Healing The Clients of Tomorrow….Today….Resiliency?

Every problem in the world is a relational problem. People harm us and people heal us. Who are your healers? Let’s all strive to be a healer.
HPA and Understanding Fight – Flight – Freeze

Our amygdala and hippocampus (HPA System) tell us what we like and don’t like (50 μs) and our frontal lobe tells us why and what to do about it. Our HPA (emotion center) is ten times faster than our frontal lobe (reasoning center). Our HPA creates feelings based on the present and past sensory experiences (feelings) and these feelings create lifelong beliefs.
Society puts a tremendous amount of stress and pressure on a child’s frontal lobe. Sit still, pay attention, stop crying, do your homework, turn off the tv, clean your room, eat your food, don’t talk to me like that, say thank you…. Puts kids in a desk at an early age / homework, sit for hours.
The journey to emotional intelligence can be delayed....

Trauma (ACES)
Genetics
Organic Problems
Cog Distortions

acestoohigh.com
(Mis) Judging by Behavior

Beneath every behavior there is a feeling. And beneath each feeling is a need. And when we meet that need rather than focus on the behavior, we begin to deal with the cause, not the symptom.

Ashleigh Warner

"Behavior is at the end of the story. Unsolved problems (& lagging skills) are at the beginning of the story. Work on the beginning to change the end."

- Dr. Ross Greene

WWW.LIVESINTHEBALANCE.ORG
What if we reframed the behavior?

Children get a bad reputation. They come out of the womb so profoundly inexperienced and are often given terrible labels when they stumble. Children are foolish, not bad. “Seeking attention, rude, disobedient, disrespectful, defiant…. Oppositional Defiant Disorder, Disruptive Mood Disorder

HALT – Hungry, Angry, Lonely, Tired
The things that are hard for our children are often the same things that are hard for us as parents...

- too busy
- feeling tired
- struggling with something new
- hungry & thirsty
- change of routine
- feeling scared
- not feeling well
- boredom
- lack of independence or autonomy
- not getting what we want
- feeling ignored
- overstimulated (noise, activity, etc.)
Signs of duress – notice that they behaviors.
Controlling your child's behavior is not indicative of good parenting.

Regulating your own behavior - despite your child's - is.

a piece within me
4 Part Harmony

All behavior is communication / Don’t start with “WHY?”... start with "WHAT?" and Check Yourself first

1. **What** were you feeling when.... (offensive behavior)? Investigate / Don’t Interrogate

2. **What** happened to make you (feeling)....?  All behaviors starts with a feeling.

3. Empathize with the child’s feelings. You don’t have to have the same experience and you don’t have to agree to show empathy. (You don’t even have to care).

4. **What** can you do next time someone..... (There will be a next time)?

Let the child solve the problem and throw a validation celebration for each solution.

1. 2. 3. 4.
Collaborative Problem Solving

Three General Parenting Styles:
A – dult
B – oth
C – hild

CPS is only used when there is a problem.

1. Repeat – listening
2. Ask for more information - interested
3. Empathize – care
4. Introduce your problem – Value them
5. Invitation to solve together – Teaches EI / EMPATHY

- https://www.youtube.com/watch?v=ZadfpRwNRwQ
- https://www.youtube.com/results?search_query=ross+greene+collaborative+problem+solving
Other Tools:

- Restorative Reflection
- Traffic Light / EC Rules
- Caught doing well
- How To Be Emotionally Responsive
- Be Curious Chase The Why
- 13 Powerful Phrases
- Communicate Comfort / Threat

These are all relational tools that take time and intention – harm takes moments, healing often takes years.

COMPY OR RELY?

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if speaking kindly to plants helps them grow imagine what speaking kindly to humans can do
<table>
<thead>
<tr>
<th>WHAT AN ANGRY CHILD NEEDS TO HEAR:</th>
</tr>
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<tbody>
<tr>
<td>&quot;I CAN SEE THIS IS HARD FOR YOU.&quot;</td>
</tr>
<tr>
<td>Tells the child they have your attention</td>
</tr>
<tr>
<td>Acknowledges the child expressing their feelings</td>
</tr>
<tr>
<td>&quot;I CARE ABOUT HOW YOU FEEL.&quot;</td>
</tr>
<tr>
<td>Tells the child that you are present</td>
</tr>
<tr>
<td>Acknowledges the child's feelings</td>
</tr>
<tr>
<td>Demonstrates compassion</td>
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<tr>
<td>Opportunity for deeper connection</td>
</tr>
<tr>
<td>&quot;IT IS OK TO FEEL ANGRY.&quot;</td>
</tr>
<tr>
<td>Tells the child that all feelings are ok</td>
</tr>
<tr>
<td>Acknowledges the child's feelings</td>
</tr>
<tr>
<td>Gives the child acceptance of feeling angry</td>
</tr>
<tr>
<td>&quot;EVEN WHEN YOU FEEL YOUR WORST, I LOVE YOU.&quot;</td>
</tr>
<tr>
<td>Tells the child that you will love them, no matter how they feel or behave</td>
</tr>
<tr>
<td>Creates a safe environment</td>
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<tr>
<td>Deepens connection and builds trust</td>
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<tr>
<td>Demonstrates unconditional love</td>
</tr>
<tr>
<td>&quot;I AM HERE FOR YOU.&quot;</td>
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<tr>
<td>&quot;I WILL STAY WITH YOU.&quot;</td>
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<td>Demonstrates resilience and patience</td>
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</tbody>
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@BigLifeJournal
It’s not your job to stop a child from having a tantrum. It’s your job not to have one.

imperfectfamilies.com
The Gottman Institute
Where did we get the idea that to make a child do better, we first have to make them feel worse?