

PARENTS AND TEENS: A FAMILY COUNSELING PERSPECTIVE



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Adolescence can be a challenging time for both teens and parents. If you remember your teenage years you may remember feeling lonely, confused all in the midst of trying to form your identity. Differing cultural norms, internet access, peer pressure, and the adolescents desire for

independence are all factors playing a role in today's parent/teen relationship. With technological advances in communication teens today are being exposed to much more in comparison to past generations and bullying is at all time high.

Parents today are reporting feeling more isolated from their children's lives and feeling more frustrated when they are getting the "silent treatment". We often hear the adolescent say "my parents don't understand", creating an even wider gap in communication.

Research shows that when children feel a lack of emotional security and connectivity at home they may become more involved in high risk behavior. By bridging the gap between parent and child and increasing positive communication teens and their parents can begin the process of building healthier relationships.



How Can Family Counseling Help?

Family counseling can help members understand each other's worlds, their needs, and provide a forum for healthy communication in a safe environment. It can strengthen the bond and identify unhealthy communication patterns and establish more positive ways to address conflict. It can also be helpful with major life transitions such as loss, divorce, addiction, adoption, chronic illness of a family member, moving to a new country, blended families and re-marriage.

Family counseling avoids blame among family members but rather focuses on allowing each family member to feel heard and valued. Difficult topics such as healthy independence, relationships, and appropriate limits can all be explored.

With more effective communication and problem solving skills, family members can begin the process of building stronger bonds in an environment that fosters positive interaction, love, support, and affection.



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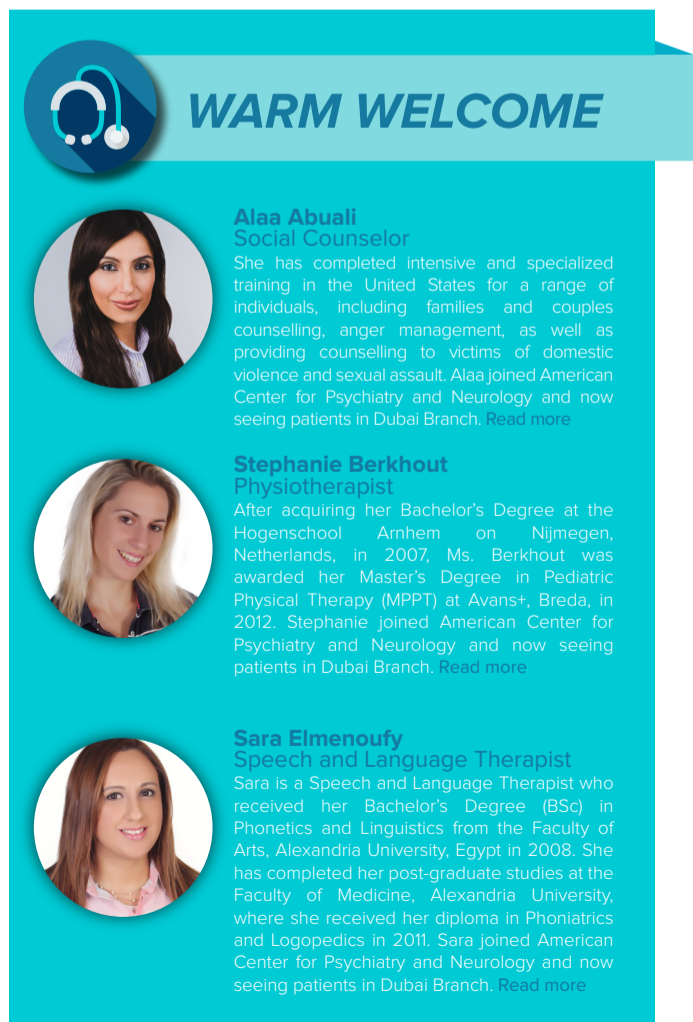
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Alaa Abuali
Social Counselor

She has completed intensive and specialized training in the United States for a range of individuals, including families and couples counselling, anger management, as well as providing counselling to victims of domestic violence and sexual assault. Alaa joined American Center for Psychiatry and Neurology and now seeing patients in Dubai Branch. [Read more](#)



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After acquiring her Bachelor's Degree at the Hogenschool Arnhem on Nijmegen, Netherlands, in 2007, Ms. Berkhout was awarded her Master's Degree in Pediatric Physical Therapy (MPPPT) at Avans+, Breda, in 2012. Stephanie joined American Center for Psychiatry and Neurology and now seeing patients in Dubai Branch. [Read more](#)



Sara Elmenoufy
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Sara is a Speech and Language Therapist who received her Bachelor's Degree (BSc) in Phonetics and Linguistics from the Faculty of Arts, Alexandria University, Egypt in 2008. She has completed her post-graduate studies at the Faculty of Medicine, Alexandria University, where she received her diploma in Phoniatrics and Logopedics in 2011. Sara joined American Center for Psychiatry and Neurology and now seeing patients in Dubai Branch. [Read more](#)