



The Circle of Courage In Action

Larry K. Brendtro, PhD



RECLAIMING
Youth at Risk

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The Circle of Courage in Action



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Thriving

Children Youth Families



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Searching for Evidence





Information Overload Disorder

We are drowning in information while starving for wisdom.

E. O. WILSON
Harvard University

The Solution is CONSILIENCE

By tapping diverse
disciplines, we can
discover powerful
simple truths.

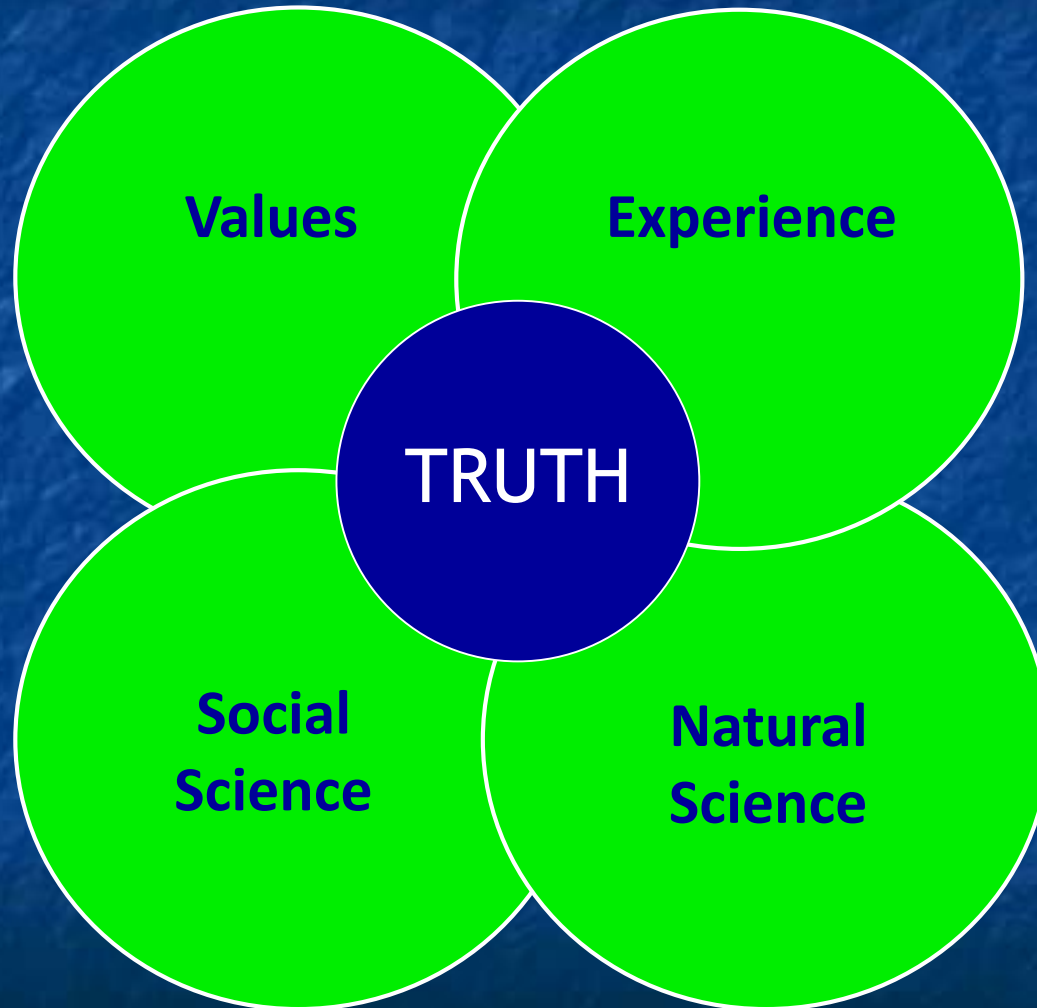
WILLIAM WHEWELL

1847



Consilience

The Highest Standard for Evidence





Values

Dignity
and
Respect

A color photograph of a man with dark hair and a slight smile, wearing a dark jacket, sitting in the center of a large group of children. He has his arms around two boys in the foreground: one on the left wearing a grey jacket and a dark beanie, and one on the right wearing a brown jacket and a dark beanie. The boy on the right is smiling. The background is filled with many other children, some wearing hats, looking towards the camera. The scene appears to be outdoors in front of a stone building.

Experience

Practical
Wisdom

A photograph of two young children walking away from the camera on a gravel path. The child on the left is wearing a red and white t-shirt with a cartoon character and a dark skirt. The child on the right is wearing a light-colored t-shirt and shorts. They are walking towards a bright, open area, possibly a field or a clearing, with shadows of trees and foliage cast on the path. A large green circle is overlaid on the top left, and white text is overlaid on the top right.

**Social
Science**

Person in
Environment

A group of five diverse children are running on a grassy hill, holding hands in a line. From left to right: a boy in a red hoodie and blue jeans, a boy in a yellow shirt and dark pants, a girl in a dark blue sweater and jeans, a boy in a blue jacket and tan pants, and a girl in a dark green jacket and light blue jeans. They are all smiling and looking forward. The background is a clear blue sky and a grassy hill.

Natural Science

Brain and
Biosystem

Universal Needs



Revised Edition

RECLAIMING YOUTH AT RISK

Our Hope for the Future

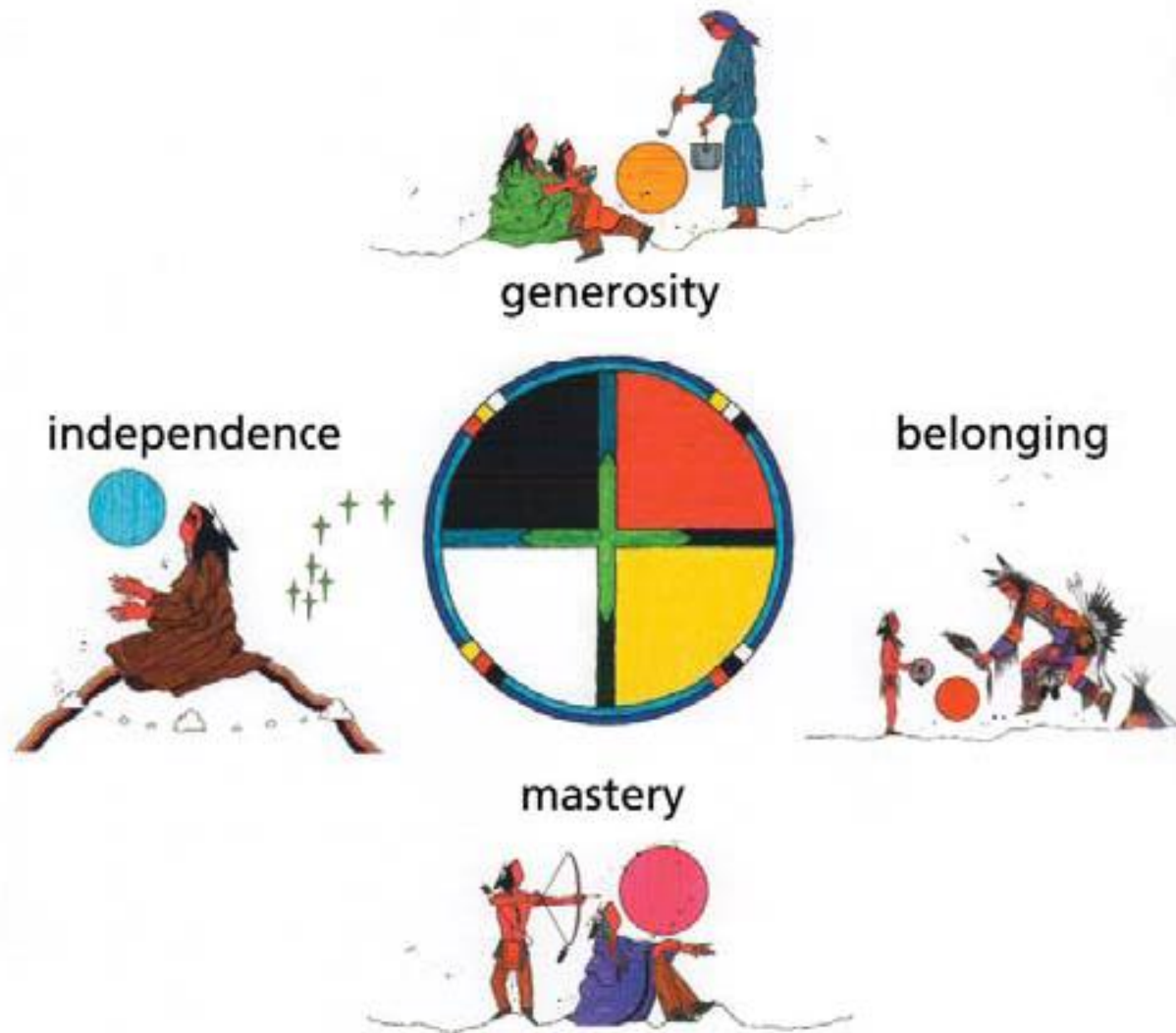


Larry K. Brendtro | Martin Brokenleg | Steve Van Bockern

Foreword by Archbishop Desmond Tutu



Circle of Courage



Consilience: Meeting Universal Developmental Needs

William Jackson

Four Biosocial Growth Needs	Attachment	Achievement	Autonomy	Altruism
Hierarchy of Human Needs (Maslow, 1943)	Belongingness	Esteem	Self-Actualization	Self-Transcendence
Foundations of Self Worth (Coopersmith, 1967)	Significance	Competence	Power	Virtue
Circle of Courage Cultural Values (Augustana, 1990)	Belonging	Mastery	Independence	Generosity
Boys Town Teaching Family (Peter, 2000)	Relationships	Skills	Empowerment	Spirituality
Resilience Research (Benard, 2004)	Social Competence	Problem Solving	Autonomy	Purpose
Brain Systems for Resilience (Masten, 2014)	Attachment	Mastery Motivation	Self-Efficacy	Spirituality & Purpose

Humans also have two primitive survival brain drives.

APPROACH
seek pleasure



AVOIDANCE
prevent pain

Universal Developmental Needs



Brain-Based DRIVES Developmental NEEDS

Social Brain

Attachment

Achievement

Autonomy

Altruism



Belonging

Mastery

Power

Generosity

Survival Brain

Avoidance

Approach



Safety

Adventure

Focus on Needs

Abraham Maslow



Prevention:
Children thrive
when essential
developmental
needs are met.

