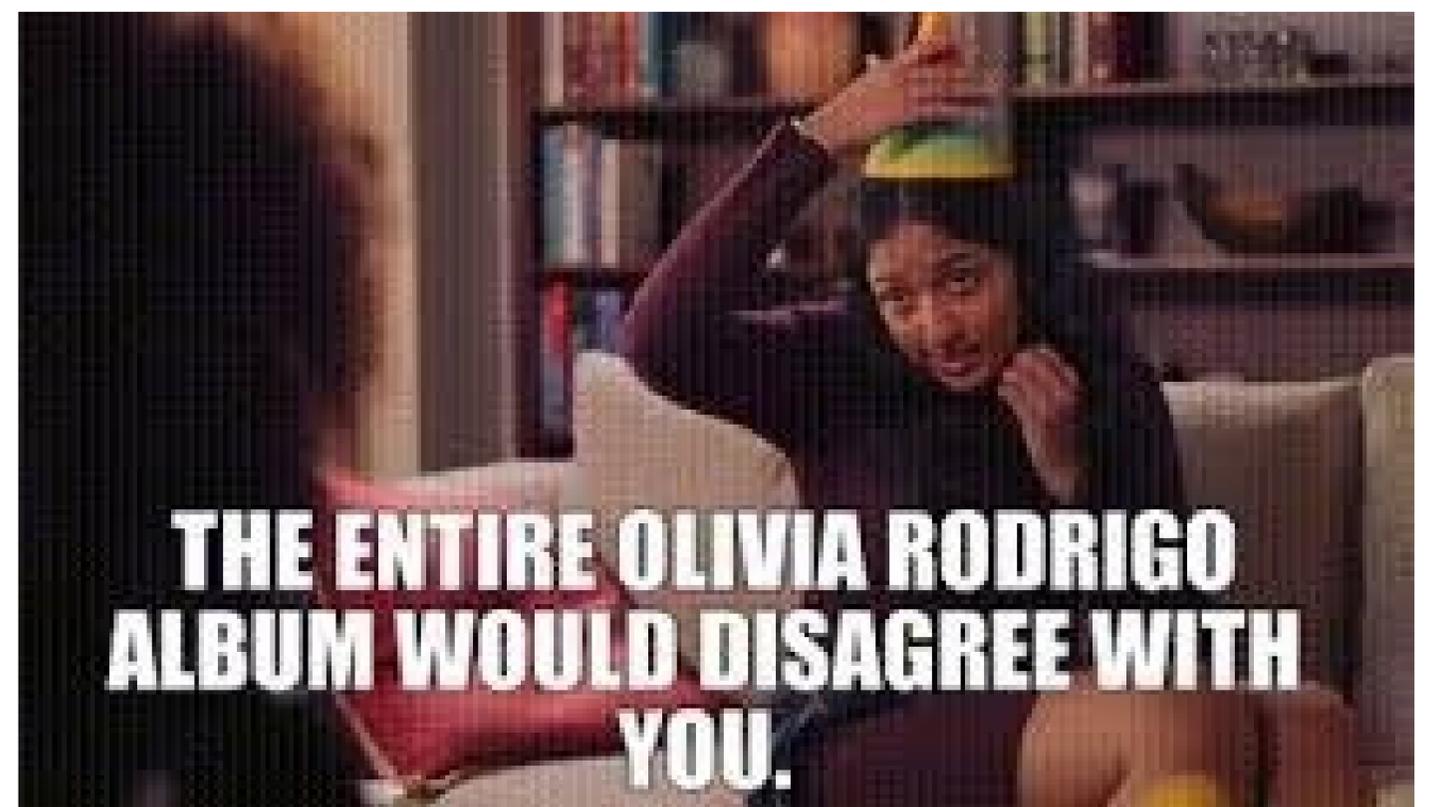
Emotional Spark

Best

Passion

Worst

Misunderstood
internally and externally



Social Engagement

Best

Collaboration

Worst

Morality caves to Social
Pressure



Novelty Seeking

Best

FUN

Worst

Hyperrational thinking
