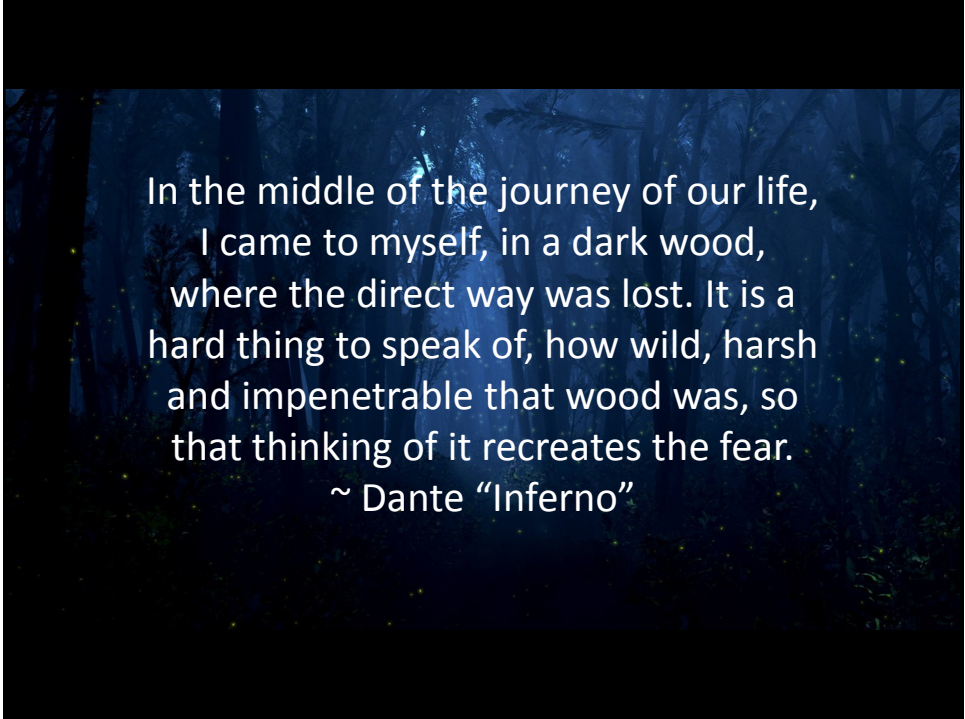


Second Adulthood:
Helping Clients Negotiate the Crisis and
Opportunities of Reinventing Themselves

John Hawkins, LPC, NCC, NCSC
MCA Annual Conference
Nov. 5-7, 2014
Jackson, MS



In the middle of the journey of our life,
I came to myself, in a dark wood,
where the direct way was lost. It is a
hard thing to speak of, how wild, harsh
and impenetrable that wood was, so
that thinking of it recreates the fear.
~ Dante "Inferno"

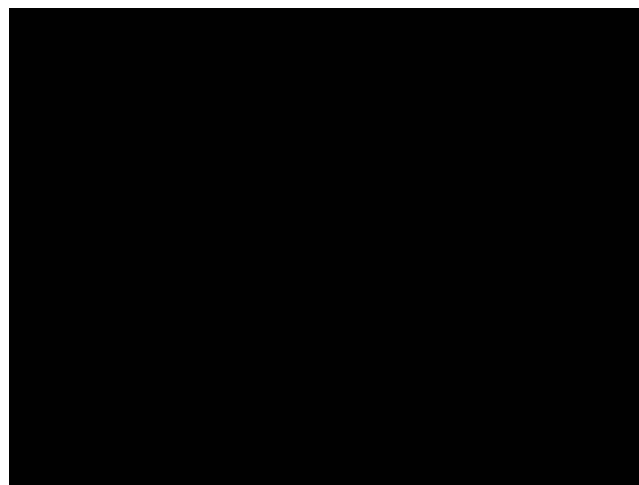
"What am I going to do for the rest of my life?" ~ Diane Vacca

- Second Adulthood, coined Gail Sheehy in New Passages: Mapping Your Life Across Time (1995)
- A time of crisis and opportunity where those in mid-life are challenged to do self-examination and planning in order to create meaning and purpose for the next stage of their lives.



"Most people want to find a new self and a new basis from which they can live. More and more people are saying, 'I am willing to take that chance and it's worth it.'"
~ Gail Sheehy

Suzanne Braun Levine



"If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security."