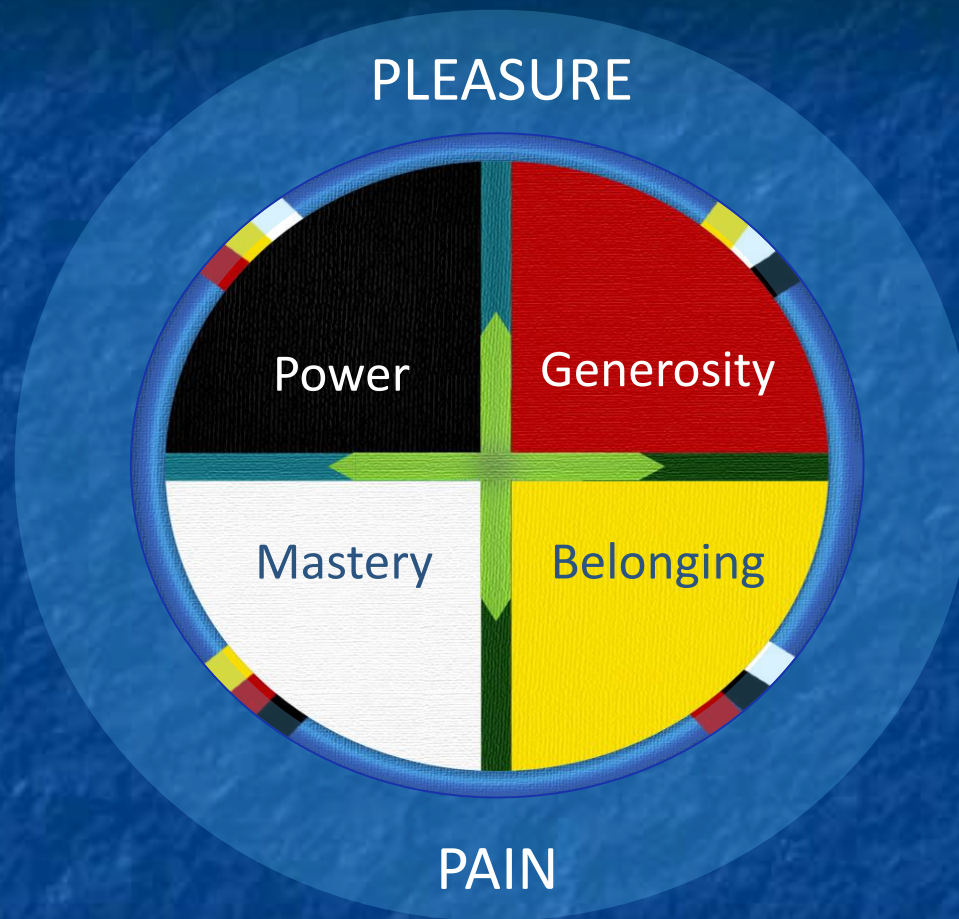


Maladjustment:
Most emotional and
behavioral problems
come from unmet
developmental needs.



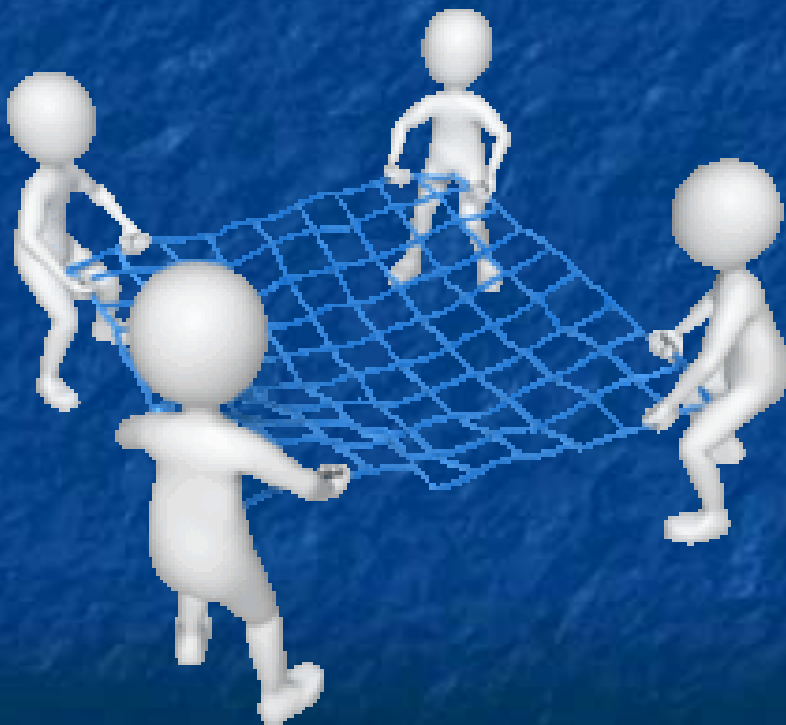
Healing:
Positive growth
comes as we
nurture unmet
growth needs.

Human Brains Link Pain and Pleasure to Biosocial Needs

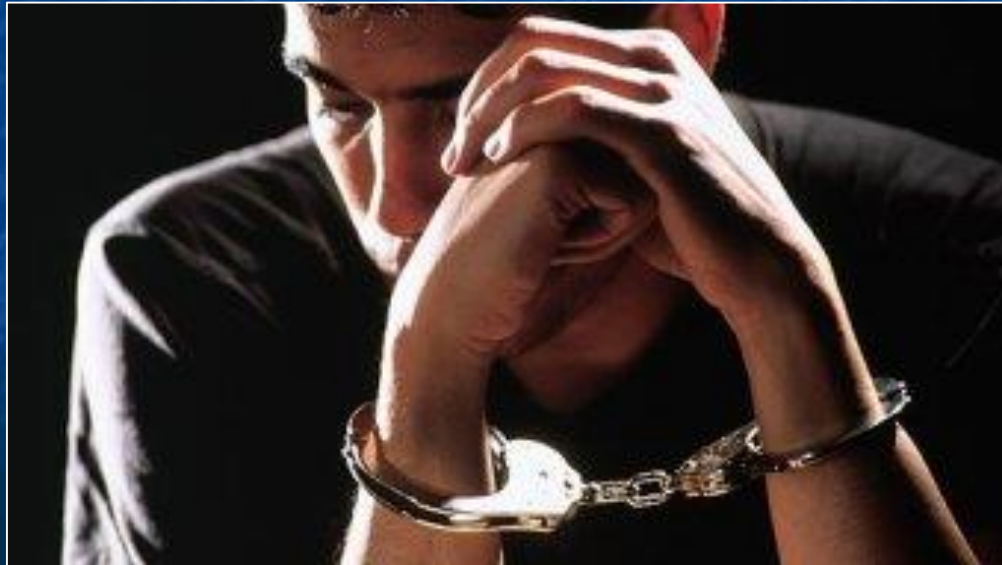


Deep Pain when biosocial needs are frustrated
Deep Pleasure when biosocial needs are fulfilled

Safety



Safety is in the Eye of the Beholder





Felt safety which has to be determined by each individual, includes emotional, physical, and relational security.

KARYN PURVIS

A close-up photograph of a young boy with dark hair, wearing a white headband and a light-colored button-down shirt. He is crying with his mouth open and eyes looking upwards. A hand in a checkered shirt is visible on his shoulder, suggesting comfort. In the background, another person is partially visible, smiling.

Trauma Terror and Helplessness

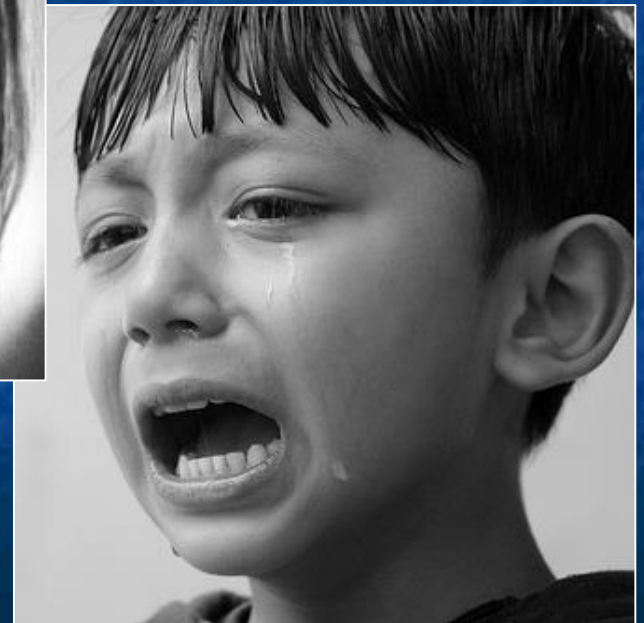
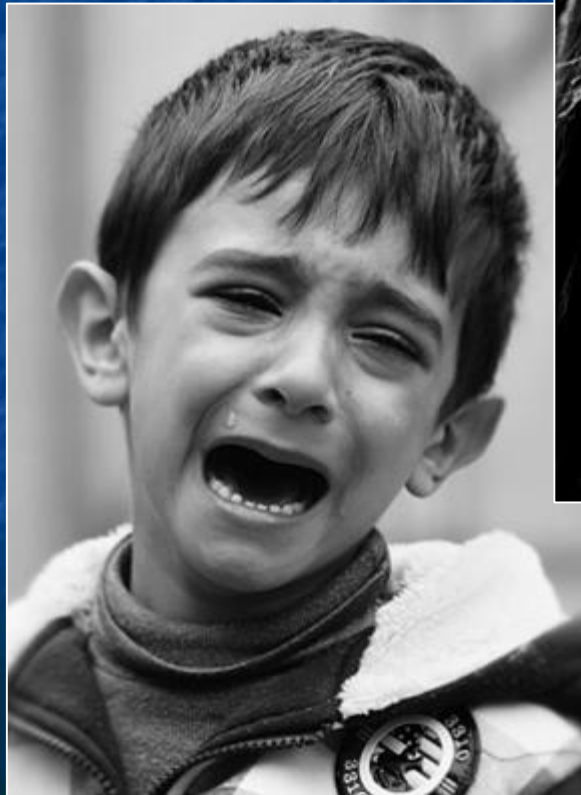
A close-up photograph of a young boy with dark hair and skin, crying intensely. His face is wet with tears, and his mouth is open in a pained expression. He is wearing a blue tank top. In the background, to the right, is a large, colorful floral arrangement with various flowers and greenery. The background is blurred, showing other people in a crowd.

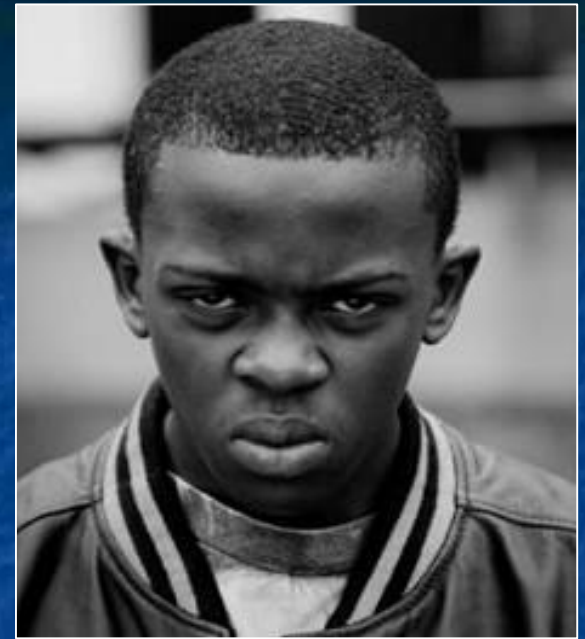
Loss Grief and Despair



PAIN BASED BEHAVIOR

James Anglin





Cultural Trauma



Kill the Indian to save the man.