that down plays risks
and increases reward



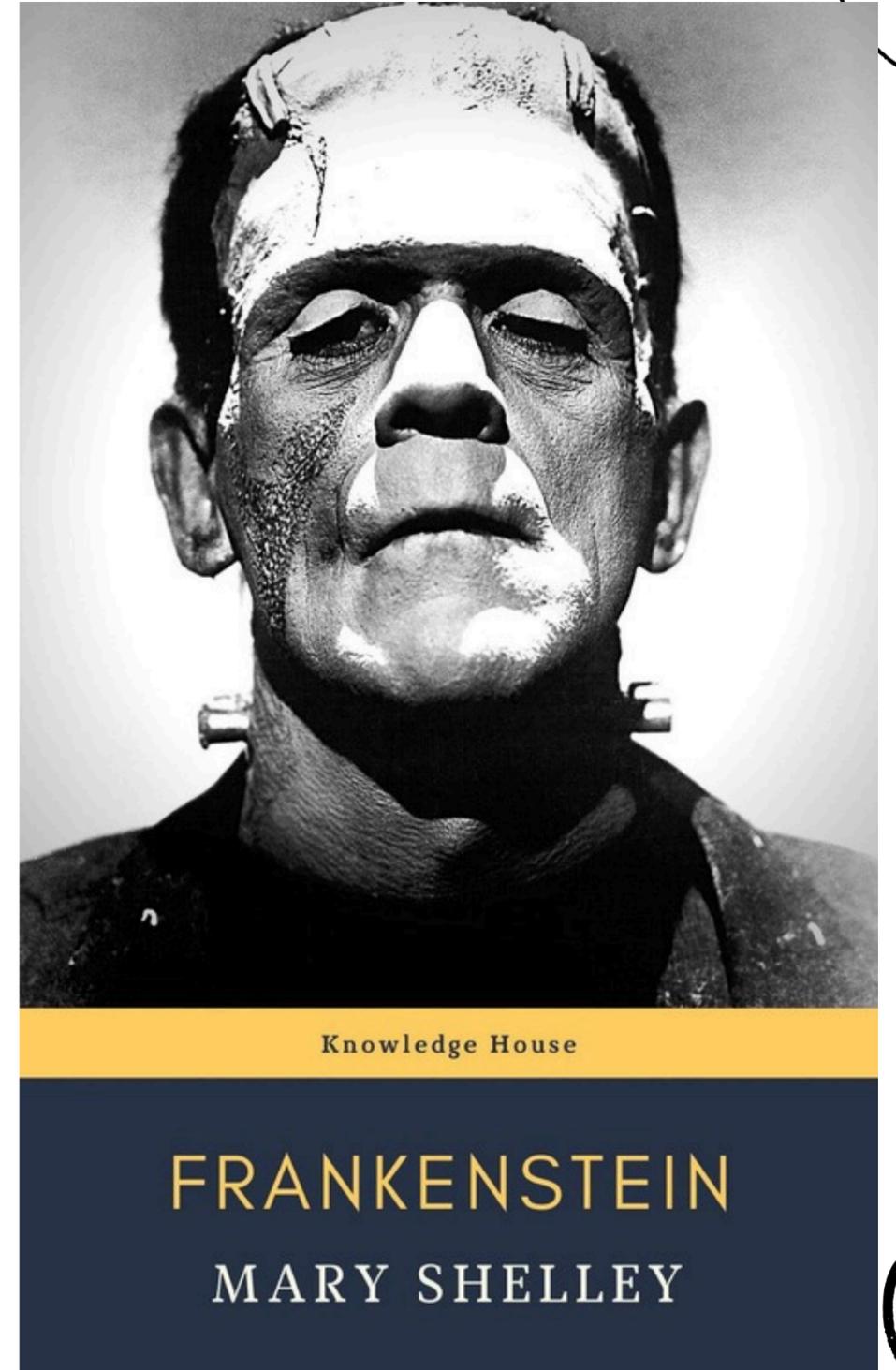
Creative Exploration

Best

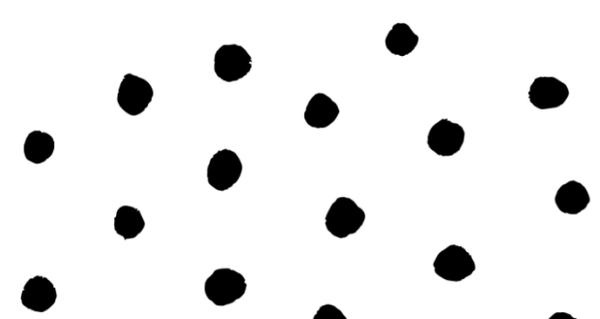
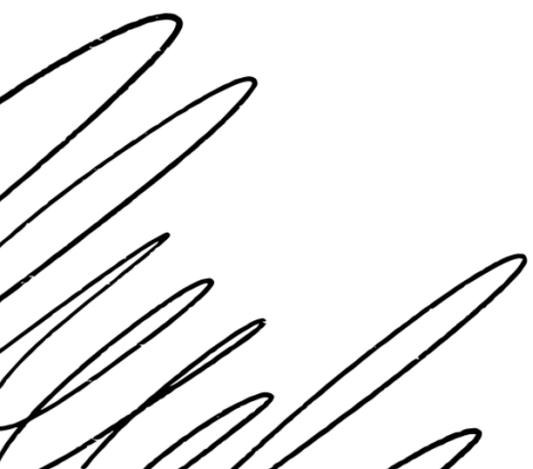
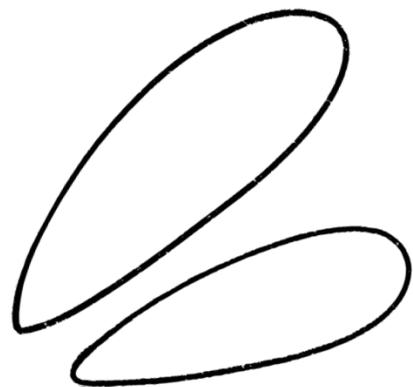
Imagination

