


Building on Strengths in Families

Celeste Uthe-Burow, EdD, Assistant Professor, Augustana University, Sioux Falls, SD Dr. Uthe has extensive experience of leadership in school-based special services and mental health. She directs the Masters in Education degree counseling programs at Augustana and teaches Educational Psychology, Adolescent Development, and Human Relations courses for the University.



Play in the Circle

Strengthening Families and Individuals

Celeste Uthe-Burow Ed.D., LPC., LMFT
Assistant Professor
Augustana University






ABOUT ME

UNBUNTU-I AM: A daughter; wife, mother, friend, therapist, bike enthusiast, reader, writer, singer, and life-long learner, former public school teacher, elementary principal, district administrator, interim asst. superintendent

Currently: Assistant Professor at Augustana
Teach courses Educational Psychology; Adolescent Development and Human Resources
Program Director for the Master of Arts in Counseling





Independence
Belonging
Mastery
Generosity



Objectives

EXPERIENCE & EXPERIENCE
CONNECTING & BONDING
THE ART OF ACQUIRING SKILLS-
INTERESTS & SKILLS-
GENEROSITY



Examples of Play during Covid Lockdown





Assessment as a means to understanding

- Everything is information!
- Do you know a good joke?
- Resistance-embrace it and utilize it for the benefit of the individual
 - Go with the resistance
- Become comfortable with what the facts that you:
 - Know What you Know
 - You Know What You Don't Know
 - You Don't Know What You Don't Know





INDEPENDENC E



TELL ME WITHOUT TELLING ME



UTILIZE SAND TO TELL YOUR STORY

GUIDING STEPS

- Divide into groups of 2 or 3. One person creates a scene using the sand and figures to answer one of the following questions:
 - Your motto for your life
 - A representation of what you are taking away from this conference
 - Your family- either nuclear or extended

When finished creators explain their scene while observers ask questions and reflect on what they saw as the person created their scene



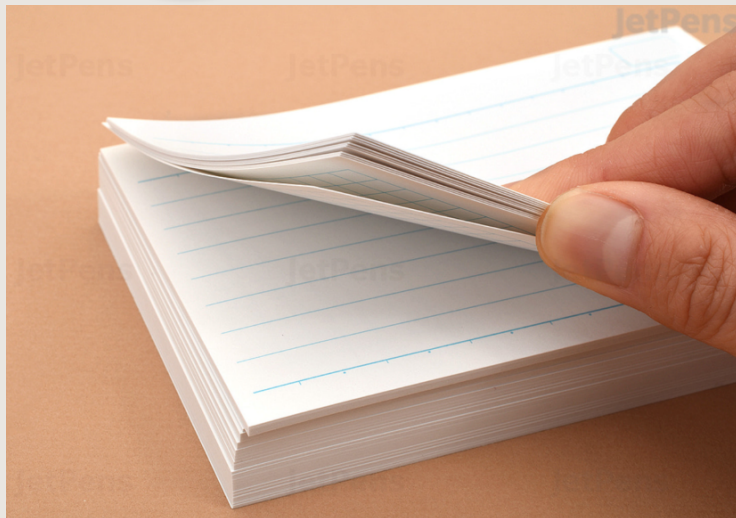


BELONGING



The Index Card Method

Comfort, Connection, &
Contribution



Break The Rules



“As a rule,
I believe people shouldn't follow rules;
rules should follow people.”

— **Eric Micha'el Leventhal**

Author, developmental editor and holistic educator based on the
island of Maui, Hawai'i.





