

Therefore encourage one another and build one another up, just as you are doing.”



Interactive gatherings designed to help you confidently counsel people's problems

# Counseling with Youth

Nov. 13, 2025



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# Where We've Been and Where We're Going

- Quick review from last time together
- General helpful info
- My method of counseling with youth
- Apply to the “Smith Family”

# Quick review:

## Counseling with Families

- What is my focus when counseling with families?
  - Build Relationships/Friendships
  - Everything is Christ-centered
  - Love and Sanctification

# “Age and Stage”

Late Childhood = ages 10-12

<b>physically</b>	energetic/active, height/weight increases=hungry, body begins to change
<b>emotionally</b>	confidence/insecurity waivers, fluctuating emotions, affects of body image
<b>cognitively</b>	increased learning/skill set, perspective/interpretation expands, increased attention span
<b>socially</b>	increased importance of peers, strong group identity/peers, increased ability to interact/engage,
<b>spiritually</b>	beliefs/values are challenged, increased awareness of choices/behaviors, struggles to respond to sin and suffering, struggles to know how God sees them

# What “drives” my counsel?

- General knowledge is good, but isn’t the focus of counsel
- Enter the young person’s world to know specific thoughts, words, and actions
- According to the Bible, a person’s heart “drives” my counsel (Jer. 17:9; Luke 6:45)
- Thoughts - Words - Actions = The Heart
- Sin/suffering does not discriminate against age, therefore, neither does the gospel of Christ
- My counsel is “driven” by pointing young people to Jesus — no matter their age and stage and/or their diagnosis

# Three Main Areas:

1. Big Picture of the Bible: Who is God? Who is man?  
What is the problem? What is the cure?
2. Saint, Sinner, Sufferer and 3 Causes of Suffering
3. Think Biblically and Respond Godly... Even If...

# Progression of Sessions

## Session 1: Meet and Greet

Be genuine—kids spot “a fake” a mile away!

- Tell them I take notes to help me remember
- Ask questions about their name, family, hobbies, friends, schoolwork, church
- Relate to things I did at their age, or pets, or family/grandparents
- Set the expectation and goals

**•RB: Heart Q's worksheet, joy prayers, gratitude journal**

# Progression of Sessions

## Session **2 - 4 / 5**: Big Bible Picture, SSS, 3 Causes of Suffering

- Game/Activities (chutes/ladders, get to know me or in my house worksheet, outside game, Toolbox)
- Relate these to life and point to Jesus/His amazing Love!
- Great thing from the week and not such a great thing
- Where is Jesus in your story this week?
- Pray, Bible verses, review RB, books, lies/truth T chart (put off/put on)
  - **RB: songs, worksheets, post it notes, index cards, journals, artwork**

# Progression of Sessions

## Session **6**: Review/Evaluation

- Bring Toolbox!
- Schedule Parent Meeting (growth/change? struggle?)

## Session **7+**: Think Biblically, Respond Godly, Even if..

- T-W-A = HEART – Who's on the throne?
- What path are you taking? Y chart
- Rejoice!
  - **RB: specific Bible accounts - meditate for application, journal, draw pictures, tell a story, write a song, create your own**

From: Hazel Smith

Subject: seeking counseling for my two children

Dear Dana,

I've received your contact information from a mutual friend. You counseled her daughter in the past. I would like to know how I can make an appointment with you for my son, Henry, and my daughter, Harper. Thank you, Hazel Smith.

## Phone call revealed:

Dad, Harvey, late 30's — shift work at the local paper mill

Mom, Hazel, mid 30's — homemaker (on Harvey's off days she works at her family's farm)

They've been married for 13 years and live locally.

Son, Henry, age 13 in 8th grade — dx with Tourettes at the age of 10 and in May 2025 dx with ADHD

Daughter, Harper, age 11 in 6th grade — just dx with OCD in May 2025  
They had just had the well-child check in May.

