

PRACTICAL RESOURCE

Therapeutic Applications Packet

A SON'S RECKONING

A clinical companion for clinicians, healing practitioners,
and therapeutic groups



Dr. Carl L. Young, PhD

Research-informed companion resource

Intentional Framing

This packet invites therapists and healing practitioners to engage the memoir as a tool for emotional literacy, intergenerational repair, and trauma-informed dialogue. It centers ritual, symbolism, and narrative truth as pathways toward healing.

Clinical Themes for Exploration

- Adjustment & Identity Formation: Explore how Carl's story reflects developmental transitions, emotional dysregulation, and emerging self-concept.
- Intergenerational Trauma: Use the lineage tree metaphor to trace inherited patterns and relational ruptures.
- Silence & Emotional Safety: Examine the role of silence as both protective and harmful in family systems.

Session Tools & Prompts

- Letter to the Tenth Chair: Invite clients to write to the "missing" or unspoken presence in their own story.
- Values Mapping: Guide clients in identifying core values and how they've been shaped by adversity.
- Emotion-to-Action Bridge: Help clients translate emotional insight into concrete, values-aligned action steps.

Ritual-Based Interventions

- Candle Ceremony: Use candle lighting to honor grief, truth-telling, or ancestral presence.
- Affirmation Cards: Integrate printable cards with quotes from the memoir and client-generated affirmations.
- Symbolic Object Work: Invite clients to bring an object that represents reckoning, resilience, or lineage.

Treatment Planning Integration

- Diagnosis: Adjustment Disorder with Mixed Anxiety and Depressed Mood (F43.23)
- Goals: Emotional regulation, self-efficacy, self-advocacy, values alignment

Objectives

- Identify external stressors and emotional responses
- Develop coping strategies and emotional clarity
- Reframe maladaptive beliefs
- Practice self-advocacy in relational and academic contexts