



**Youth Leaders
Guide
to
Youth
Self-Help
Booklets.**

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Introduction

Firstly, let me introduce myself.

I am a social worker registered with the Health Care Professional Council (HCPC), and a warranted Approved Mental Health Professional (AMHP). I am also Youth Work JNC qualified. Over the past 25 years I have worked with young people, street outreach with homeless people, as an emergency duty social worker, been manager of a children's home and have worked therapeutically with children who have behaviour problems.

I choose to use my initials instead of my name so that I can maintain a measure of anonymity as I have a professional career as a university lecturer and have responsibility for many students. Also as a volunteer with a youth project for over 20 years now, I wish to have this level of anonymity.

Introduction to the booklets.

Thank you for taking the time to read more about the self help series. These easy read illustrated booklets have been developed as a free resource to recommend to young people.

The idea of the limited text and illustrated nature of these booklets is so that young people (or adults!) who are suffering do not have to wade through pages and pages.

The booklets are written in the first person modelled on a popular work called 'Why am I afraid to tell you who I am' (Powell, 1999) which has been helping young people since the 1970's (this book certainly helped me!).

The self help descriptions of anxiety / self-talk / loneliness / depression and being 'me' within the booklets are aimed at identifying with the inner self of the reader. The words have been shared with me by sufferers and I have permission to share with you. The recovery advice also comes from survivors, and also from acknowledged professionals as referenced and explored further below (in the section- 'Where to find additional help').

Self help booklets – the paradigm.

The self help series have been written to help the reader connect with a 'sense of self', that is, to distance themselves from the presenting pain, and see all that this is happening to them. To help readers see that this is a part of the journey- not the end!

The underpinnings of this work are a social constructionist approach. People know and create their own reality. What is going on for them now, *is* their reality. What we see and hear of what they are experiencing is subjective. Only the reader can *know* what reality is for them. Everybody grows, develops and experiences the world differently. As an identical twin, I feel qualified to say this!

What we do know is that we need to settle and become aware of 'now' .

'If you get the inside right, the outside will fall into place. Primary reality is within; secondary reality without.' (Tolle, 2008).

Where to find additional help.

As stated above, the paradigm is social constructionist. In order for the reader to acknowledge their constructs, they need to re-connect to the self, or for you to re-connect with *yourself*. This is the underlying message of 'mindfulness'. Mindfulness is summed up in the ABC of mindfulness:

A is for awareness - Becoming more aware of what you are thinking and doing – what's going on in your mind and body.

B is for "just Being" with your experience. Avoiding the tendency to respond on auto-pilot and feed problems by creating your own story.

C is for seeing things and responding more wisely. By creating a gap between the experience and our reaction to, we can make wiser choices.' (Adams, 2015)

If you are interested in finding out more about connecting with your real self, please let me introduce to you an inspirational writer, and more inspirational speaker- Dr Gabor Maté. I have put links in the references to one of Dr Mate's books and an on line video. I am sure that if you listen to his less than three minute video 'Recovery' you will get a taste of Gabor's unique and straight talking style. He has other videos on line... enjoy!

Caution!

Young people have very real and often *very* painful feelings. Do not try to take on helping someone who needs professional help. **Always** refer on (hospital, GP, social care- and in an emergency- the police!).

Contact

If you wish to contact me, I cannot promise a prompt reply, by please follow the contact section on my fiction novel page (www.souldeloom.com).

References

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