## PERSONAL DATA INVENTORY FOR CHILD OR TEEN

CHILD/TEEN'S NAME: <b>Henry</b>	DOB: <b>May 1, 2012</b>	GENDER: <b>M</b>
GRADE: PRESCHOOL   ELEMENTARY <b>MIDDLE SCHOOL</b> HIGH SCHOOL		
PLEASE LIST NAMES AND AGES OF SIBLINGS: <b>Harper (11)</b>		
WHO DOES CHILD/TEEN LIVE WITH: <b>parents and sister; great grandma Gertie</b>		

## HEALTH HISTORY

CURRENT PHYSICAL HEALTH: <b>GOOD</b> AVERAGE   POOR	SLEEPING PATTERNS: STATIC OR <b>BROKEN HRS</b>
DATE OF LAST MEDICAL EXAM: <b>May 15, 2025</b>	<b>5-6HRS</b> <b>7-8HRS</b> <b>9-10HRS</b>
CURRENT MEDICATIONS: <b>none but now wondering if would be helpful</b>	
LIST ALL ILLNESSES, INJURIES, OR HANDICAPS: <b>Tourettes (age 10); ADHD (May 15, 2025)</b>	
PAST OR PRESENT ALCOHOL OR DRUG ABUSE?	YES <b>NO</b> IF YES, DATE(S):
PAST SEXUAL OR PHYSICAL ABUSE?	YES <b>NO</b> IF YES, DATE(S):
OTHER THERAPISTS OR COUNSELORS?	YES <b>NO</b> IF YES, DATE(S): <b>therapist age 10 to help cope</b>

# **Henry**

## **BASIC INFORMATION SHEET –Please have child/teen fill out, if possible:**

What is the main problem, as you see it? What brings you here?

I have Tics and I hate that people can see me shrug my shoulders all the time

ADHD

What have you done about it?

deep breaths and sit on my hands

What can I do or what are your expectations in coming to biblical counseling?

To know why God made me this way

As you see yourself, what kind of person are you? Describe yourself...

funny, happy, mad a lot, sometimes sad, good friend, good at basketball

Is there any other information you'd like to share?

I want a phone so that it will help me focus

**PERSONAL DATA INVENTORY**

CHILD/TEEN'S NAME: <b>Harper</b>	DOB: <b>Feb, 17, 2014</b>	GENDER: <b>F</b>
GRADE: PRESCHOOL    ELEMENTARY <b>MIDDLE SCHOOL</b> HIGH SCHOOL		
PLEASE LIST NAMES AND AGES OF SIBLINGS: <b>Henry (13)</b>		
WHO DOES CHILD/TEEN LIVE WITH: <b>parents and sister; great grandma Gertie</b>		

**HEALTH HISTORY**

CURRENT PHYSICAL HEALTH: <b>GOOD</b> AVERAGE    POOR	SLEEPING PATTERNS: <b>STATIC OR BROKEN HRS</b>		
DATE OF LAST MEDICAL EXAM: <b>May 15, 2025</b>	5-6HRS	7-8HRS	<b>9-10HRS</b>
CURRENT MEDICATIONS: <b>none but now wondering if would be helpful</b>			
LIST ALL ILLNESSES, INJURIES, OR HANDICAPS: <b>OCD (dx in May)</b>			
PAST OR PRESENT ALCOHOL OR DRUG ABUSE?	<b>YES</b>	<b>NO</b>	IF YES, DATE(S):
PAST SEXUAL OR PHYSICAL ABUSE?	<b>YES</b>	<b>NO</b>	IF YES, DATE(S):
OTHER THERAPISTS OR COUNSELORS?	<b>YES</b>	<b>NO</b>	IF YES, DATE(S):

**RELIGIOUS BACKGROUND**

CURRENT CHURCH ATTENDED, IF ANY: <b>Local Christian Church of the Cross</b>
CHURCH ATTENDANCE PER MONTH, IF APPLICABLE: <b>1 2 3 4 5 6 7 8 MORE</b>
PLEASE LIST ANY SMALL GROUPS OR CHURCH EVENTS, IF APPLICABLE: <b>Youth Group for Middle Schoolers</b>
PERSONAL BIBLE DEVOTION/READING: <b>YES</b> <b>NO</b> IF YES, HOW OFTEN:

# Harper

## **BASIC INFORMATION SHEET –Please have child/teen fill out, if possible:**

What is the main problem, as you see it? What brings you here?