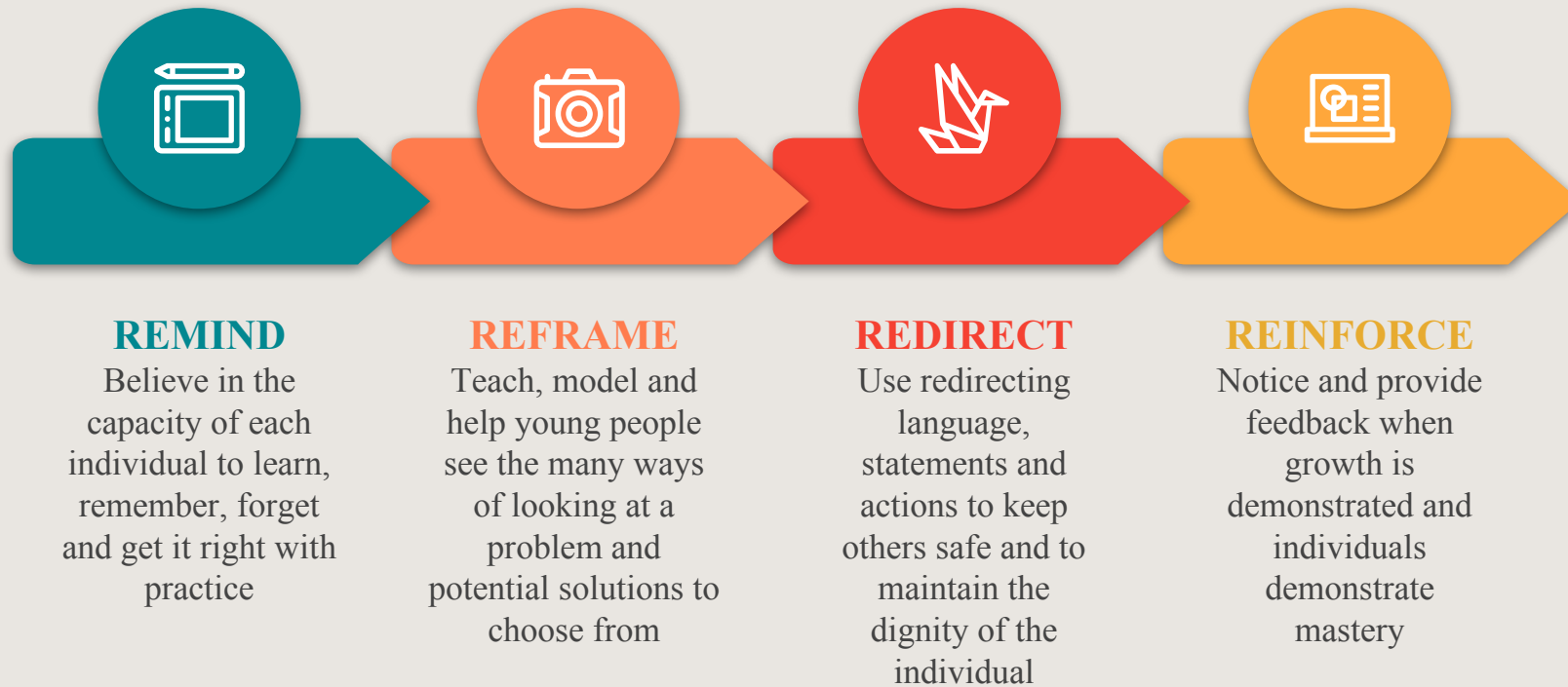
GENEROSIT

Y

Distraction as an act of generosity: Do No Harm



Reinforcing the Values of the Circle of Courage Involves...





MASTERY





“Heel slip...”



The Power of the “Do Over”

Generously allowing oneself and others to make mistakes



Kids don't care
what you know
until they know
that you care



The background features abstract geometric patterns in the corners. The top-right and bottom-left corners contain clusters of interlocking triangles and hexagons in shades of red, orange, teal, and dark blue. The text "Questions?" is centered in a dark gray serif font.

Questions?



THANK YOU!

- ◀ **CONTACT INFORMATION:**
 - ◀ **Celeste Uthe-Burow Ed.D., LPC., LMFT**
 - ◀ Assistant Professor
 - ◀ Augustana University
 - ◀ 2001 S. Summit Avenue
 - ◀ Sioux Falls, SD. 57105
 - ◀ 605-201-0104
- 