Belonging





BELONGING

Trust and
Bonding



Oxytocin
Moments

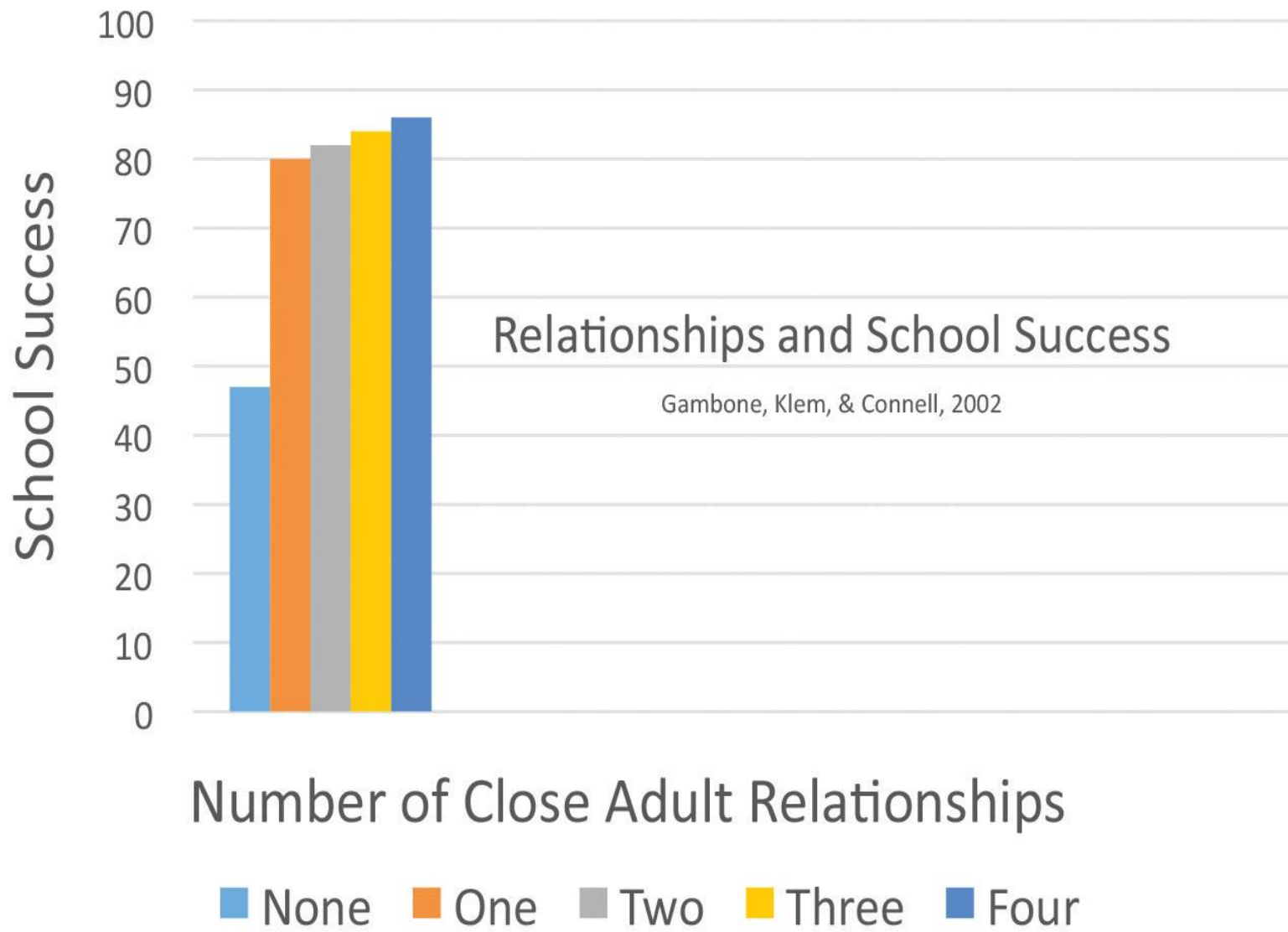
EROS



PHILIA



AGAPE



A young girl with dark skin and curly hair is the central figure. She has a red flower tucked into her hair and is wearing a bright pink short-sleeved shirt. She is sitting on a blue and white striped fabric, possibly a blanket or a piece of clothing. Her hands are resting on her cheeks, and she is looking directly at the camera with a slight smile. The background is out of focus, showing a blue and white patterned surface and a dark, textured wall.

Bids to Connect

Trust?

Liking?



Resilience rests
fundamentally
on relationships.

SUNIYA LUTHAR

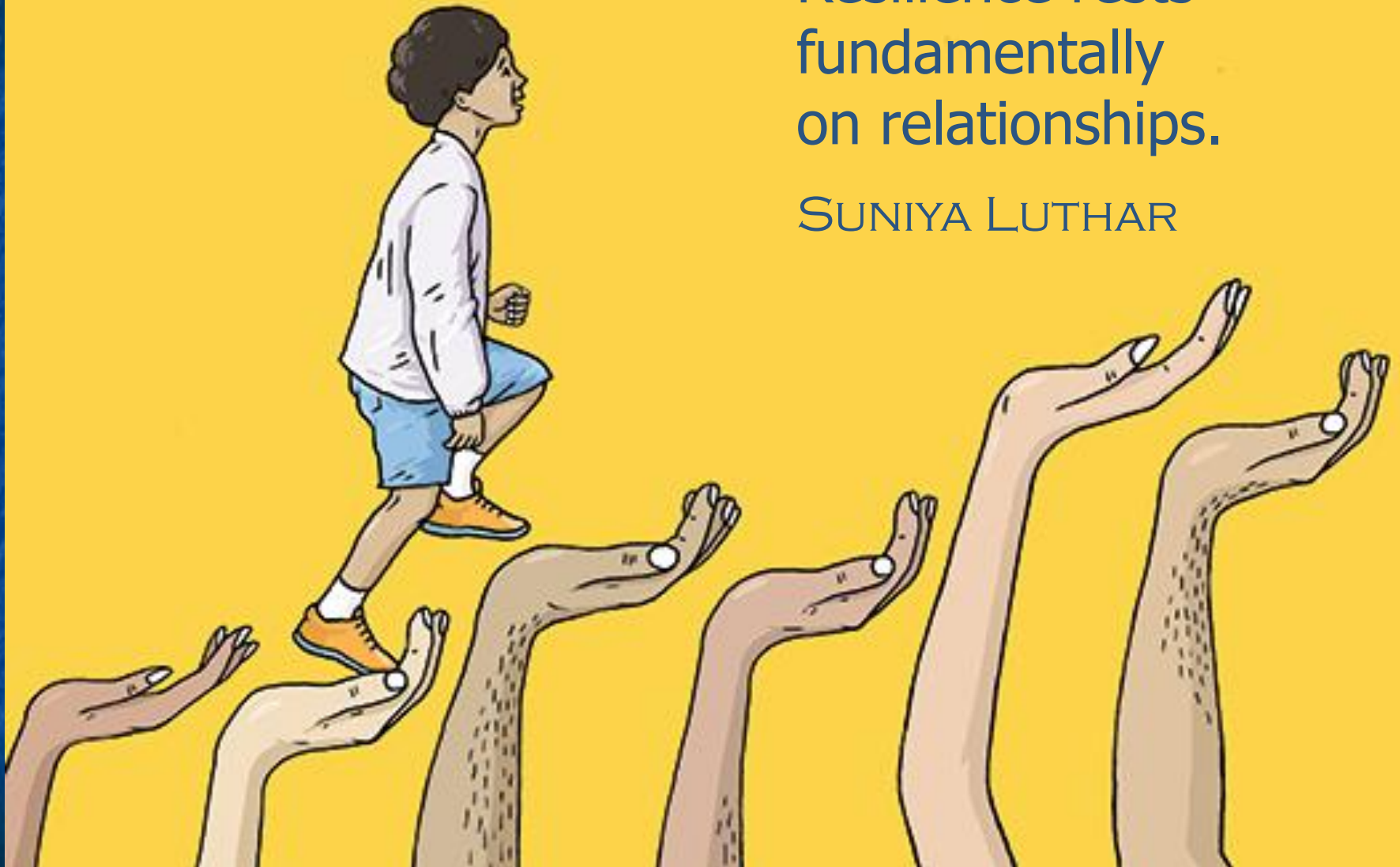


Illustration by Scott Menchin

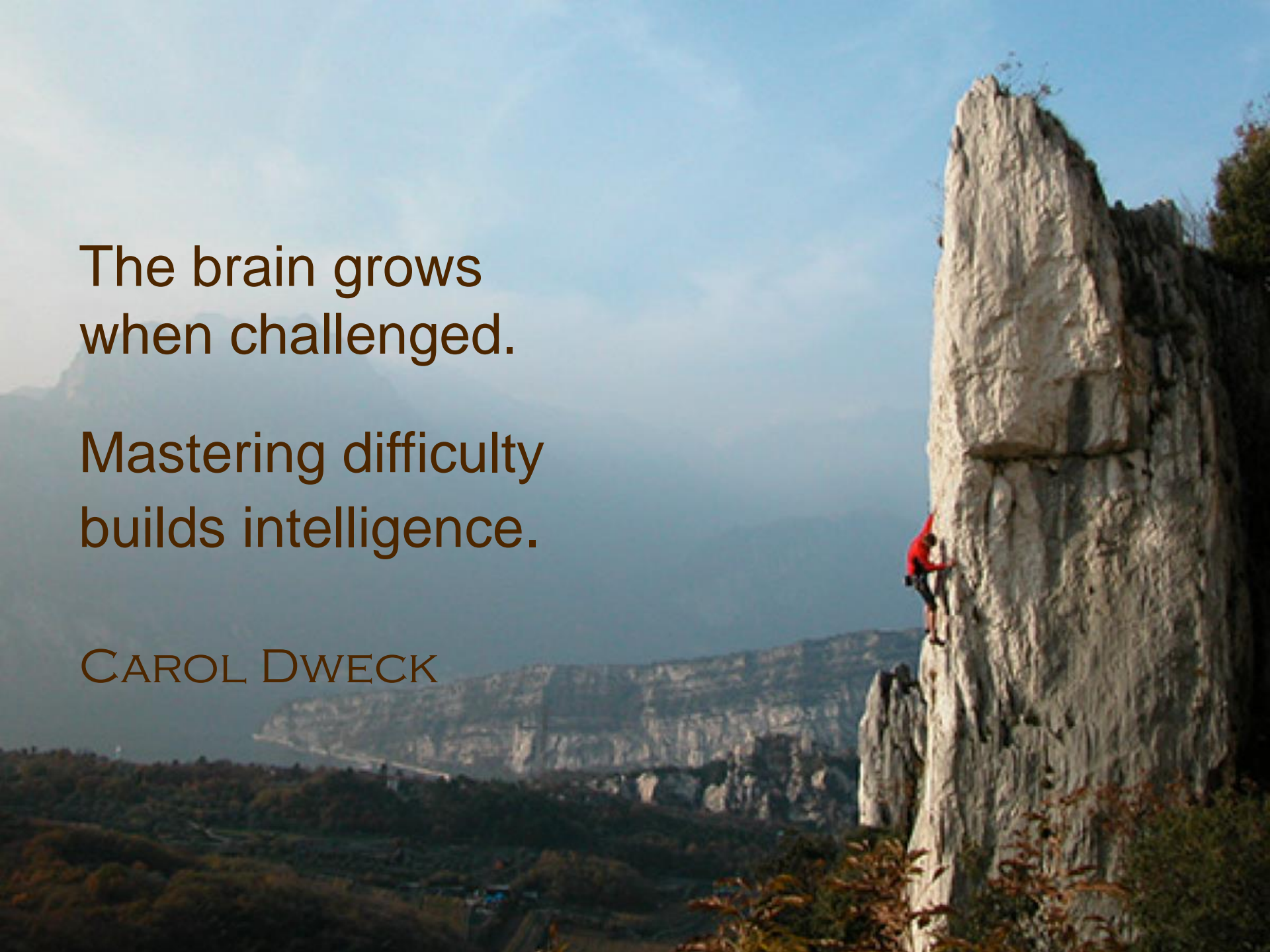
Mastery



The brain grows
when challenged.

Mastering difficulty
builds intelligence.


CAROL DWECK





School Failure
damages self-esteem
and predicts poor life
outcomes.