Mom said it would be good for all of us to meet with someone to help us not fight and to learn how to cope with our sicknesses

What have you done about it?

I try not to yell at Henry but he is so annoying I just can't stop

Mom tells me just to ignore him, but when I do that he just bothers me more

What can I do or what are your expectations in coming to biblical counseling?

To help me stop fighting and to help me not wash my feet and hair so much

As you see yourself, what kind of person are you? Describe yourself...

singer, dancer, cry a lot from hurting feet and hair, good friend, good at gymnastics

Is there any other information you'd like to share?

I am sad when I think of Great Grandpa Gary, but I'm happy Great Grandma Gertie lives with us

## Hardship and Heart Motive of Parents:

- Two “overwhelming” children. Medical DX not what they wanted for their family. How to live “normally”? Dad is angry and Mom is sad. “This isn’t what we thought our life would be like.”
- Frustrated with God that life is hard and don’t deserve this. Dad prays for easier life. Mom prays to be a good parent.
- Rarely together as a family: Dad’s work schedule, Mom’s farm family. Whoever can take kids to activities just does it. Sunday suppers together when Dad is home.
- Goal: easy and fun life together but getting harder. Goals for kids: Mom wants happiness, Dad wants them to be healed from medical dx
- Where is Jesus? “We think about Him when we are at church. We hope that He will hear our prayers.”
- Grandma Gertie lives with them. She moved in when Grandpa Gary died about 4 or 5 years ago.

# Henry Smith

Session 1: Meet and Greet

Maybe use the person outline

- Named after Gpa on Dad's side— never met Gpa
- Likes math (got my age right away)
- Friends at church and basket ball — doesn't have Tics when he plays ball
- Favorite food is waffles and syrup with cool whip or cereal (if he doesn't like what's for supper, he makes his own food - usually breakfast food)
- questions for me?
- expectations/goals

**• RB: Heart Questions worksheet (compiled from David Powlison's 35 X-ray questions)**

## Session **2-4** Teaching/guiding

- Take a walk or sit outside to start (if we can)
- Good thing vs. bad thing (How was Jesus the hero of your story this week?)
- Pray
- Make Toolbox (session 2); review Heart Qu (session 2)
- Gen 1-3 (Big Picture and Sin/Suffering)
- Ps. 139: 13-16 (Creator knows everything - not surprised)
- Ps. 23 (even if ...) - What does Jesus promise for now and all eternity

**•RB: write Ps 139:13-16 on index card and tape to bathroom mirror, food and gratitude journal, and bedtime routine with joy prayers, create green pastures/cool waters art**

## Session **5** Review/Eval

(Parent mtg as well = growth/change/struggle)

- Specific incidents with family (sister!) or friends
- When did he notice he was shrugging his shoulders more and /or less
- What tools did you use = rejoice! or how to do it differently next time
  - **RB: which RB would be most helpful to use again this week, TWA poster**

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## Session **6-12**

- Grandparents. Grief? Thoughts/Feelings
- Phone. Responsibilities. Lies believing about helping him focus. Heart motive.
- Sister. Peacemaker material.

- **RB: Lament and Questions, #RU Hooked booklet**

# How about Harper?

## **BASIC INFORMATION SHEET –Please have child/teen fill out, if possible:**

What is the main problem, as you see it? What brings you here?

Mom said it would be good for all of us to meet with someone to help us not fight and to learn how to cope with our sicknesses

What have you done about it?

I try not to yell at Henry but he is so annoying I just can't stop

Mom tells me just to ignore him, but when I do that he just bothers me more

What can I do or what are your expectations in coming to biblical counseling?

To help me stop fighting and to help me not wash my feet and hair so much

As you see yourself, what kind of person are you? Describe yourself...

singer, dancer, cry a lot from hurting feet and hair, good friend, good at gymnastics

Is there any other information you'd like to share?

I am sad when I think of Great Grandpa Gary, but I'm happy Great Grandma Gertie lives with us