Worst

Disillusionment and
Disappointment



Listening
to yourself





TRUST =

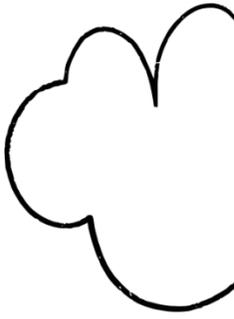
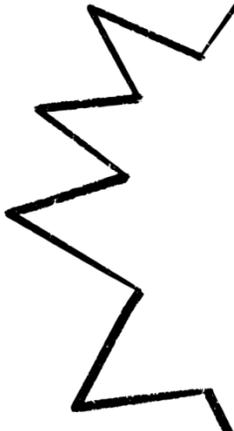
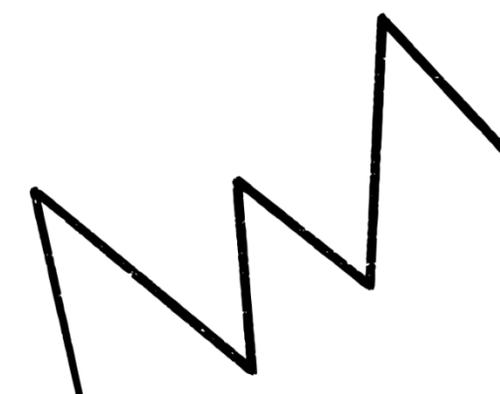
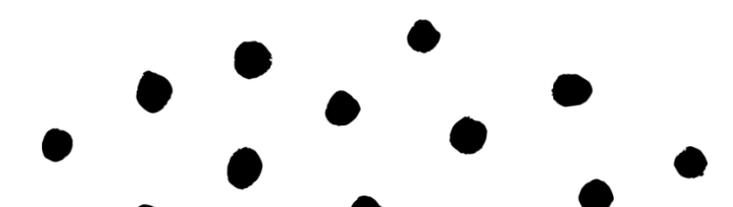
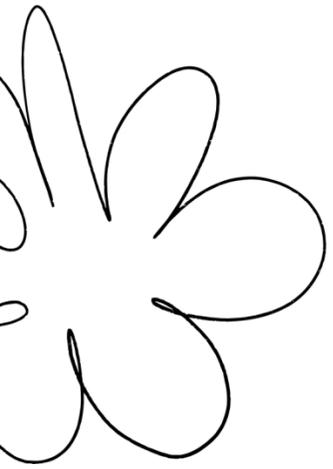
Presence (receptive)

+

Attunement (focused attention on
internal self and others)

+

Residence (change in response to
experience)



Staying Present

Receptive > Reactive

Receptive ≠ Passive

Receptivity: presence, open to what arises without judgement or prior expectation



lee

I resist what I cannot change

- The War on Drugs

lee



“What are your core beliefs about sharing vulnerability? Do you believe that you honor the people in your inner circle by sharing your pain and allowing them into your experience?

Or, alternatively, do you feel like you're dumping messy emotions on family or friends, making them uncomfortable, putting them on the spot, or spoiling their day? Do you think there is something superior and noble about people who don't complain, who hide their pain and quietly go about solving their own problems? Or, alternatively, do you believe that the strongest, most centered people have the capacity to be open and "out there" with the facts, and with the full range of their emotional experience?”

Harriet Lerner



The ESSENCE of Adolescents

ES

Emotional Spark

N

Novelty Seeking

SE

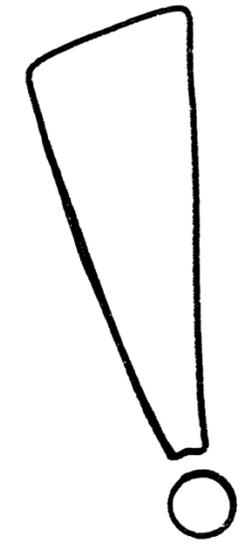
Social
Engagement

CE

Creative Exploration

ll

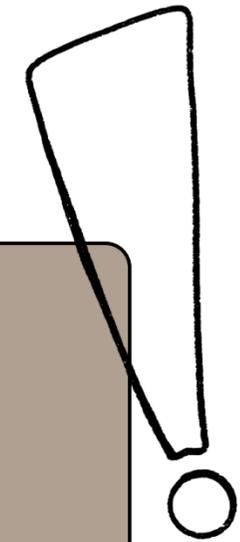
Reactive States



ll

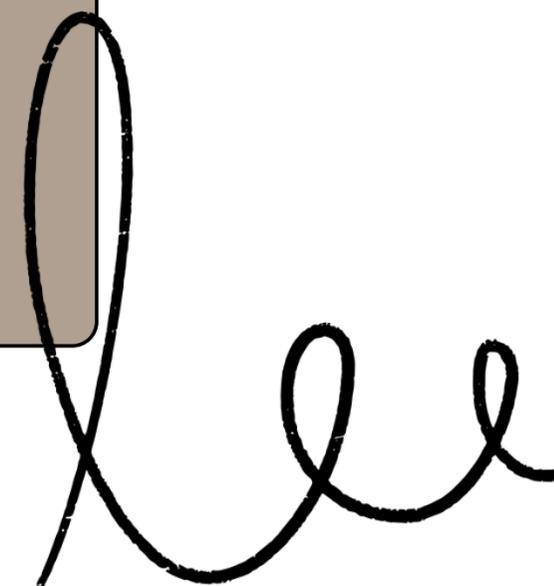


Why?



Casual Approach?

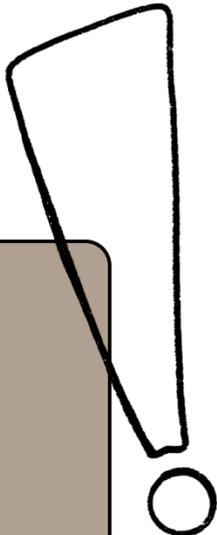
Aggressive Approach?



