



Minority Fellowship Program

The National Board for Certified Counselors

Innovations in Counseling: Working with Minority Populations- Part 7 Session 4: The Psychology of Millennials

Webinar Follow-up Question and Answer Session with Camille Humes

Question from Stacey Appiah-Opoku

When it comes to anxiety and depression, what coping strategies have you found to be most helpful for millennials? Additionally, are there any resources/materials you often provide to millennial clients?

Answer from Presenter

I have found mindful exercises very helpful with assisting them in remaining in the present, reality therapy has proved helpful as well specifically when the worldview is clouded with the perception of success from their peers. For example, 3step mindful exercise were the client steps out of auto pilot and focuses on what they are doing at that particular time, incorporate breathing and ending with the expansion of awareness of their environment. Most the resources are provided during the session as I have found it works better to ensure the completion of the assignment. I have utilized narrative therapy and various CBT worksheets during sessions, they seem to work and move the process forward.

Question from RoShon Jones

What are the timelines for the other generations? i.e. Gen X; Boomer; Mature? In terms of years?

Answer from Presenter

Generation Z: born 2000

Generation Y Millennials: 1981 and 2000

Generation X: born 1965 to 1976

Baby Boomers: born 1946 to 1964

Question from RoShon Jones

What research was done to determine that oral sex is not considered sex?

Answer from Presenter

Various books including Third Base Ain't What It Used to Be: What Your Kids Are Learning About Sex Today- and How to Teach Them to Become Sexually Healthy Adults and Generation Me



Question from Ann Martin

I'm confused by the statement that "the value of the degree has increased". Do you maybe mean to say the cost of the degree has increased? the value of the degree has decreased? of the need for a degree has increased?

Answer from Presenter

My statement should have read the "value of the degree has decreased" and the "cost of the degree has increased"

Question from Tena Nardin

With some of these therapy services (BetterHelp) don't you have to be careful about practicing over state lines?

Answer from Presenter

<https://www.betterhelp.com/faq/>

How are the counselors verified?

Our team ensures that every provider we bring to the platform is fully licensed and in good standing. Providers who apply are required to provide proper licensure documentation, proof of identity, and references from other licensed practitioners who have worked with them. We then cross-check their licensure information with their respective state licensing board.

In addition to checking credentials, each potential provider needs to complete a case study exam by a licensed clinician and a be evaluated in a video interview. The result of this rigorous 4-5 week process is that only about 15% of the therapists who apply to work through BetterHelp are accepted to the platform.

We also show the full licensing information for each provider to make it easy for you to do your own due diligence on your counselor.

Question from Tena Nardin

How do you work with "those male gamers?" They are just so stuck spending all of their spare time gaming. It is so tough motivating them to seek out other activities.

Answer from Presenter

We do a lot of reality based cognitive work; we revisit their goals often pointing out behaviors that are not in line with meeting their identified goals. Often times they are not confident in their social skills we do a lot of role play and I do give the homework, often times it is not completed until several sessions later however I am very focused on completing one task at time to assist them with reaching success.



Question from Andrea Westkamp

Do you think that Millennials respond well to art therapy?

Answer from Presenter

I currently don't use this form of therapy in my sessions, I am unable to say whether they would respond to it.

Question from Magnolia Kortland

How do they respond when cutting down on social media is suggested to reduce some of their anxiety?

Answer from Presenter

Initially I may be able to see the topic is causing them to feel anxious however we take the process very slowly as at times it appears to be an addiction. Over time their behaviors begin to decrease as their in-person interaction increases and their social network increase off line.

Enjoy our webinars? Please [support](#) our efforts. Donate [here](#).
