CT-R Approach for Successful Transitions in the Fall

PERC Family Education Group
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The following content is a collaboration of materials from PERC and Beck Institute Center for Recovery-Oriented Cognitive Therapy 2021.
Agenda

• Increasing understanding of challenges related to transitions

• Identifying strategies to navigate challenges
Transitions

• Role
  • Returning to school
  • Starting a new job

Social
• Shifts in family dynamic
• Transitions with friends
• Changes with providers

Physical
• Changes in routine and sleep schedule
• Adjustments to medications
Complexity of Change

Pros
- Taking steps forward towards larger goals
- Developmental, emotional, physical growth
- Increased independence

Cons
- Increase in stress
- Increase in symptoms
- Possibility of failure
A Closer Look: Role

- Success vs. Failure – beliefs about capability
- Comparisons with peers
- Navigating difficult questions
- Identifying comfortable ways to share
A Closer Look: Relationships

- Negative beliefs about self and worthiness for friendship and a romantic partner
- Social media and comparison with peers
- Navigating difficult questions
- Identifying comfortable ways to share
Successful Transition Strategies
Self-Compassion

• Study 1
  • Surveyed 5509 college freshman to access for factors that contributed to a positive college adjustment
  • Findings revealed:
    • Self-compassion strongest predictor of successful transition

Let’s practice

• Consider a situation this week when you felt disappointed or negative towards yourself

• Now I want you to consider this situation and offer yourself empathy and compassion

• Notice anything?
Increasing Connection

• Study 1
  • Surveys 155 students
  • Increases in daily stress $\rightarrow$ increases in loneliness and depression $\rightarrow$ decreased in mood
  • Open and assuring contact with family member moderated impact of stress and loneliness

• Study 2
  • Surveyed 120 college freshman looked at Perceived Stress Scale and a 30-item My Resilience Factors questionnaire
  • Finding revealed
    • Factors that promoted resilience - Social support and optimistic approach

Let’s practice

• Think of two ways to increase connection with your family member?
Broadening the Definition of Success

Aspirations:
A significant and meaningful vision about a way that an individual wants to live his/her life

Get a sense of:
• Why your family member wants to attend school
• Why they chose a particular job

Underlying meaning can provide:
• Information about their interests/values
• More flexibility
• Increased motivation
Structure

• Identify activities that match up with meaning of bigger goal
• Identify activities with structure to connect with peers
• Incorporate movement/exercise into routine to reduce stress
Finding Comfort in Sharing

- Find comfort zone in sharing
- Practice sharing narrative
  - Finding comfortable language
  - Using humor
- Possible responses for employers or friends
- When asked what types of things they have been doing
  - “I have been taking sometime to focus on myself and evaluate what is important to me and what I want to pursue next”
- When asked about periods of they were unemployed or looking for work
  - “I have been exploring my options so my job search can be more intentional.”
Take Smaller Steps Towards Transitions

- Increase familiarity with new place
- Continue older routines
- Check-ins with family and older friends
- Make transition in steps (take 1 class, volunteer, part-time work)
Questions
Additional Call Lines

- Crisis Text Line - Text “HOME” to 741-741
- Philadelphia Crisis Line (215) 685-6440 (24/7)