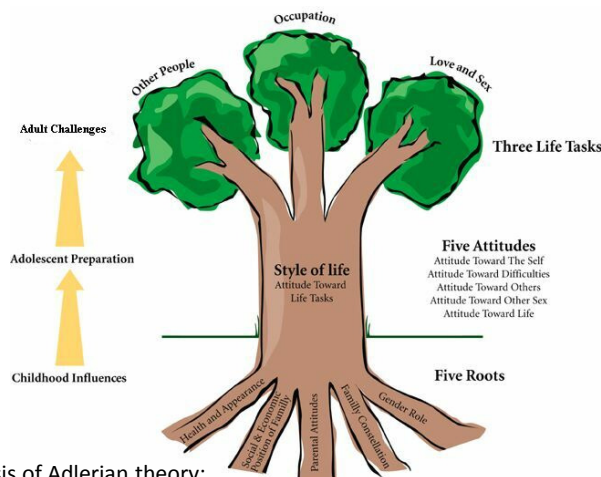
- Gail Sheehy



Erik Erikson Stages of Development

| Erikson's Stage Theory in its Final Version | | | |
|---|-----------------------------|------------------------|---|
| Age | Conflict | Resolution or "Virtue" | Culmination in old age |
| Infancy (0-1 year) | Basic trust vs. mistrust | Hope | Appreciation of interdependence and relatedness |
| Early childhood (1-3 years) | Autonomy vs. shame | Will | Acceptance of the cycle of life, from integration to disintegration |
| Play age (3-6 years) | Initiative vs. guilt | Purpose | Humor; empathy; resilience |
| School age (6-12 years) | Industry vs. Inferiority | Competence | Humility; acceptance of the course of one's life and unfulfilled hopes |
| Adolescence (12-19 years) | Identity vs. Confusion | Fidelity | Sense of complexity of life; merging of sensory, logical and aesthetic perception |
| Early adulthood (20-25 years) | Intimacy vs. Isolation | Love | Sense of the complexity of relationships; value of tenderness and loving freely |
| Adulthood (26-64 years) | Generativity vs. stagnation | Care | Caritas, caring for others, and agape, empathy and concern |
| Old age (65-death) | Integrity vs. Despair | Wisdom | Existential identity; a sense of integrity strong enough to withstand physical disintegration |

