



THE L.A.T.E.R. FRAMEWORK

This strategy is suggested in the 16-18 BrainWaves lesson:

Having a conversation about mental health.

About the L.A.T.E.R. framework

L.A.T.E.R. is the acronym for Listening, Acknowledgment, Talk, Encouragement and Review. It was developed in response to awareness that young people may be very distressed, even suicidal, but rarely find it helpful to talk to adults.

Listening involves giving the person talking your full attention, asking them open questions, encouraging them to continue and asking for clarification. Acknowledgment is validating what someone is feeling and that the issue of concern is real and serious for them. Talk means asking someone what actions they have thought of and perhaps developing a range of options to consider. The listener then Encourages the talker to take a safe option. Review means setting a time to see how things have gone. The more serious the concern the sooner a review would be needed.

The scientific evidence behind the L.A.T.E.R. framework

The L.A.T.E.R framework was developed by Australian psychologist Michael Tunnecliffe and further developed by Dr Sue Roffey. There is no published research on this framework although all elements are evidence-based.

The initial person-centred counselling was the work of Dr Carl Rogers:

- Rogers, C. (1957). The necessary and sufficient conditions of therapeutic personality change. *Journal of Consulting Psychology*, Vol. 21(2), pp.95-103.

More recent references include:

- Egan, G. (1998). *The skilled helper: A problem management approach to helping*: 6th edition. California: Brooks Cole.
- Hill, C.E. (2009) *Helping skills: Facilitating, exploration, insight, and action*: 3rd edition. American Psychological Association.

These are cited in the British Association for Counselling and Psychotherapy:

<https://www.bacp.co.uk/media/8889/bacp-counselling-skills-framework-user-guide-may20.pdf>



Further reading

This YoungMinds article provides helpful advice on how to respond when a friend opens up to you:

<https://www.youngminds.org.uk/young-person/supporting-a-friend-with-their-mental-health>