Gold & Osgood

A young boy with short, spiky brown hair and a serious, defiant expression is leaning against a red brick wall. He is looking slightly to the right with a furrowed brow and a firm, closed mouth. He is wearing a light blue crew-neck shirt with a dark blue trim at the collar. The background is a close-up of the brick wall, showing the texture and color of the bricks and mortar.

**Defiant Behavior
that rejects
teachers and
school is an
attempt to rescue
self respect.**

Gold & Osgood

SCHOOL SUCCESS

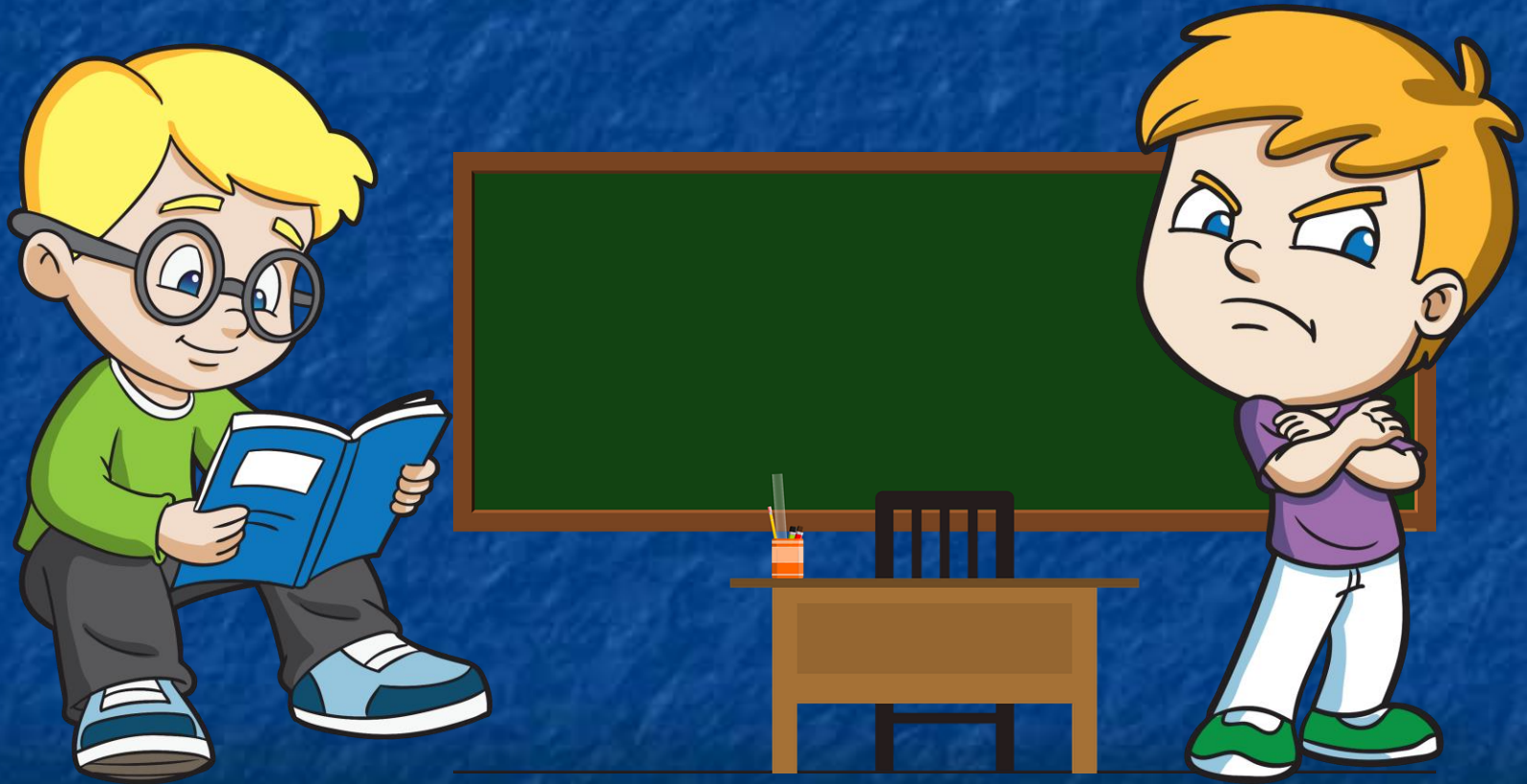
has a lasting effect on
life adjustment in spite
of other problems.

Gold & Osgood



Task Motivation
I want to learn.

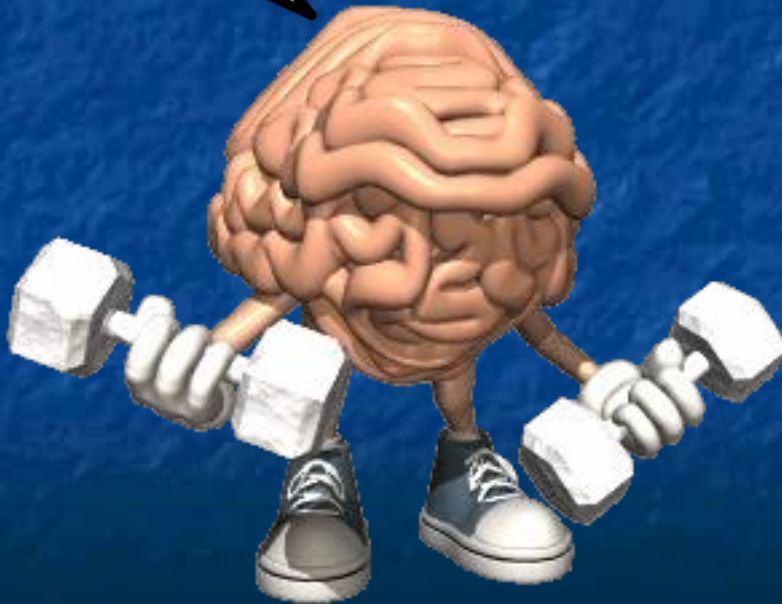
Egoistic Motivation
I want to look good.



Growth or Fixed Mindsets

CAROL DWECK

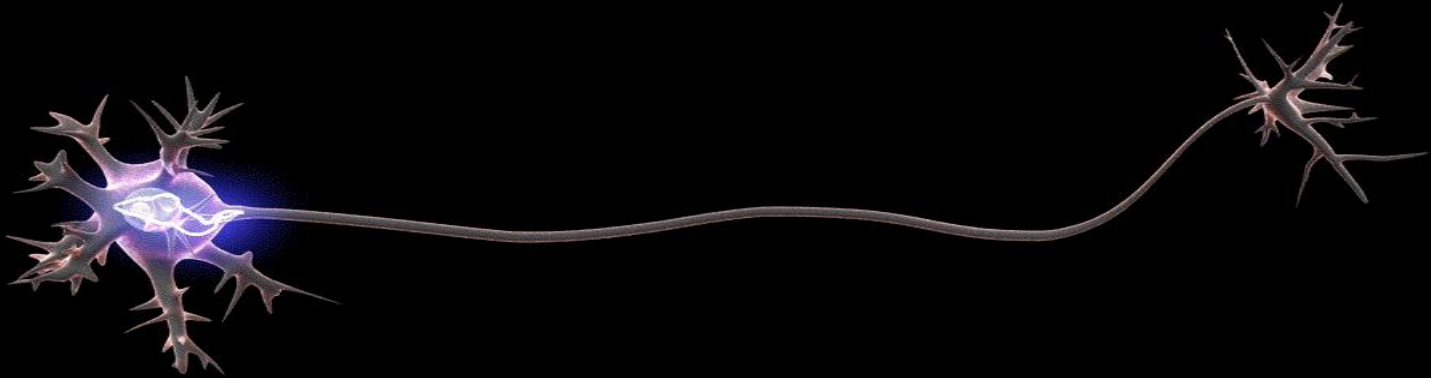
*I can make
myself smart.*



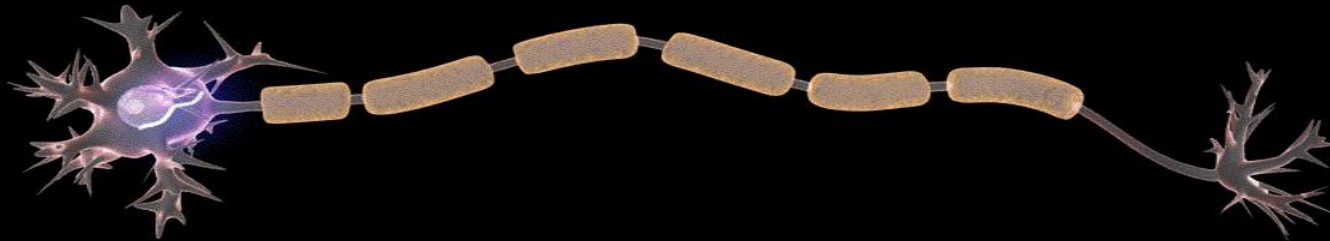
*I just wasn't
born smart.*



Learning builds neuron connections



Myelin insulates Neurons and
makes them 100 times faster.



Adding 40 layers of myelin builds expertise.

The Challenge and Rewards of Learning





TEACH LIKE FINLAND

**33 Simple Strategies
for Joyful Classrooms**

TIMOTHY D. WALKER

Foreword by Pasi Sahlberg, author of *Finnish Lessons*

Finland is a world leader in the Programme for International Student Assessment (PISA) given to 15-year-olds.

Schools of joy both meet growth needs and achieve academic excellence.

Finnish students learn most in 45-minute classes with 15-minute breaks.