Alfred Adler & Life Style

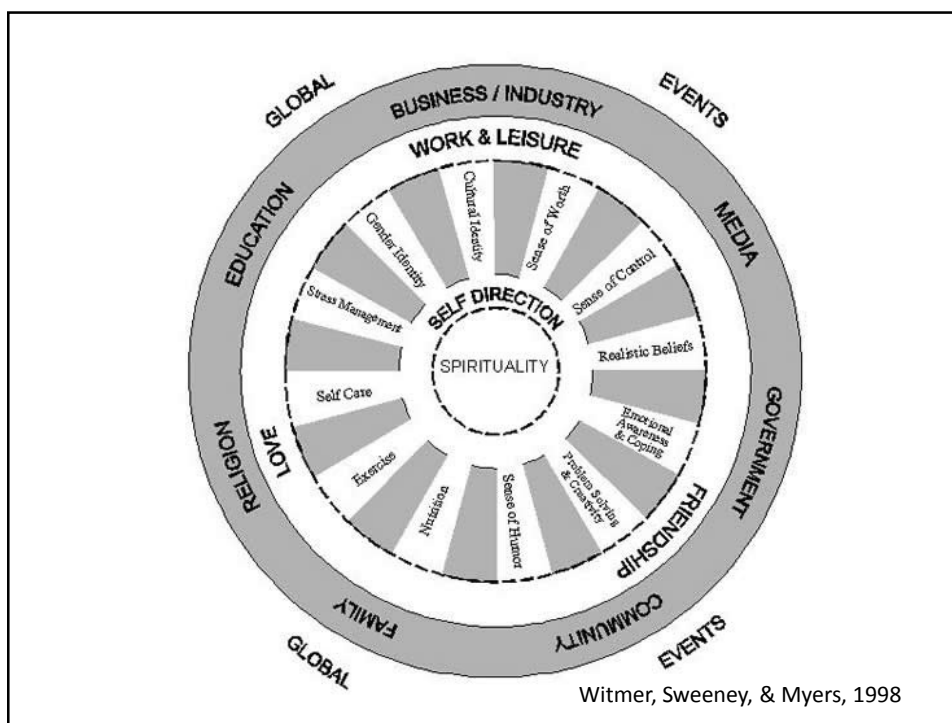


Brief synopsis of Adlerian theory:
<http://www.alfredadler.edu/about/theory>

5 Alderian Life Tasks

- **Spirituality** – “an awareness of a being or force that transcends the material aspects of life and gives a deep sense of wholeness or connectedness to the universe” (not necessarily religion)
- **Self-Direction** – “manner in which an individual regulates, disciplines, and directs the self in daily activities and in pursuit of long-range goals”
- **Work & Leisure** – “opportunity for pleasurable experiences that are intrinsically satisfying and provide a sense of accomplishment”
- **Friendship** – “incorporates all of one’s social relationships that involve a connection with others, either individually or in community, but do not have a marital, sexual, or familial commitment”
- **Love** – “Relationships that are formed on the basis of a sustained, longterm, mutual commitment and involve intimacy”

Myers, Sweeney, & Witmer, 2000



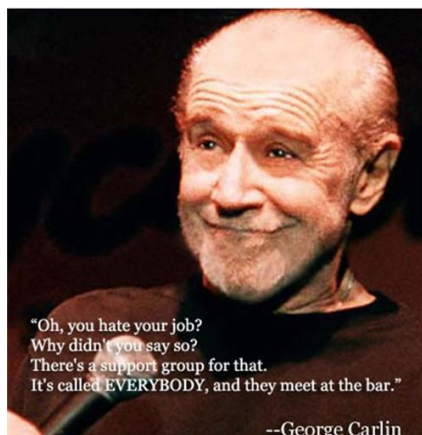
Social Interest

- Adler theorized social interest as “a feeling of community, an orientation to live cooperatively with others, and a lifestyle that values the common good above one’s own interests and desires” (Guzick, Dorman, Groff, Altermatt, & Forsyth, 2004; p. 362).
- It has also been conceptualized as an active interest in the welfare of humankind, and identification and empathy with others (Ansbacher & Ansbacher, 1956).
- Social interest is typically viewed as being predictive of individuals’ adjustment and psychological health (Ansbacher, 1968/1991; Manaster, Zeynep, & Knill, 2003).
- According to Adler, social interest protects individuals against feelings of inferiority and promotes better coping and a healthier attitude toward stressful situations (Crandall & Putman, 1980).
- Richardson and Manaster (2003) contend that “the ideal of social interest is intended to inspire a way of life that counters such disconnectedness and helplessness with a sense of wider belonging and purpose” (p. 124).
- Adler emphasized that inadequate development of social interest in children and adolescents leads to psychological difficulties in adulthood (Guzick et. al., 2004; Maltby, Macaskill, Day, & Garner, 1999; Nikelly, 2005; Sweitzer, 2005).

Source: <http://www.shsu.edu/piic/SocialInterestandDifferentiationofSelf.htm>

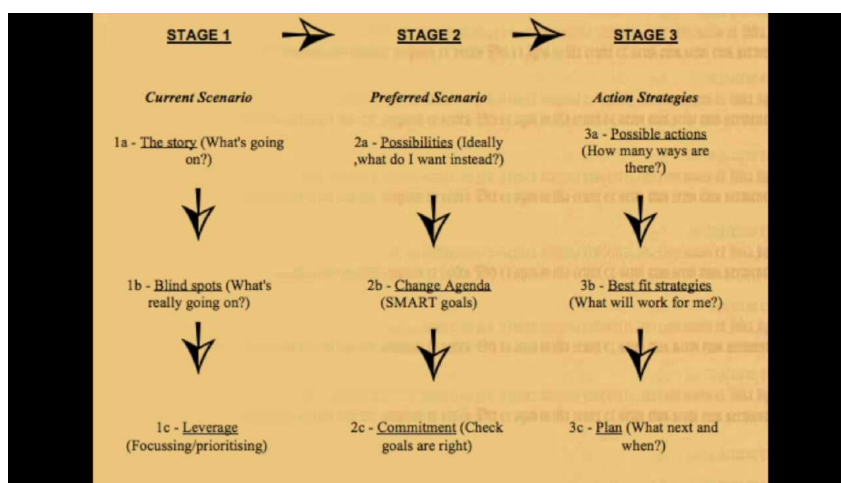
Issues in Second Adulthood

- Reclaiming their lives
- Revitalize their health
- Reflect on life
- Rethink work/career
- Re-invent oneself
- Renew relationships
- Redirect energy
- Rearrange life
- Redefine retirement