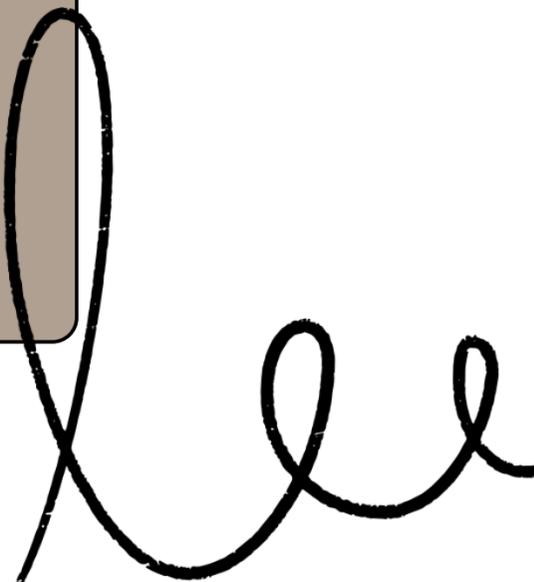


Reflection

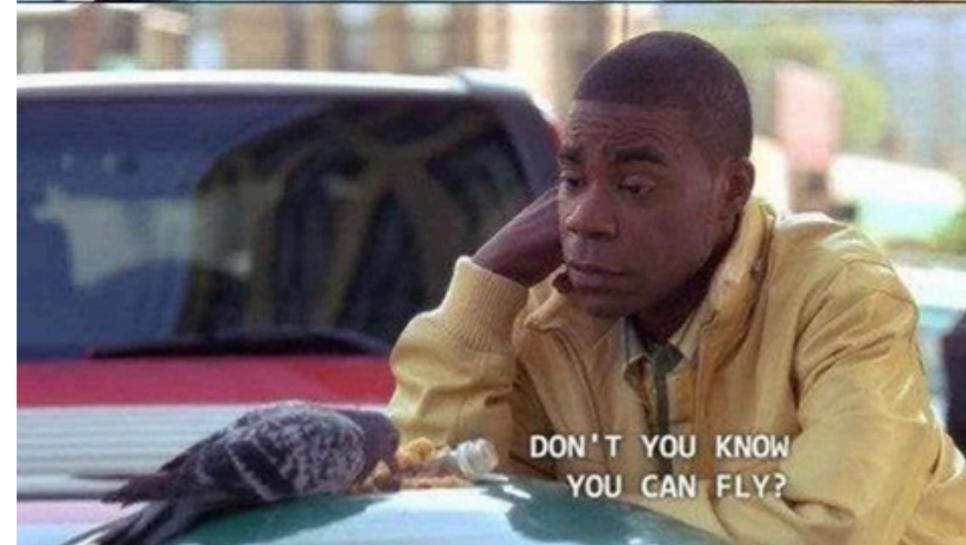
What's your most common
Reaction State?



What element of the ESSENCE of
Adolescence are you most likely to
react to?

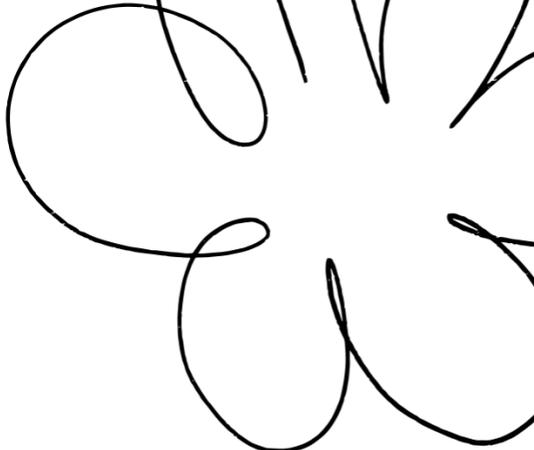
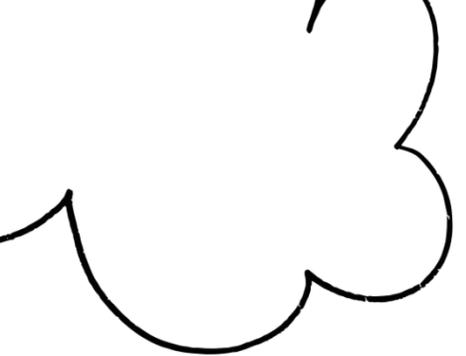