Talent Hunts

Finding strengths
in all young people



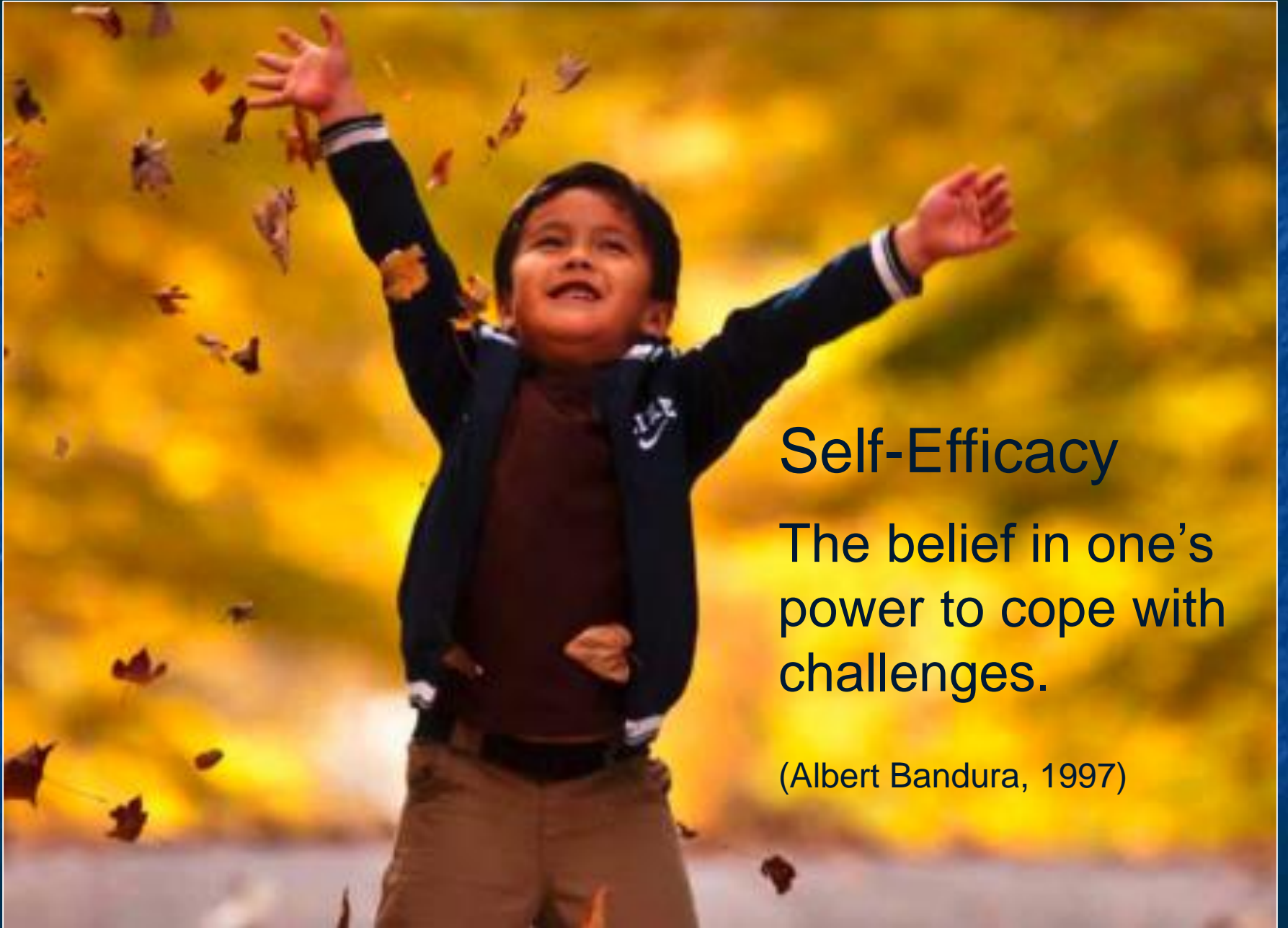
Power





Self-regulation

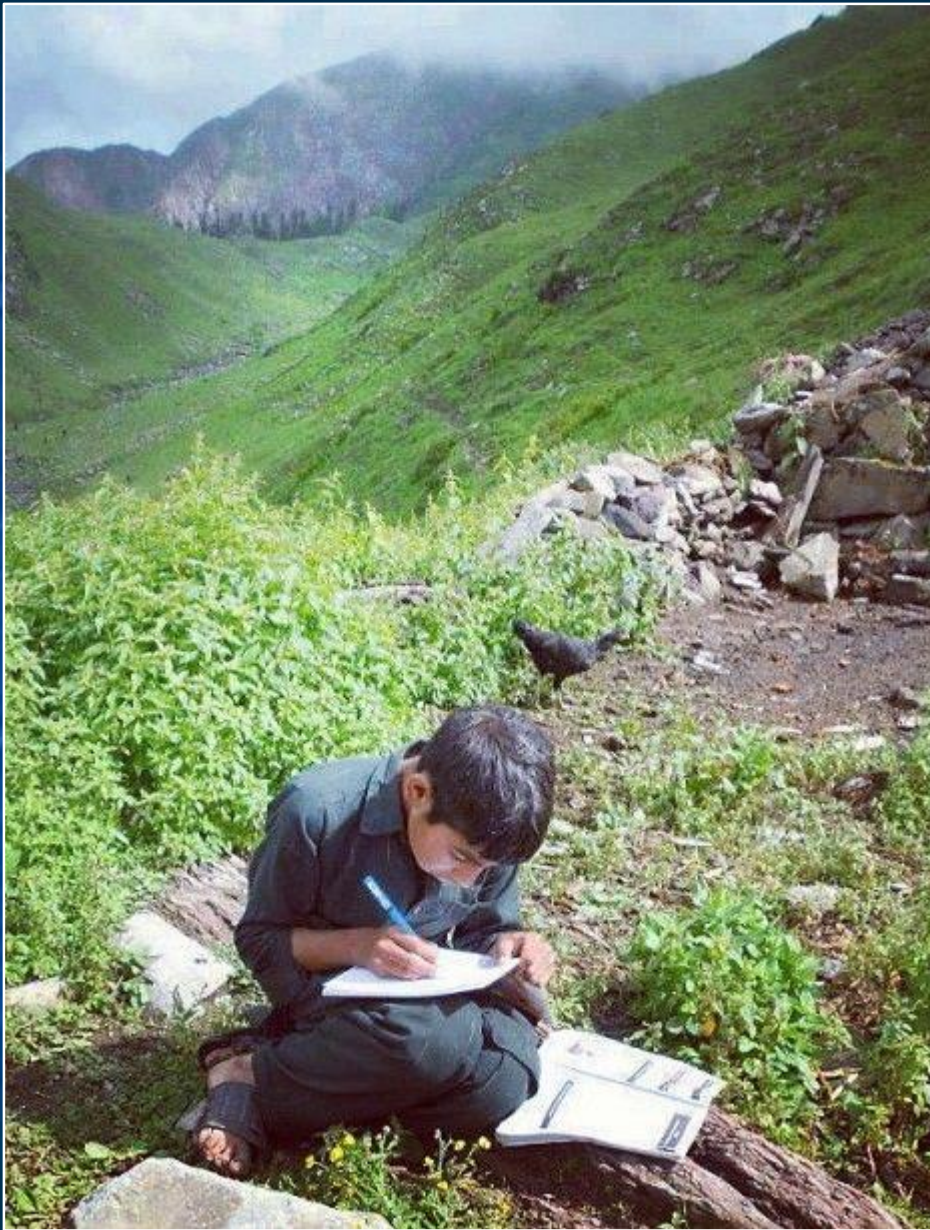
Photo, Mischel's Marshmallow study.



Self-Efficacy

The belief in one's power to cope with challenges.

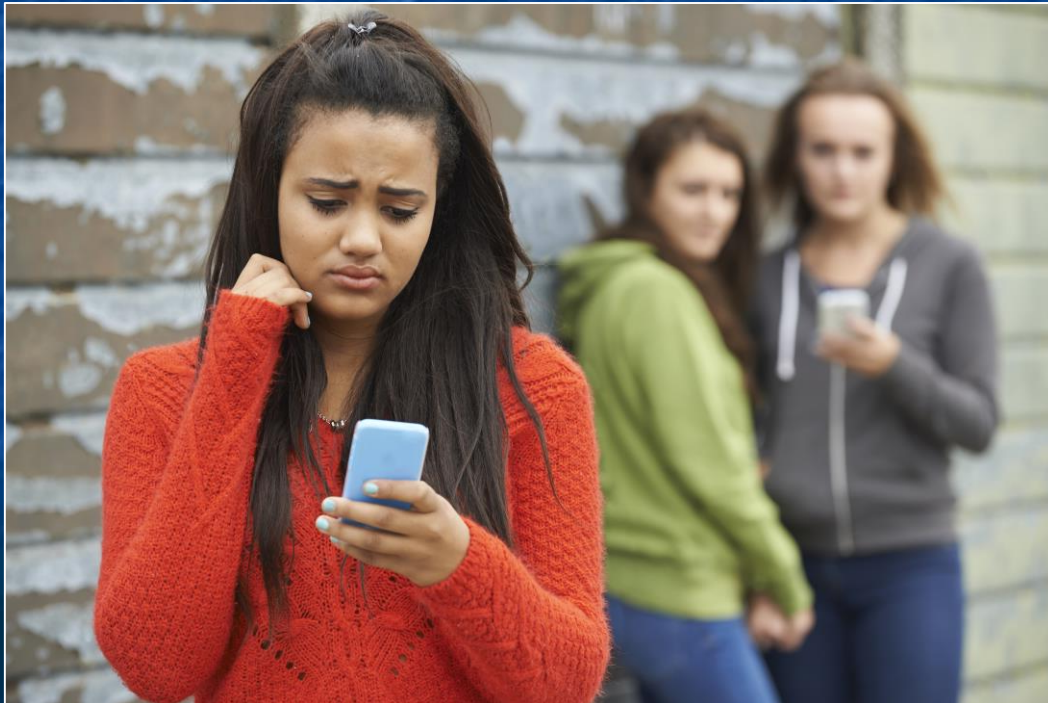
(Albert Bandura, 1997)



Persistence and Grit
enabled youth with serious
behavior problems to have
positive life outcomes.

Emmy Werner & Ruth Smith
Kauai's Children Come of Age

Most bully prevention programs do not work because they target bullying behaviors but do not change the values of the students and the culture of the school.



The Power of Bullies and the Plight of Victims

Jaana Juvonen and Sandra Graham

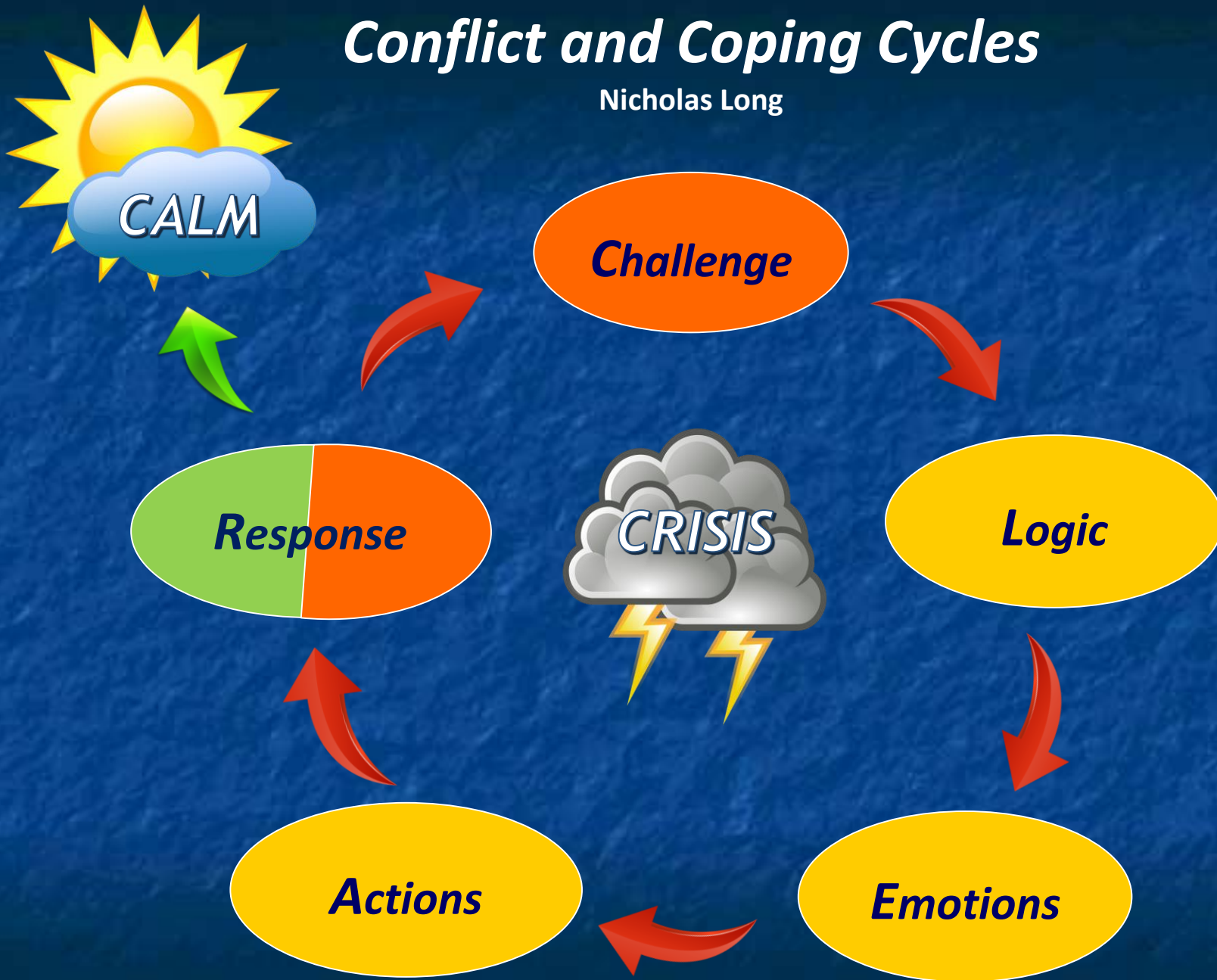
Norwegian research focuses on the climate of schools.