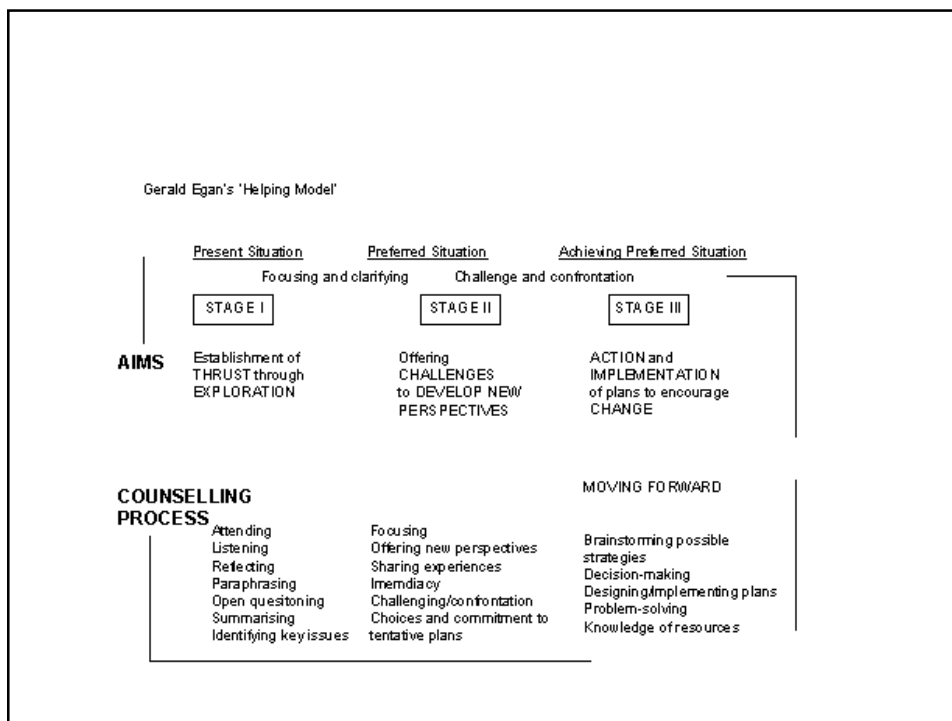


Source: http://lifeclaritycoach.com/LifeClarityCoaching/Second_Adulthood.html

Egan's Helping Model

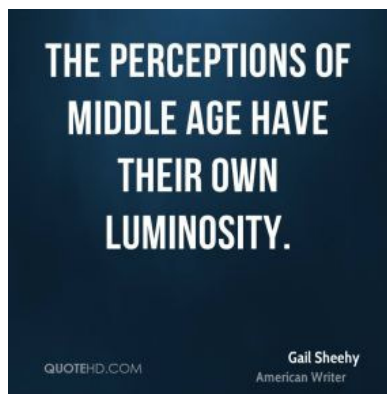


http://www.gp-training.net/training/communication_skills/mentoring/egan.htm



Stage 1 – First Session

- Mid-life crisis
 - Adjustment disorder
 - Job dissatisfaction
 - Aging Parents
 - Bereavement
 - Children grown
 - Partner problem
 - Anxiety
 - Depression
- V-code
- More often women than men



- Begin building relationship & working alliance
- Get the story
- Get the real story
- Get history
- Assessment instruments (if needed)
- Co-occurring conditions?
- Identify strengths
- What does client want?
- Offer hope

If we don't
change, we
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we aren't
really living.

