

## Topic 2

### The transcript of the lecture given by Ms.Katz

Taken from:

Espeseth, Miriam. Academic Encounters Listening, Note Taking and Discussion. Cambridge: CUP, 1999

**Lecturer:** I'm going to talk about a couple of common problems of adolescents – teenagers – whom I see in mental health treatment – namely, drug and alcohol abuse, and problems at school – including acting out, poor academic performance, and truancy. Now, I'm going to talk about some of the reasons for each of these problems, and then about what we might do in treatment with these kids to see what started the problems and how we can solve them.

So, first of all, one of the problems that we see fairly frequently is teenagers who are addicted to alcohol, or some other kind of drugs. Now, why do adolescents fall into drug and alcohol abuse? Uh, in my practice, most teenagers with *severe* alcohol and drug addictions, not just recreational use, but *severe* long-term addictions, are children who have either been physically or sexually abused, or both. And these children have such intensely negative feelings about their abuse or about *themselves*

*because* of the abuse, that the only real way they feel they can escape from or *blunt* their feelings is with drugs or alcohol.

Um, the course of treatment for these children is long and difficult, and, uh, a hospital stay is usually necessary for them to detoxify, and during that time and also *afterwards*, an intensive series of classes or, or group work is needed to help the adolescent develop the coping skills to resist the urge to go back to drugs or alcohol. These groups usually consist of people who are also in treatment or recovery programs, as well as other adolescents who have *recovered* from substance abuse, and have been able to maintain a period of sobriety for at least a year.

Once a teenager has gotten past the thirty days or sixty days of detoxification that they need, depending on the degree of addiction, that they need in order to face therapy with a clear mind and body, ah, the teenager is now more ready to talk about their feelings and about their abuse. Uh, if it was sexual abuse, they might feel guilty that they got a lot of special attention from their abuser. They might feel very *angry* and want revenge if it was physical abuse.

Now it's *very* important in the early stages of treatment that the therapist give them permission to feel *any* feelings that they have, whether they're socially acceptable or not. A person in treatment of this kind is very unsure of himself, and so a great deal of the therapist's support consists of nonjudgmental acceptance, helping the adolescent to give names to their feelings and permitting them a long period of time to experience them. Uh, this is *critical* because drugs and alcohol basically *blunt* the mind from being able to experience anything directly. We usually find that if a teenager is able to go through several months of this nonjudgmental supportive acceptance and therapy and remain *sober*, their chances for staying away from drug or alcohol abuse in the future are fairly good.

## Answer key to exercises

### Part 1/Text 1

#### Matching words and meanings

1d; 2f; 3b; 4h; 5c; 6j; 7i; 8a; 9g; 10e

#### True/false/doesn't say

1T; 2T; 3T; 4F; 5F; 6DS; 7DS

#### Scan ... and answer the questions

1 A restricted environment can delay the motor development of the child.

2 In terms of anticipated rewards and punishment.

3 In terms of one's ethical principles.

4 It is the tendency to view certain activities as appropriate for one sex.

5 With adults who are warm, nurturing, and powerful, and whom they view as similar to themselves in some way.

#### Stages

A baby; a toddler; a child; a teenager; an adult; in your twenties ( 24 – 26 = mid twenties); in your thirties 38 = late thirties); middle – aged, in middle age; retirement (people stop work, they are retired); old age (elderly)

### Part 2

#### A Fill each gap .....

dramatic, observe, important, challenging, opinions, own, to, they, still, of

#### B Jumbled paragraphs

The correct order of paragraphs: C, A, D, B

The best single-sentence summary: 1.

#### Paragraph organization

1a Sentences one and two

1b sentences three and four

1c Sentences five, six, and seven

2a Or

2b Additionally

3a When adolescence is viewed in biological terms

3b When adolescence is viewed from a psychological perspective

3c Looking at adolescence as a social stage

### Part 3

#### A Match the terms ...

1g; 2m; 3f; 4e; 5a; 6j; 7b; 8n; 9c; 10k; 11d; 12l; 13i; 14h

#### B Answer the questions

1 alcohol and drug abuse b) poor school performance

2 Most teenagers with severe alcohol and drug addictions are children who have either been physically or sexually abused, or both.

#### C Complete the notes

Drug, alcohol, out, academic, truancy, addictions, abused, themselves, escape, necessary, coping, feelings, permission, socially, unsure, consists

## Vocabulary Practice – Key

### Ages and Stages

1 1 born; 2 grew/was brought; 3 met/saw; 4 went out; 5 split up/broke up; 6 went; 7 met; 8 fell; 9 got; 10 had; 11 born; 12 expecting

2 1 toddler; 2 child; 3 a teenager/an adolescent; 4 adult; 5 early twenties; 6 mid thirties; 7 late forties

3 1 childhood; 2 adolescence/your teens; 3 rows; 4 middle age; 5 retirement; 6 old age; 7 marriage; 8 pregnant

### Stages of Life

1 1 birth; 2 childhood; 3 puberty; 4 adolescence; 5 marriage; 6 middle age; 7 retirement; 8 old age

2 a teens, childhood, twenties; b child; teenager, student, kid; c growing up, at university, young, single, at school

1 spent; 2 brought up; 3 grew up; 4 had

**3** 1c; 2d; 3b; 4e; 5a

**4** 1e; 2d; 3b; 4c; 5f; 6a

7 leave school; 8 get divorced; 9 change school; 10 losing his wife; 11 leave home; 12 moving house