

# Improving Results of Treatment with Adolescents through an Injection of Fun

Email: [Anette@Abirgersson.se](mailto:Anette@Abirgersson.se)

Email: [Christin.Santiago99@gmail.com](mailto:Christin.Santiago99@gmail.com)

Facebook: Total Team Training

Facebook: Leg. Psykoterapeut Anette Birgersson

Linkedin: Anette Birgersson

Linkedin: Christin Santiago



# Importance of Injecting fun

## **Clients**

- ▶ Needs
- ▶ Interests
- ▶ Connection
- ▶ Vulnerabilities
- ▶ Psychoeducation
- ▶ Individualized
- ▶ Level of skills

## **Clinicians**

- ▶ Vulnerabilities/self care
- ▶ Curiosity
- ▶ Creativity
- ▶ Trust
- ▶ Foundation
- ▶ Risk management

# How to Inject Fun into Treatment

- ▶ Think big, but start small
- ▶ Sequence
- ▶ Don't let rolling eyes stop you
- ▶ Be confident in being silly
- ▶ There is value in every game/activity/song/video
- ▶ Offer choices
- ▶ Include parents