Dan Olweus

Conflict and Coping Cycles

Nicholas Long



Generosity



GENEROSITY



Helping gives
proof of one's
worth – being of
value to others.

Searching for Purpose
in our materialistic world
of confusing values

Only 20 percent of teens
have a sense of purpose





Altruism and Empathy are Inborn

(Warneken & Tomasello, 2006)



True or False?

Aggression in
young children ...

predicts antisocial
outcomes in
adolescence.

(Rhee et al., 2013; Caprara et
al., 2000)



Being Mean is Not in Genes

Both identical twins
and fraternal twins
are similar in showing
compassion or disregard
to a person showing
distress.

(Rhee et al., 2013)





True or False?

Helping, sharing,
and consoling in
third grade ...



Predicts achieving
in eighth grade

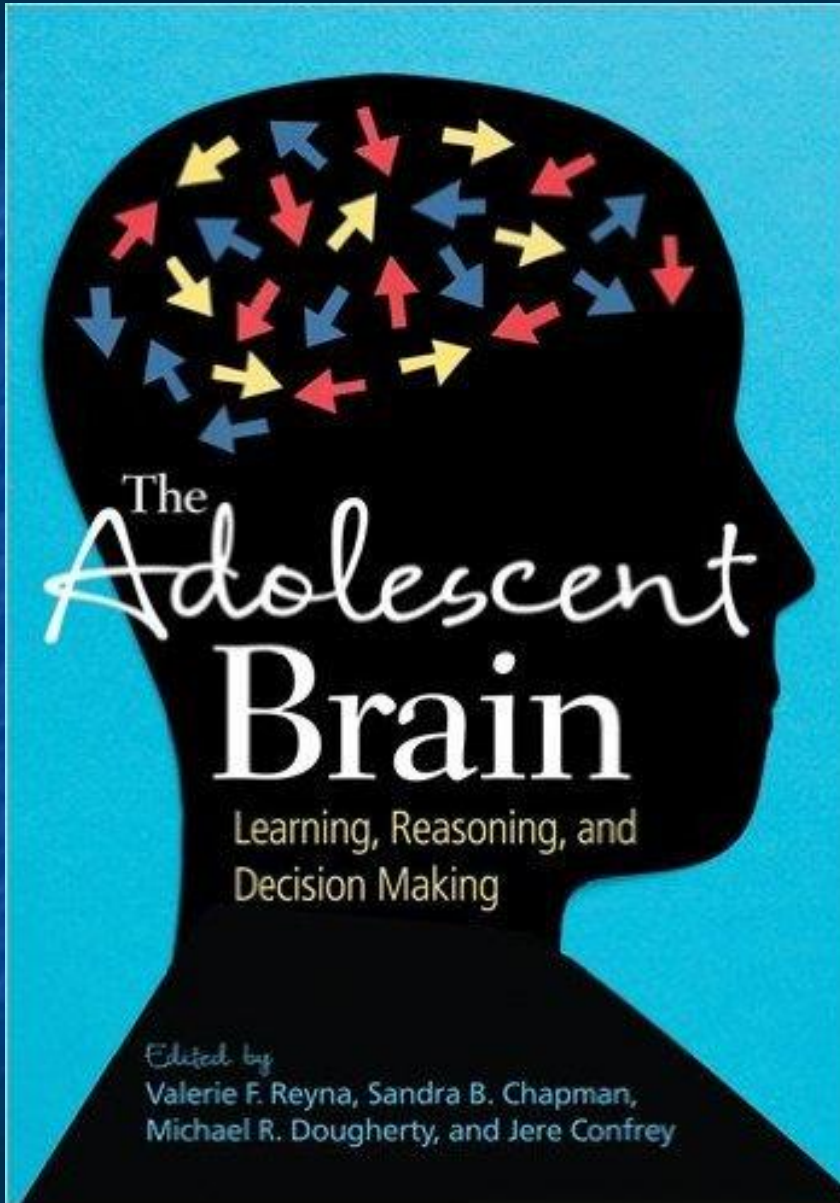
(Caprara, Barbaranelli, Pastorelli,
Bandura, & Zimbardo, 2000)

Adventure



ADVENTURE



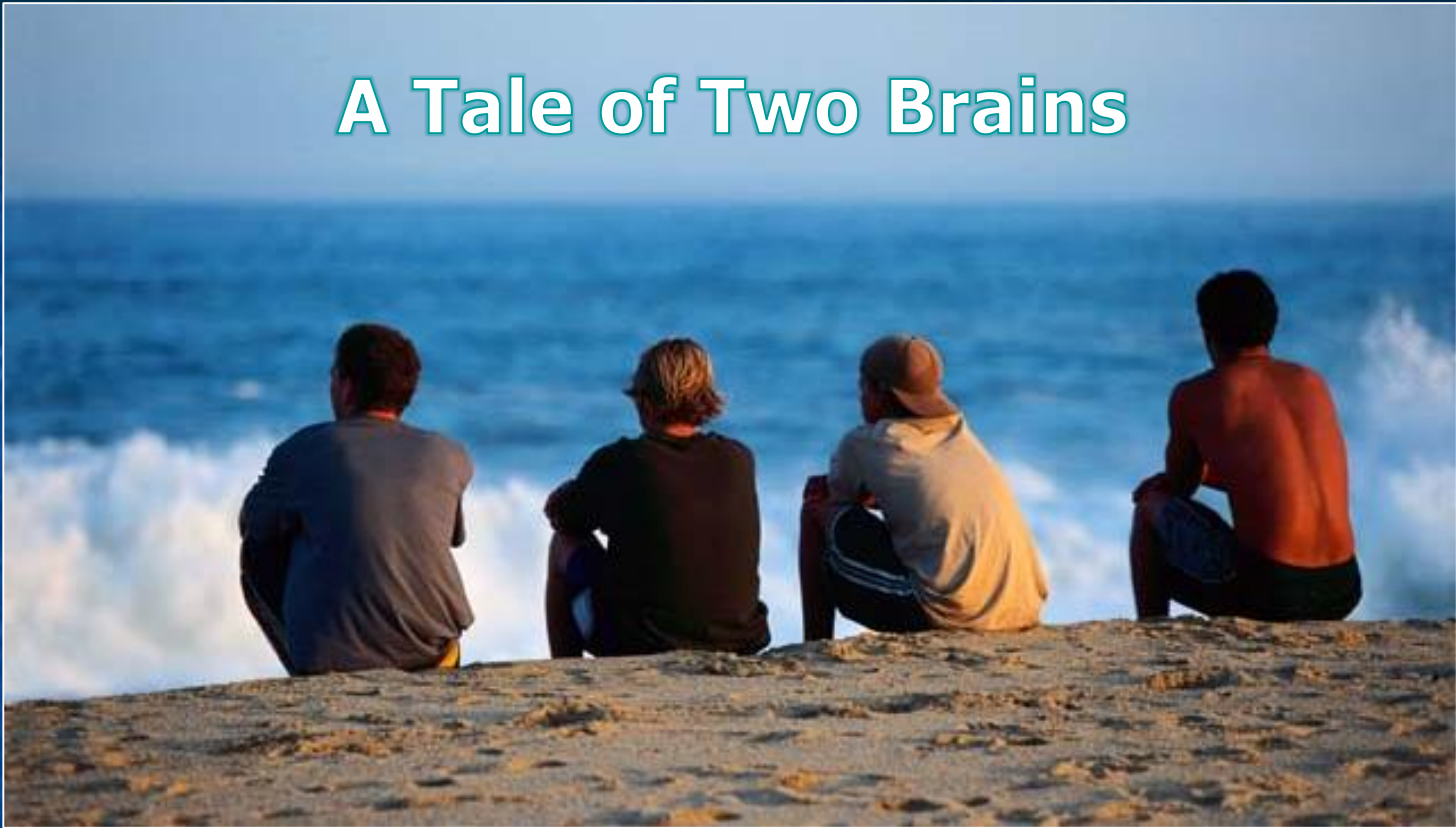


A Tale of Two Cities

It was the best of times,
it was the worst of times;
it was the age of **wisdom**,
it was the age of **foolishness**.

Charles Dickens, 1859

A Tale of Two Brains



Foolishness

The emotional brain of teens surges in seeking pleasure and peer relationships.

Wisdom

The executive brain's capacity for self-control and thinking ahead will mature years later.

