

# REFLECT!

## Role Model Profile Reflection: *Marlene - Family Therapist* !

At the end of each module, youth will reflect on their work, and learn about real adults whose careers tie to the activities youth just completed. In Module 4, youth learned about ways they can get better at different tasks with repetition and hard work. To find out more about how therapist uses these concepts to help her clients overcome mental health challenges, youth will watch Marlene: Therapist.



### You'll Need

- 1) Paper/Whiteboard
- 2) Writing Utensils
- 3) Role Model Video: Marlene - Family Therapist
- 4) 30 minutes to complete activity

### Video Overview *Marlene -Therapist*



Language: Spanish, with English subtitles

Overview: Marlene, a marriage and family therapist, works with families to overcome mental health challenges. As a mental health professional who frequently works with Latin-X families, she addresses prevalent misconceptions about mental health.

- 1. Overview.** Before watching the video, have a short all-group discussion to set the stage for learning, and to help activate youth's prior knowledge:
  - Give a brief overview of what they can expect in the video, and tell them what their goal is in watching it.
  - Ask: "This video is about a therapist; what do you think that career is like? Why is knowledge of the brain important in this career?"
- 2. Watch.** Watch the video with youth (4.5 minutes) <https://youtu.be/Jb6tZGHxV2o>.

**3. Small Group Discussion.** Have youth pair up and discuss the video.

- What did they like?
- What surprised them?
- What questions do they still have?
- Have youth share their discussions with the whole group. Pick out important words from their answers and write them on a large piece of paper or whiteboard.

**4. Large Group Discussion.** Continue the discussion with some or all of the following questions:

- Marlene talks about how going to therapy is looked down on in her community. Do you see that where you live? What do people say about therapy or about mental health?
- Marlene also talks about how going to therapy as a child helped her cope with her parents' divorce. She says that talking about things helps her understand them. How does talking about problems you have with friends or adults help you understand them?
- Marlene also says that the brain is always changing. Does this mean you are born with all the smarts you have? Or does your brain change over time? How might practice and hard work help you be better at a new activity? What was an activity you used to find hard (riding a bicycle, learning to read, etc)? How did practicing help you learn it more? How might