Responding



Keep Asking Questions





Witness

01

Justification

02

Sanctification

03

Scripture

04

Glorification



Witness

01

Repentance

02

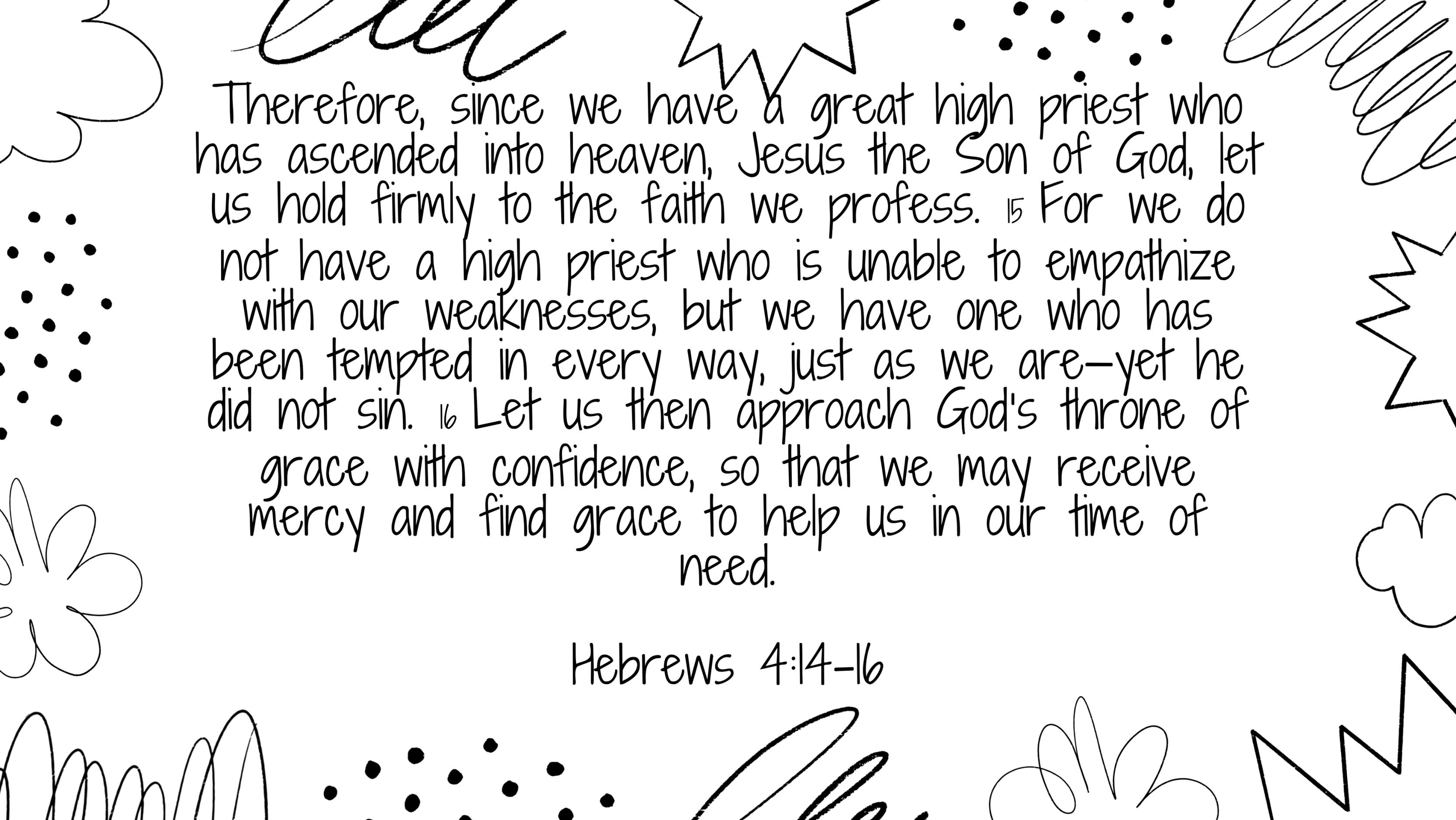
Wise
Vulnerability

03

Community

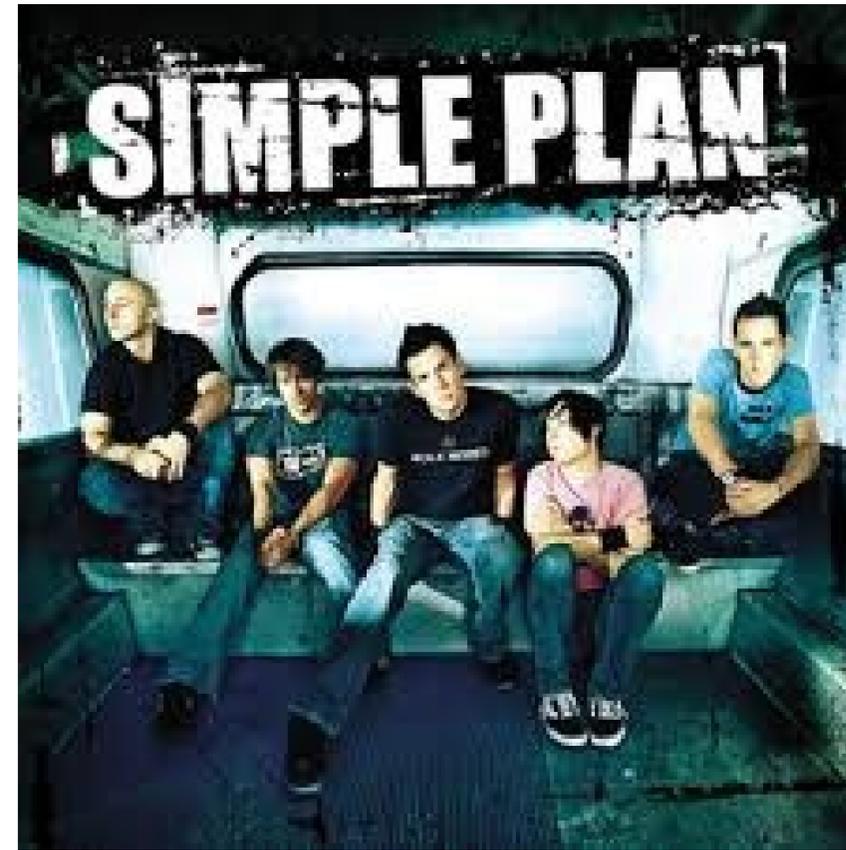
04

Curiosity

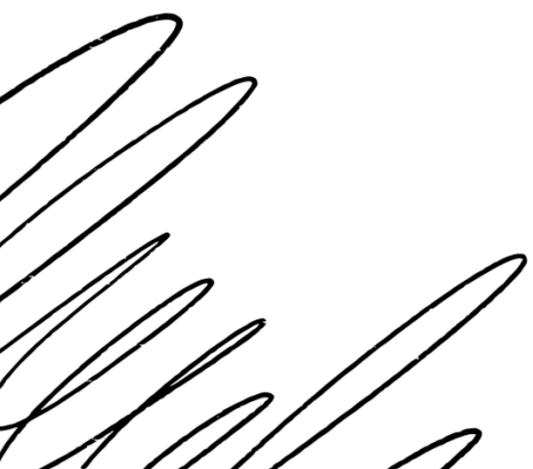
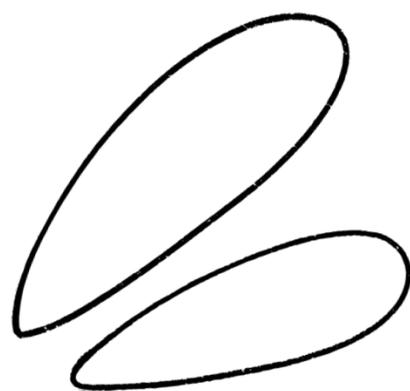


Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:14-16



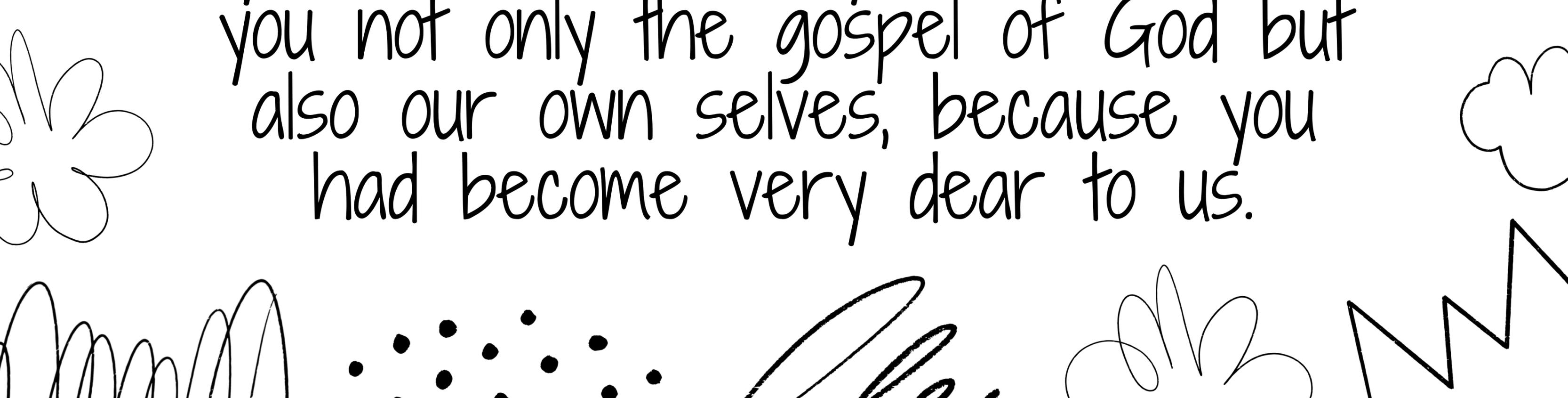
Extending the Invitation





1 Thessalonians 2:8

So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us.



lee

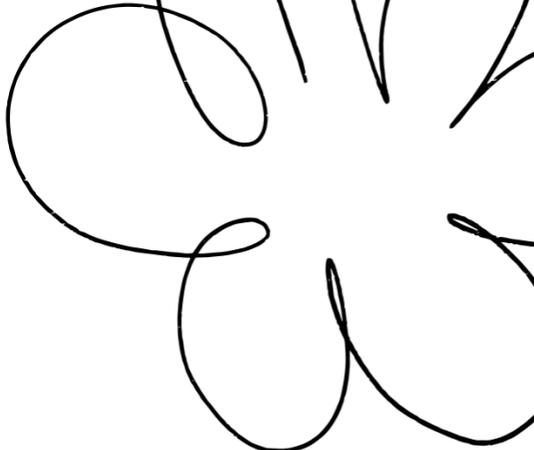
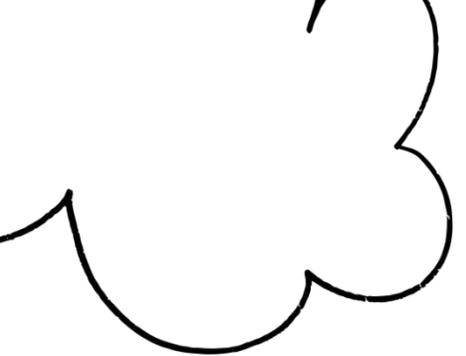


lee

On Being a Pilgrim



lee



TTDOEE

01

Talk about what you love

03

Lament

02

Talking about God and talking to God

04

Embodiment



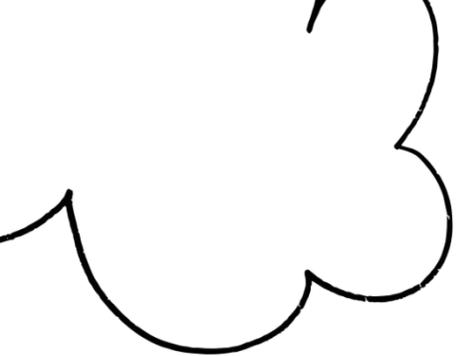
Ministry Avenues

One to One

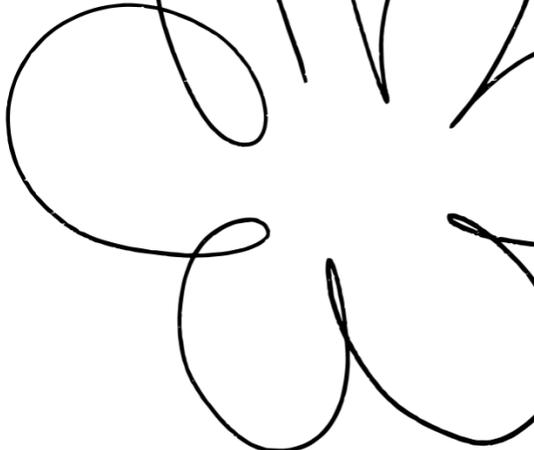
Small Group

Large Group





ESSENCE Questions



ES

What was it like to be you this week?