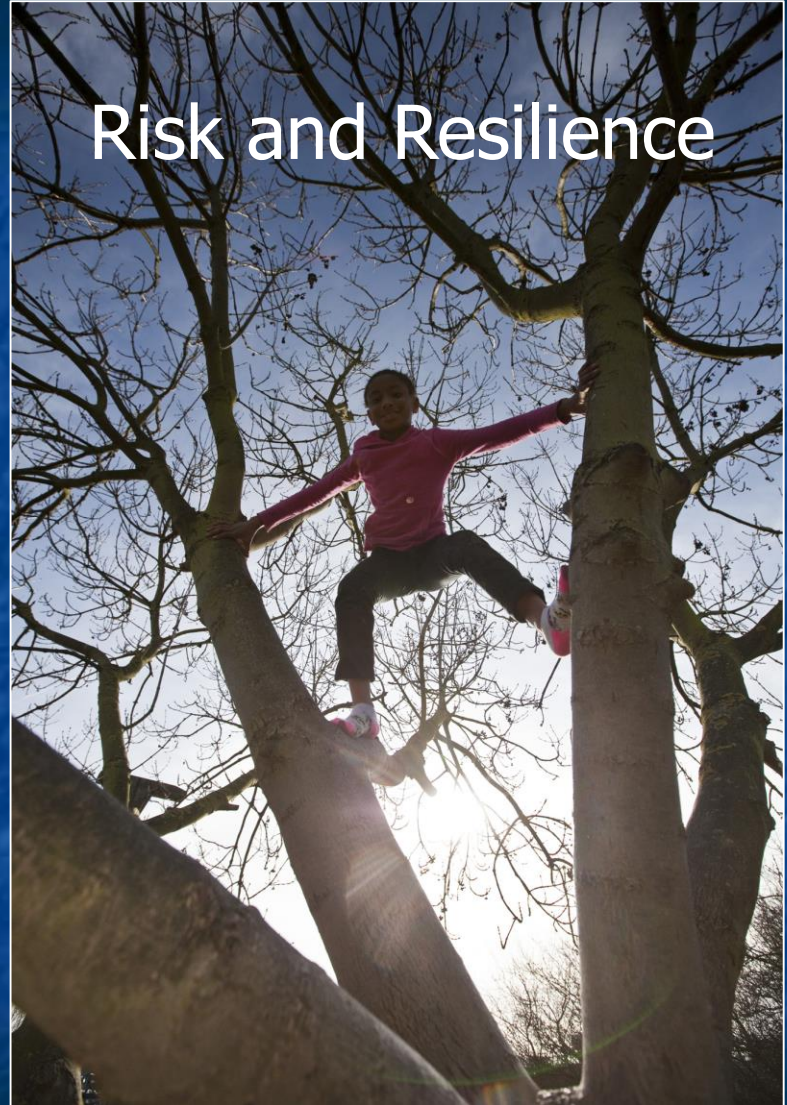
the Playful BRAIN

Venturing
to the Limits
of Neuroscience

*Sergio Pellis
and Vivien Pellis*



Risk and Resilience



The Road To Life

An Epic of Education



By
Anton Semyonovich Makarenko



JOY

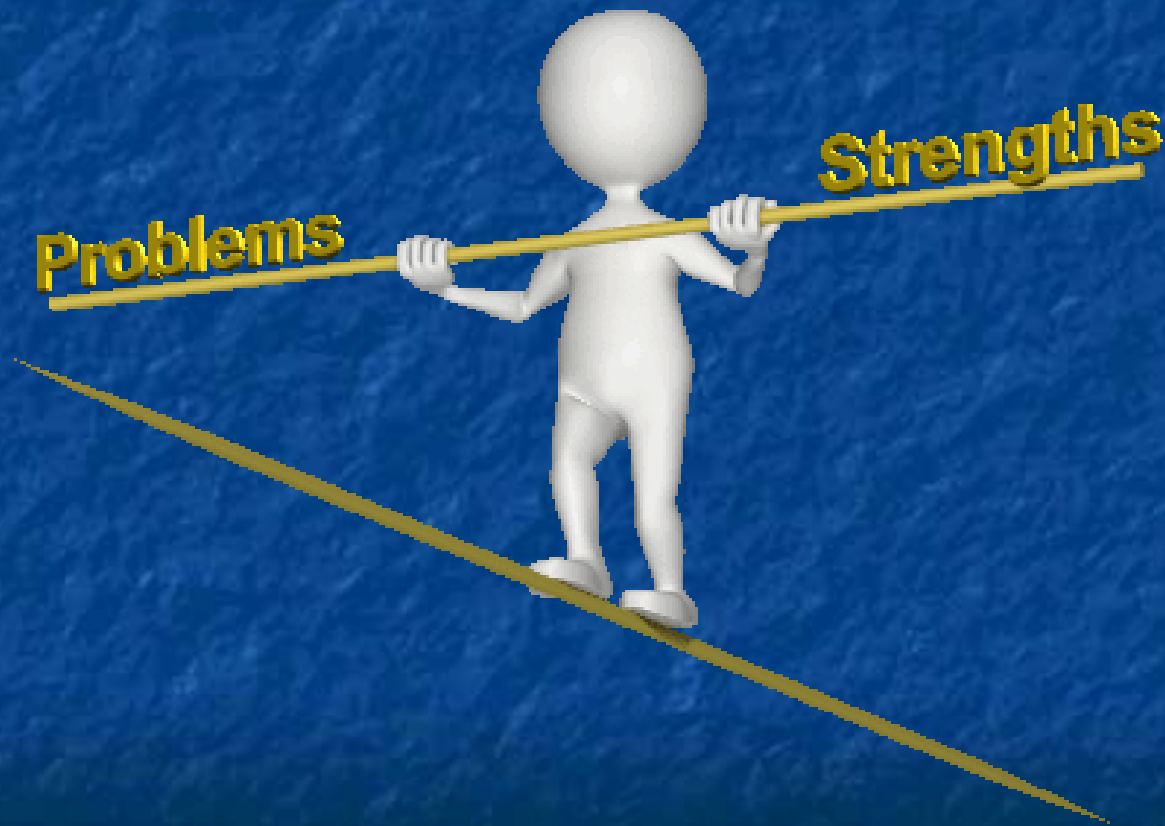
In growing up, a child should know some joy in each day and look forward to some joyous event for the morrow.

Building Strengths



Glance at Problems, Gaze at Strengths

JC Chambers





Children who received negative responses are most vulnerable.

Those who received positive responses are stress resistant.

With positive **connections**, a majority were able to surmount almost any risk.

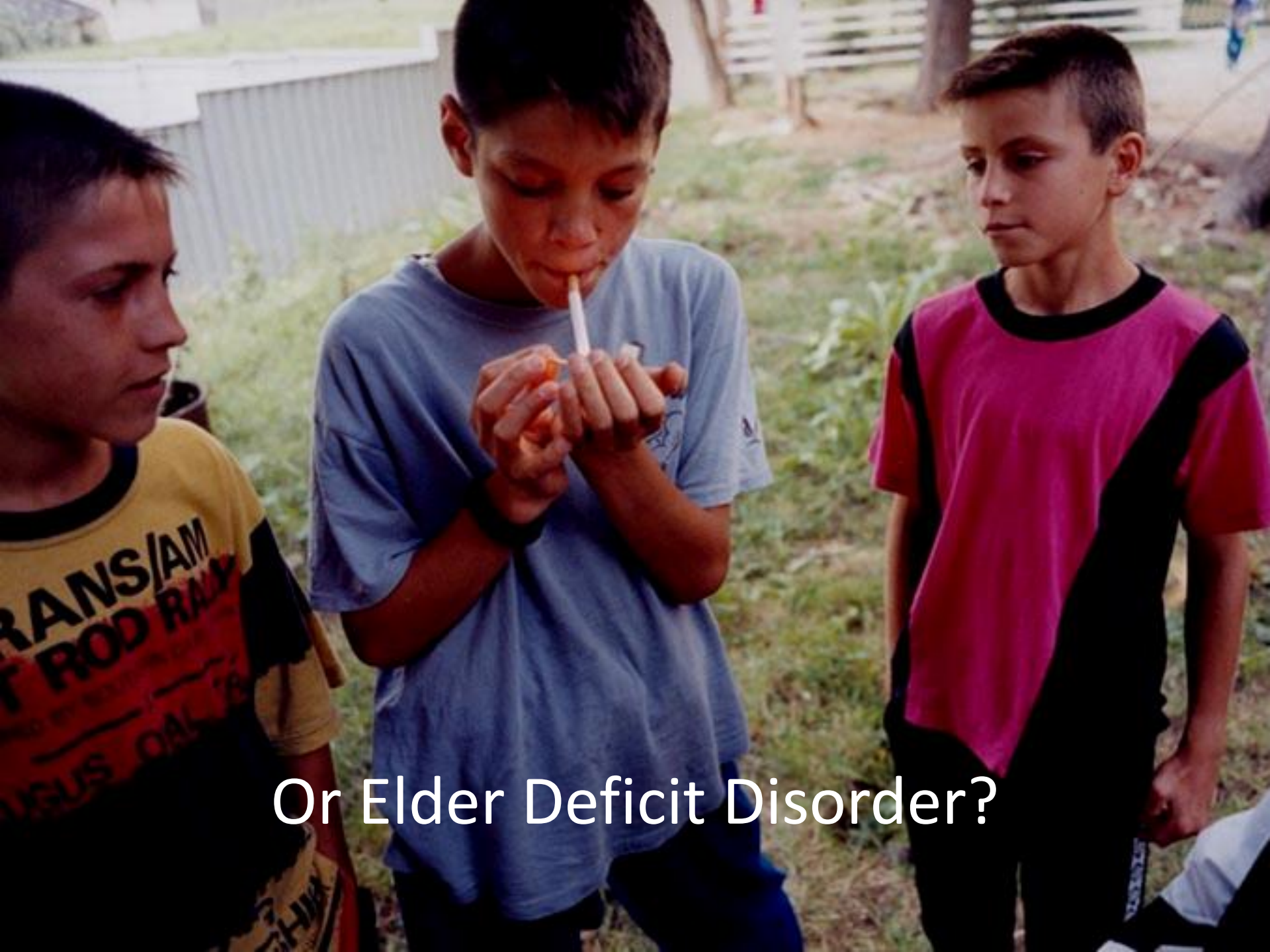
EMMY WERNER

Adult Wary Youth



Deviant Peer
Influence?

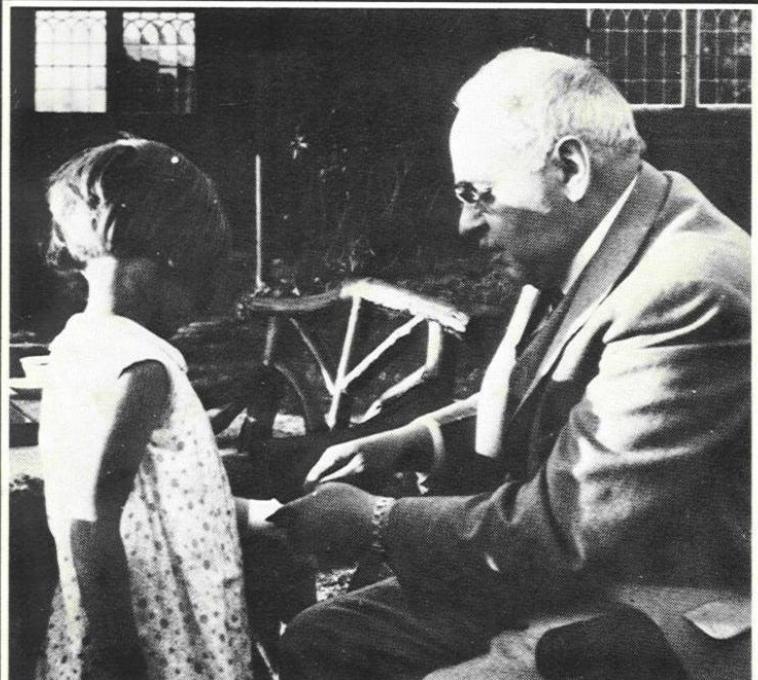




Or Elder Deficit Disorder?

Alfred Adler:

As We Remember Him



We shall have great difficulty in treating those children who have been brought up in an atmosphere devoid of love. They will look on us as they look upon all others who hurt them.