Gail Sheehy

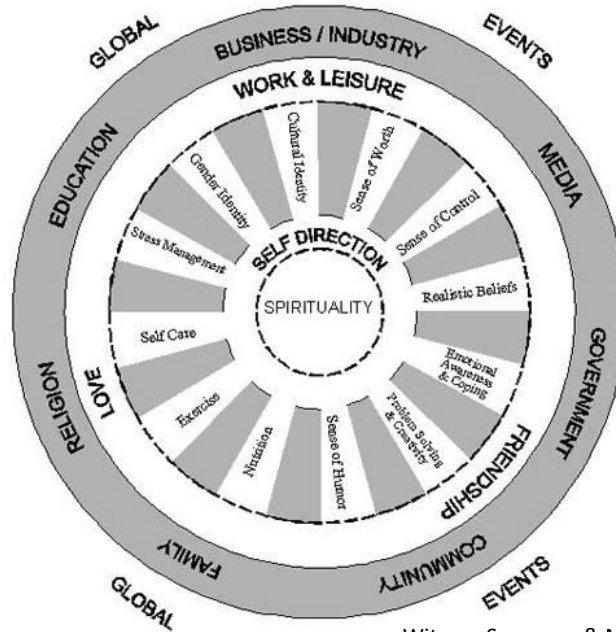
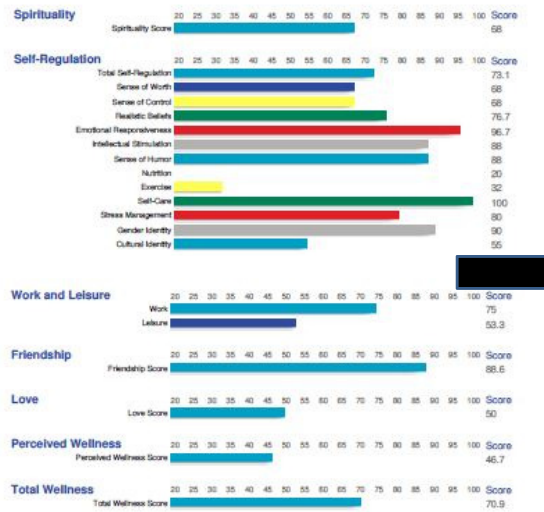
QuotePixel.com

Assessment

- Clinical Interview & History
- Assessment for DSM-V disorder
 - Instrumentation (BDI, BAI, Burns, Hamilton, SCL-90 (Symptom Checklist-90))
- Non-pathology Personality Assessment
 - MBTI
 - Jungian Typology Inventory (free online)
 - True Colors, Real Colors
- Wellness Assessment
 - Relationship Assessment
 - Locke-Wallace Relationship Adjustment
 - Weiss-Cerretto Relationship Status Inventory
 - Wellness Evaluation of Lifestyle (Myers, Sweeney, & Witmer) ***
[<http://www.mindgarden.com/products/wells.htm>]
 - Holistic Lifestyle Questionnaire [<http://www.testwell.org/twfree.htm>]
 - Personal Health Assessment
[<http://www.wellnessforum.com/docs/PersonalHealthAssessment.pdf>]

Wellness Evaluation of Lifestyle

Life Tasks



Witmer, Sweeney, & Myers, 1998

Next Session(s)

- More exploration as needed—let client tell their story
 - Autobiography
 - Time Lines
 - Early Recollections
- Assessment Results
- Therapy or Coaching

Counseling or Coaching

Coaching:

- Focuses on the present and future
- Is action-oriented – asking the questions, ‘What now and what’s next?’
- Focuses on developing potential and encourages actions and behaviors that foster self-confidence and personal success
- Operates with the working assumption that the client is the expert of his or her life
- Uses accountability as a tool for clients to achieve their goals

Therapy:

- Diagnoses and treats
- Focuses on the past and how it impacts the present through unresolved issues
- Seeks to provide solutions or relief from emotional or psychological pain
- Focuses on healing and understanding
- Is insight oriented - imparting advice or a diagnosis through a diagnostic interview or history

<http://northwaygroup.com/coaching/>

Motivational Interviewing

Stages of Readiness for Change

- Precontemplation—The patient does not believe a problem exists. ("I won't get pregnant!")
- Contemplation—The patient recognizes a problem exists and is considering treatment or behavior change. ("Maybe I could get pregnant and there are things I could do to prevent this.")
- Action—The patient begins treatment or behavior change. ("I'll take that prescription for birth control pills.")
- Maintenance—The patient incorporates new behavior into daily life. ("I'm taking the pill every day.")
- Relapse—The patient returns to the undesired behavior. ("The pill makes me sick, I think I'll stop.")

