



# The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment

By Krissy Pozatek

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## **The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment** By Krissy Pozatek

For many parents of troubled teenagers, a therapeutic program that takes the child from the home for a period of time offers some respite from the daily tumult of acting out, lies, and tension that has left the family under siege. However, just as the teenager is embarking on a journey of self-discovery, skill-development, and emotional maturation, so parents too need to use this time to recognize that their own patterns may have contributed to their family's downward spiral. This is *The Parallel Process*.

Using case studies garnered from her many years as an adolescent and family therapist, Krissy Pozatek shows parents of pre-teens, adolescents, and young adults how they can help their children by attuning to emotions, setting limits, not rushing to their rescue, and allowing them to take responsibility for their actions, while recognizing their own patterns of emotional withdrawal, workaholism, and of surrendering their lives and personalities to parenting.

*The Parallel Process* is an essential primer for all parents, whether of troubled teens or not, who are seeking to help the family stay and grow together as they negotiate the potentially difficult teenage years.

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#### **About the Author**

**Krissy Pozatek, LICSW**, has over ten years experience in wilderness therapy and adolescent treatment. She was educated at Middlebury College, Smith College School for Social Work, and NM Highlands University, and is a licensed clinical social worker. In her therapy practice Krissy works with parents so that they grow alongside their child in treatment. She lives in Vermont with her husband and two daughters.

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