Engaging the Disturbed Child...

Core concepts and practices for enhancing the transformational power of nurturing.

What the HE** does disturbed mean?

* compromise in the ability of a child and caregiver to tolerate or contain the emotional experiences of normative life. “Diana Fosha”

Secure attachment cycle

Sooth

attunement

co-regulation of affect
co-creation of meaning

Fear

Security

Trust

Exploration

 Activate
Neurological // Habitual

- RAD, PTSD
  - neuro based
- FAS, Sensory
- ODD def.
  - Anxiety based

The Therapeutic Direction

- Secure Attachment
- Co-creation of meaning
- Exploration
- Curiosity
- Empathy
- Vitality Affects
- Motivation
- Intention

How we set the scene (behavior management)

- Out source authority... school rules etc
- Decide the rules with the student
- Use of charts
- Non-verbal reward... tell them if they ask
- All growth is incremental... reward increments
P.A.C.E. (s)
The Therapeutic Stance

* PLAYFUL
* ACCEPTING
* CURIOUS
* EMPATHETIC
* (snacks)

SLOW the SPINNING!

Parents should

A) Reduce expressions of frustration (nagging, scolding, arguing, critiquing).

B) Increase expressions of nurturing (acceptance, empathy, curiosity).

EMPATHY

Empathy Statement: reflecting the emotional state of a child. This reduces negative emotions and promotes understanding.

Examples:

- You seem...
- You sound...
- You look...
- I wonder if you are...

MAD  SAP
- HAPPY, NERVOUS
- FRUSTRATED
- WORRIED

Helpful hints:

Do: Convey warmth
Do: Keep it short
Do: Let the child do the thinking
Don't: critique or advise
P.O.M. (Parenting Outside the Moment)

Address issues during calmer moments, when children & adults are more receptive... in the cool cucumber zone.

Example:

* Parent: Honey, remember yesterday when you called me a loser and threw Lego's at your brother?

* Child: Yeah, that was funny, but not really funny. Sorry mom.

* Parent: Yeah, not real funny. Let's talk about consequences...