ALFRED ADLER
1870-1937

I
Don't
Think
I
Need
Counseling



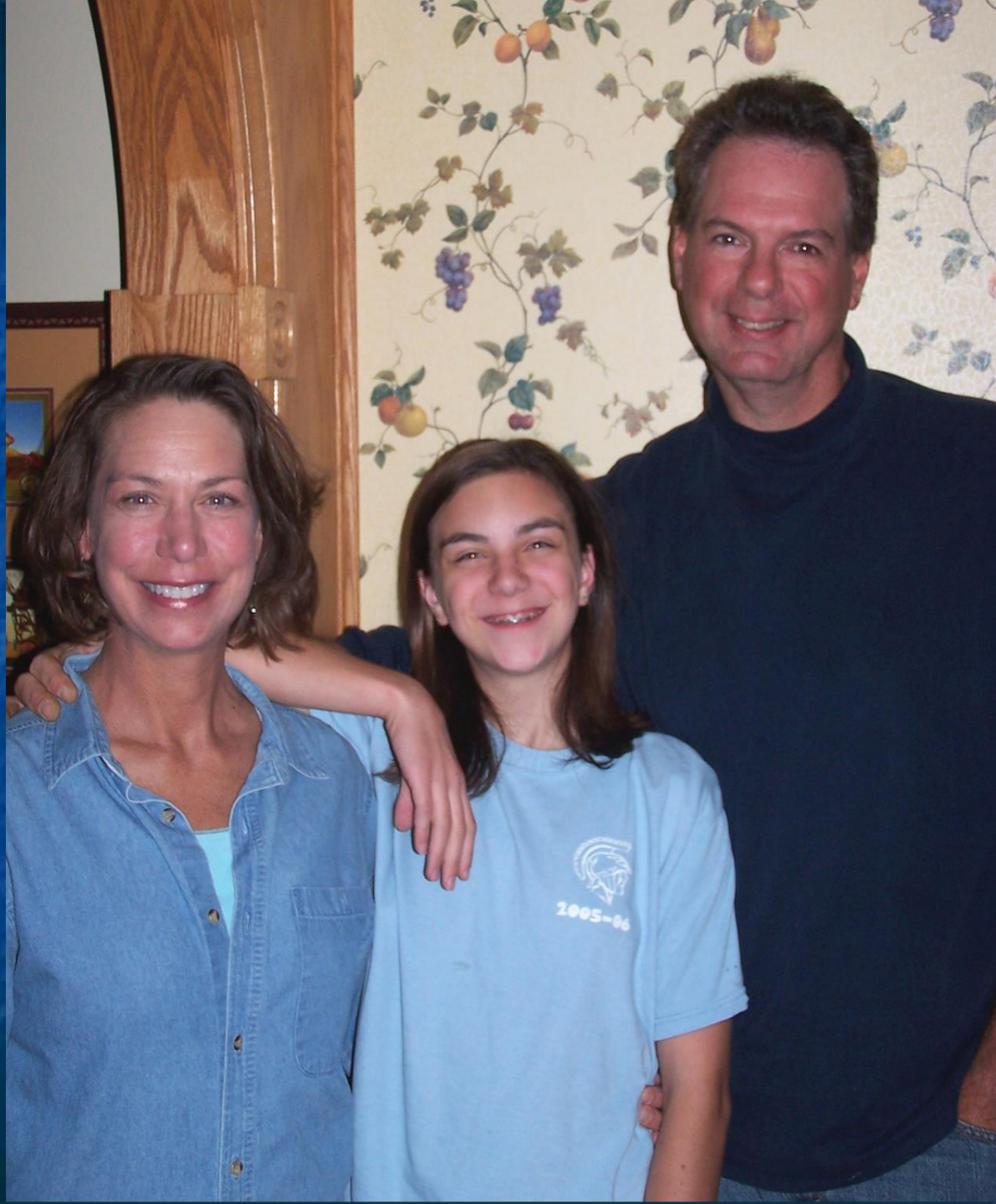


John Seita ~

Angry and
Adult Wary



Dr. John Seita and Family



John R. Seita

Larry K. Brendtro

KIDS

WHO OUTWIT ADULTS



Foreword by Matt Damon

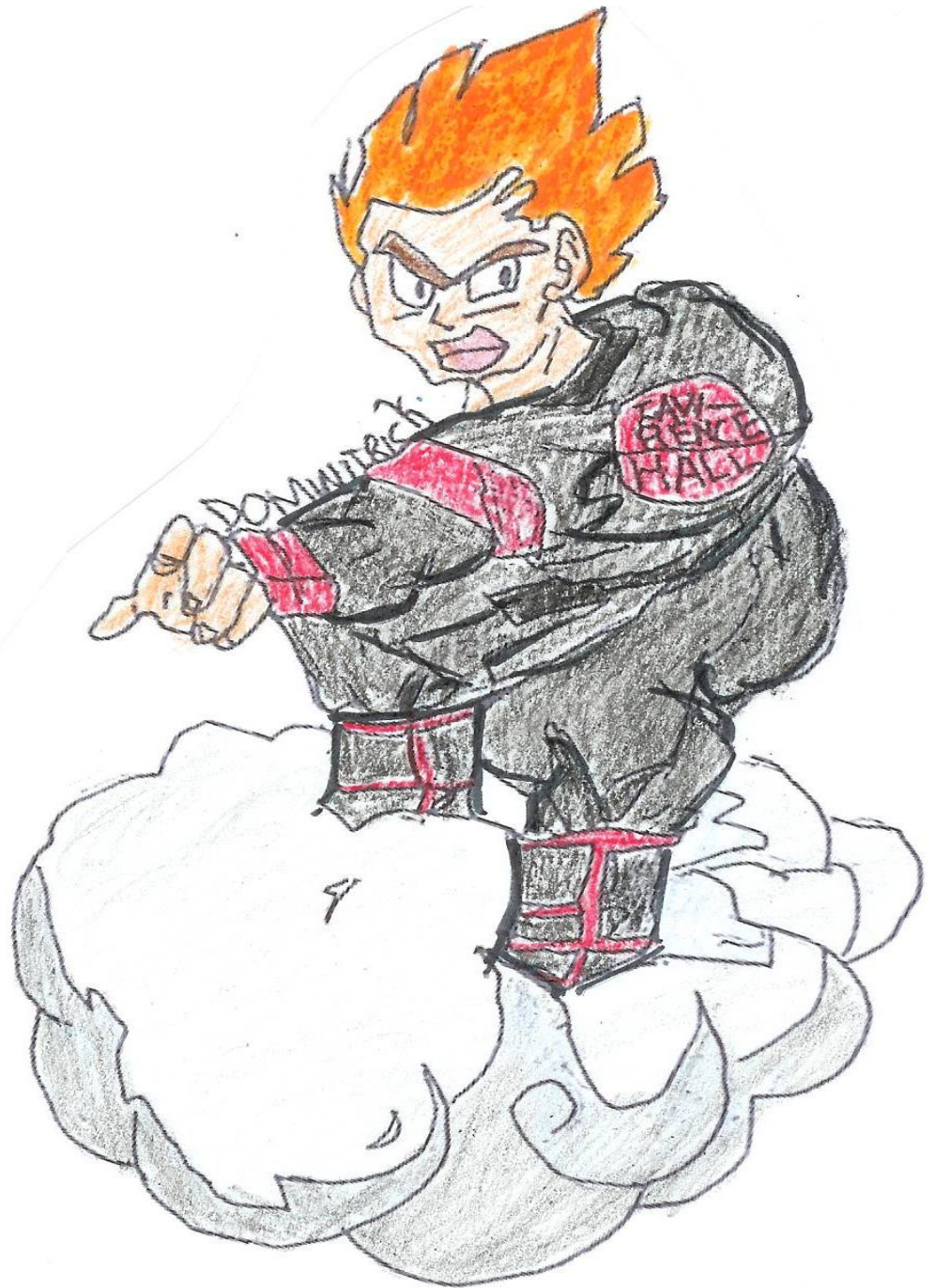
Strategies used
by youth who
don't trust adults:

- Fight
- Flight
- Fool

FIGHT

Private Logic:

“Hurt or be Hurt”



FLIGHT

Private Logic:

“Hide or be Hurt.”



FOOL

Private Logic:

*“Outsmart
the enemy.”*



Connect



Clarify

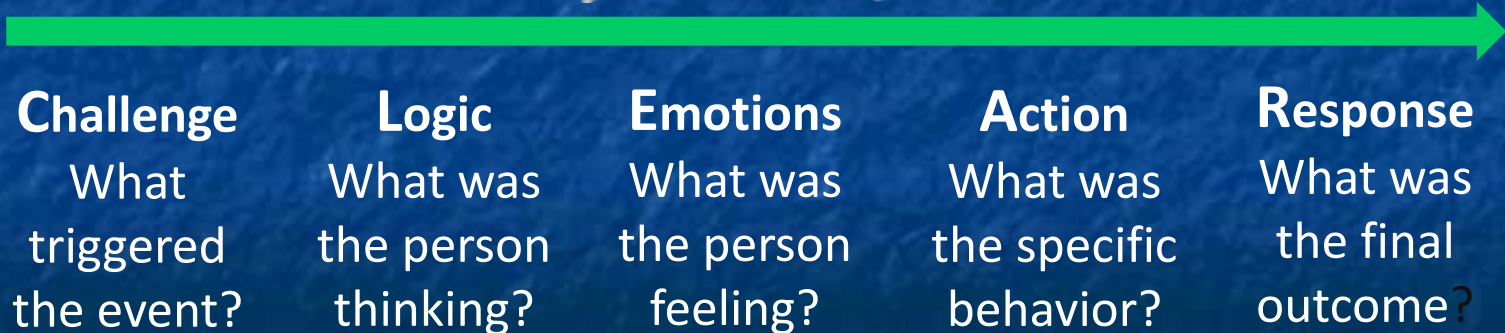


Restore



CLEAR TIMELINES

Using the Brain's Problem Solving Process





The Outside Kid

An iceberg floats in a calm, dark blue ocean under a clear sky. The visible tip of the iceberg is jagged and white, contrasting with the dark water. Below the surface, the much larger submerged part of the iceberg is visible, showing a complex, multi-lobed shape with various shades of blue and white, representing the hidden inner self.

The Inside Kid

Private Logic



I am ... unlovable,
stupid, helpless, bad.

Others are ... mean, don't
care, don't understand.



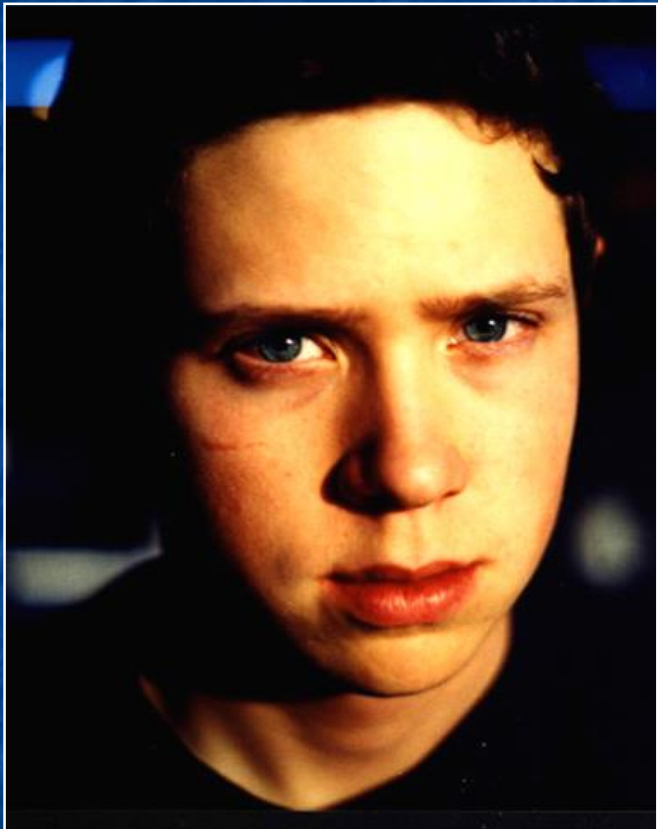
*I deserve to be
locked in prison.*

Connecting with Adult-Wary Kids

1. Make problems learning opportunities.
“Coach me, don’t scold me.”
2. Provide fail-safe relationships.
“Please don’t give up on me.”
3. Increase dosages of nurturance.
“I need to believe that you really care.”
4. Don’t crowd.
“If you get too close, I back away.”
5. Use the back door.
“Start with what I am interested in.”
6. Decode the meaning of behavior.
“I try to hide what I really think.”



Connecting with Adult-Wary Kids



7. Be authoritative, not authoritarian.
“Help me to control me.”
8. Model respect to the disrespectful.
“Your respect helps build mine.”
9. Enlist youth as colleagues.
“I am the only real expert on me.”
10. Touch in small ways.
“I watch little things you do.”
11. Give seeds time to grow.
“Be patient — I am still learning.”
12. Build cultural and spiritual roots.
“I need a purpose for my life.”



The Circle of Courage

Larry K. Brendtro, PhD
Augustana University



RECLAIMING
Youth at Risk

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