

## Teenage Resistance?

Almost against your will you have agreed to see the teenage daughter of one of your friends. Her name is Annabelle and although you have known her for most of her 17 years, you have not seen much of her lately and all your information has come from her Mum, your friend Jean.

Jean's synopsis of Annabelle is that she is going through a difficult time, she was upset when her Grannie (Jean's Mum) died last year. People at school have not been very supportive. She didn't do as well in her GCSEs as she had hoped and so is a bit discouraged and that makes it difficult to motivate and try hard at College. She has fallen in with a new group of friends there and is often with them, staying over at the weekend. Jean has asked you to see Annabelle to help her with remedies so that she can focus on her studies.

Even though you have stressed that you can only choose remedies with Annabelle's help and that unless she is engaged and wants to do so, she will possibly not even take them, you find yourself one Saturday morning welcoming Annabelle into your consultation room.

The girl who comes in is very different from the Annabelle that you knew. Her hair is dyed black, she has very thick eye make up on, a stud in her nose, slogans on her T shirt, big boots and her whole demeanour is defiant.

You go over the formalities, emphasising that you will not share what you discuss there with her mother.

With a direct look that is clearly intended to be challenging, Annabelle says –

"I don't care what you and Mum discuss. I'm only here because she said she would withdraw my allowance if I didn't come. I don't know why I'm here, what is supposed to be wrong and how are you supposed to help me with your remedies when I'm fine anyway."

Suddenly a glimpse of the "old" Annabelle shines through as she seems to realise she is coming across as quite rude.

"Sorry Auntie – nothing personal"

There is a pause as you both reflect on your options.

"Look just give me a bottle of something, I will pretend to take it, Mum will be happy, you don't need to waste your time and we can end this farce" says Annabelle suddenly.

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- What is your response to Annabelle's suggestion?
  - How helpful would it be to mix a bottle of remedies based on Jean's description of Annabelle?
  - What issues does this bring up for you as a practitioner?...as a friend?
  - How would you resolve this problem?
  - Any other thoughts, observations or concerns?