N

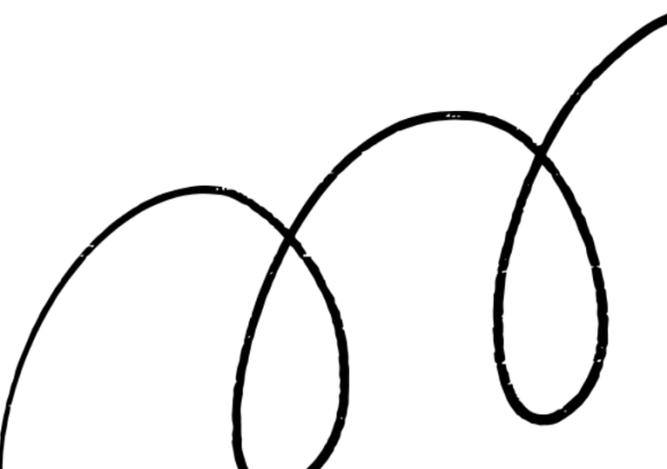
What has been making you laugh recently?

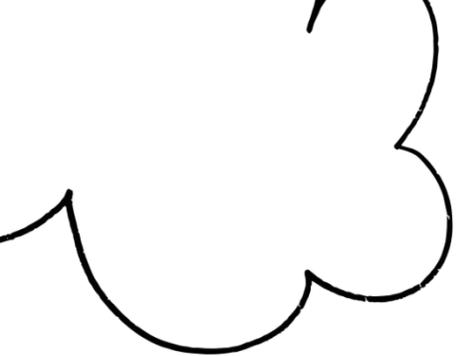
SE

What would your friends say about how your week is going?

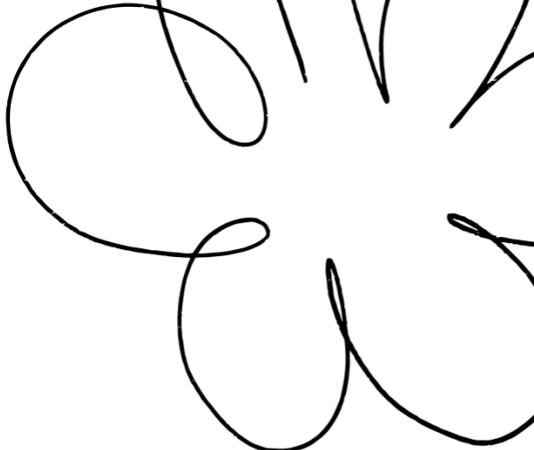
CE

What did not go as you expected it to this week?





ESSENCE Questions



ES

What is a song that you connected with recently?

N

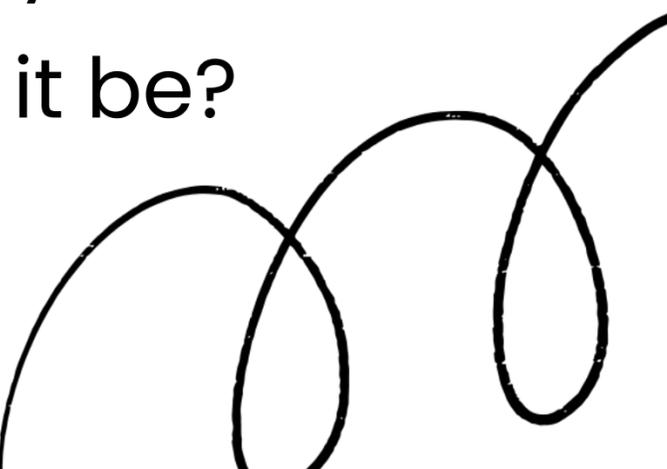
What is the craziest thing that happened at school this week?

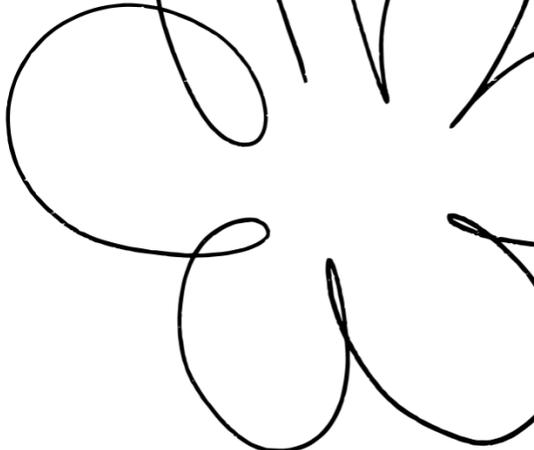
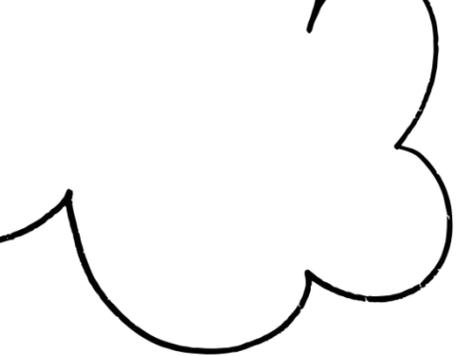
SE

Whats the cafeteria like at school?

CE

If you could change one thing about your school what would it be?





ESSENCE Topics

ES

What does God say about our emotions?