Stage 2 – Goal Setting

- New Narrative
 - Narrative Therapy competence useful
- Create a Personal Mission Statement
 - [http://www.quintcareers.com/creating_personal_mission_statements.html]
 - "My goal as a counselor is to help clients become more accepting, loving, and aware of themselves and others, so that they can live more fulfilled, fruitful, and stress-free lives"

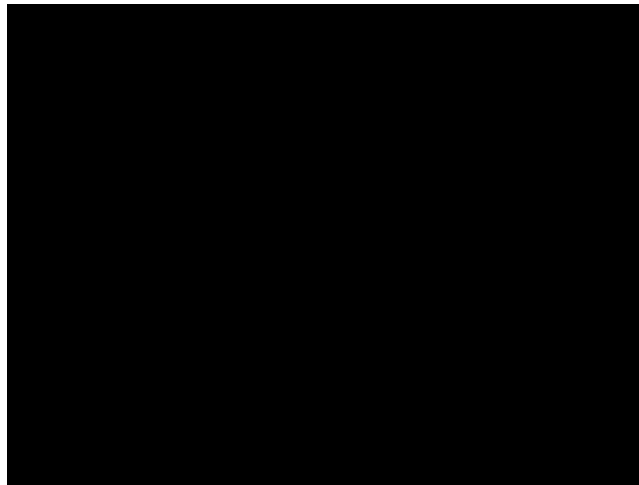
SMART Goals

| | |
|----------|---|
| S | Your goals should be SPECIFIC . Include dates, resources, and dollar amounts you'll need to accomplish them. |
| M | They should be MEASURABLE by the date, dollar, or other appropriate unit. They should also be MUTUAL . (A legal or financial goal that you share with a spouse, partner, or family members will be easier to achieve.) And, it's best to define strategies for staying MOTIVATED towards your goals. |
| A | Your goals should be ATTAINABLE for your situation. You might even be able to complete part of your goal right now. |
| R | If your goals are REALISTIC and RELEVANT to your life, they'll be easier to achieve. Identify the RESOURCES you'll need to reach them, and REVIEW and REVISE them when necessary. |
| T | You'll need a specific TIMELINE to accomplish your goals. Since there's never enough time to complete all of your goals immediately, you'll need to prioritize them. |

Stage 3 – Action

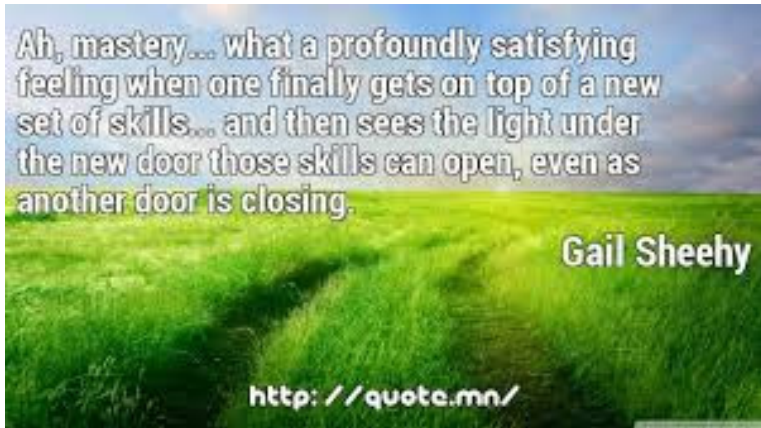
- Goals → Objections → Action Plan
- Implementation
- Evaluation
- **"Encouragement can increase the tolerance for failures and prevent the outbreak of neurosis, ameliorate it, or defer it." ~ Alfred Adler**
- Dealing with setbacks and discouragement
 - Bibliotherapy
 - Encouragement
 - Little gains over time = large gains

Saying No



Creating a Second Life

- Negative family & friend reactions
 - Saying “no” to some things and “yes” to others may upset people in the client’s life
- Changes in marriage relationships
 - Two thirds of divorces for people over 50 are initiated by women
- Fear VS Empowerment
- RISK = Danger + Opportunity



Ah, mastery... what a profoundly satisfying feeling when one finally gets on top of a new set of skills... and then sees the light under the new door those skills can open, even as another door is closing.

Gail Sheehy

<http://quote.mn/>