

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



Anxious attachment

miss-attunement

dysregulation of affect
distorted meanings

Anxious defensive mechanisms
attachment seeking

Exploring

The family "Emotional and Resistance" 2

The oppositional cascade



- * Ask why
- * Denigrate request
- * Denigrate YOU
- * Threaten
- * Fight / Flight / Freeze



Neurological // Habitual



- * RAD, PTSD
- * neuro based
- * FAS, Sensory

- * ODD def.
- * Anxiety based

The Therapeutic Direction



Fear based

Secure Attachment
Co-creation of meaning
Exploration



Curiosity
Empathy
Vitality Affects
Motivation
Intention

How we set the rules (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



- Reduce expressions of frustration (nagging, scolding, arguing, critiquing).
- Increase expressions of nurturing (acceptance, empathy, curiosity).



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EMPATHY

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

Examples

You seem...	MAD	SAD
You sound....	HAPPY,	NERVOUS
You look...	FRUSTRATED	
I wonder if you are....	WORRIED	



Helpful hints

Do: Convey warmth
Do: Keep it short
Do: Let the child do the thinking
Don't: critique or advise



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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 ...



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