N

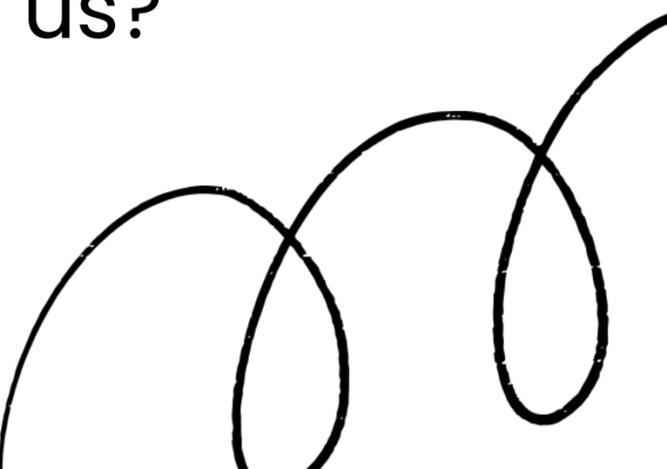
What does God say about fun?

SE

What does God say about being a friend?

CE

What does God say about change in and around us?



Beyond Talk

01

Art projects

03

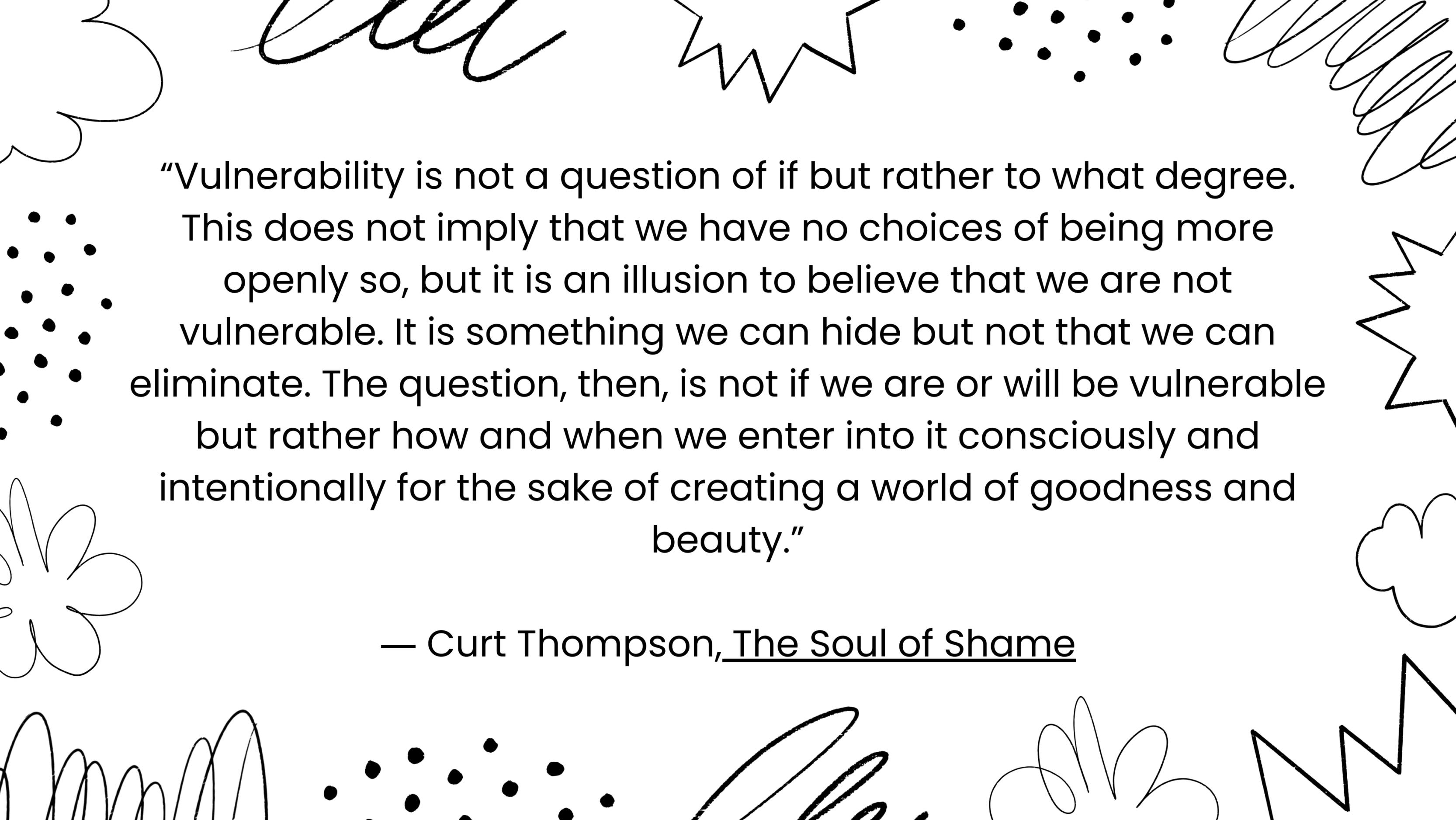
Written Prompts

02

Gospel Application to
Art/Entertainment

04

Play



“Vulnerability is not a question of if but rather to what degree. This does not imply that we have no choices of being more openly so, but it is an illusion to believe that we are not vulnerable. It is something we can hide but not that we can eliminate. The question, then, is not if we are or will be vulnerable but rather how and when we enter into it consciously and intentionally for the sake of creating a world of goodness and beauty.”

— Curt Thompson, The Soul of Shame





Q & A!

Elle Stackhouse
elle@bluehilltherapytx.com