



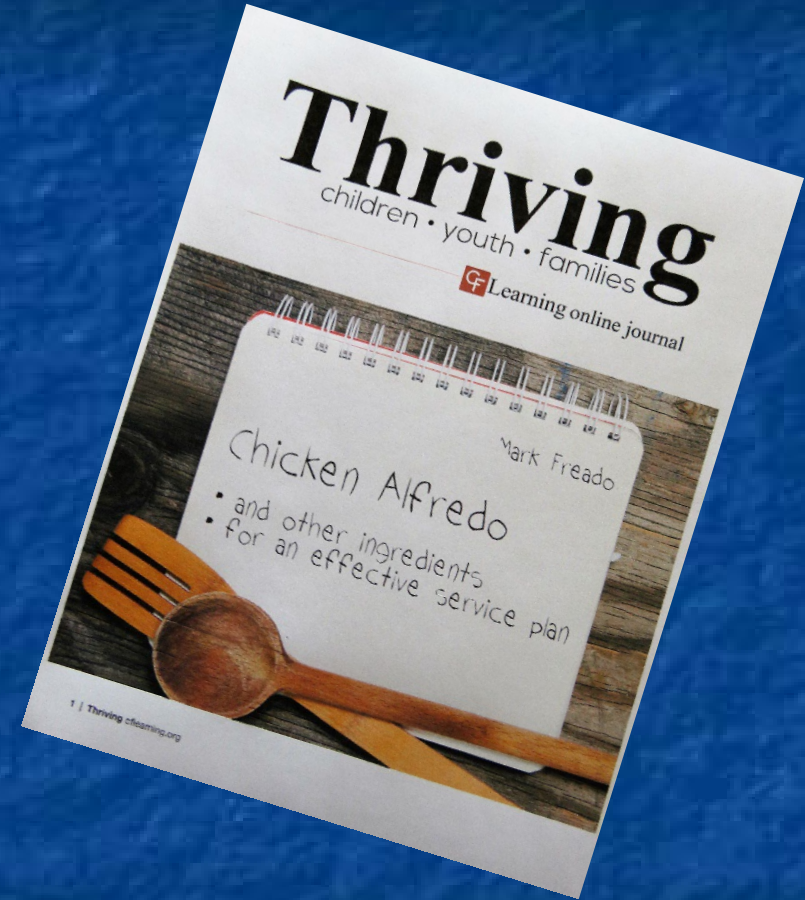
# The 31<sup>st</sup> Reclaiming Youth Seminars.

## Supporting the Inherent Quality of Resilience

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# Thriving Journal



<http://growingedgetraining.com/thriving>

Shared at no cost to our colleagues around the world.





# The Circle of Courage

Generosity

Independence

Belonging



Mastery



ADVENTURE

Independence

Generosity



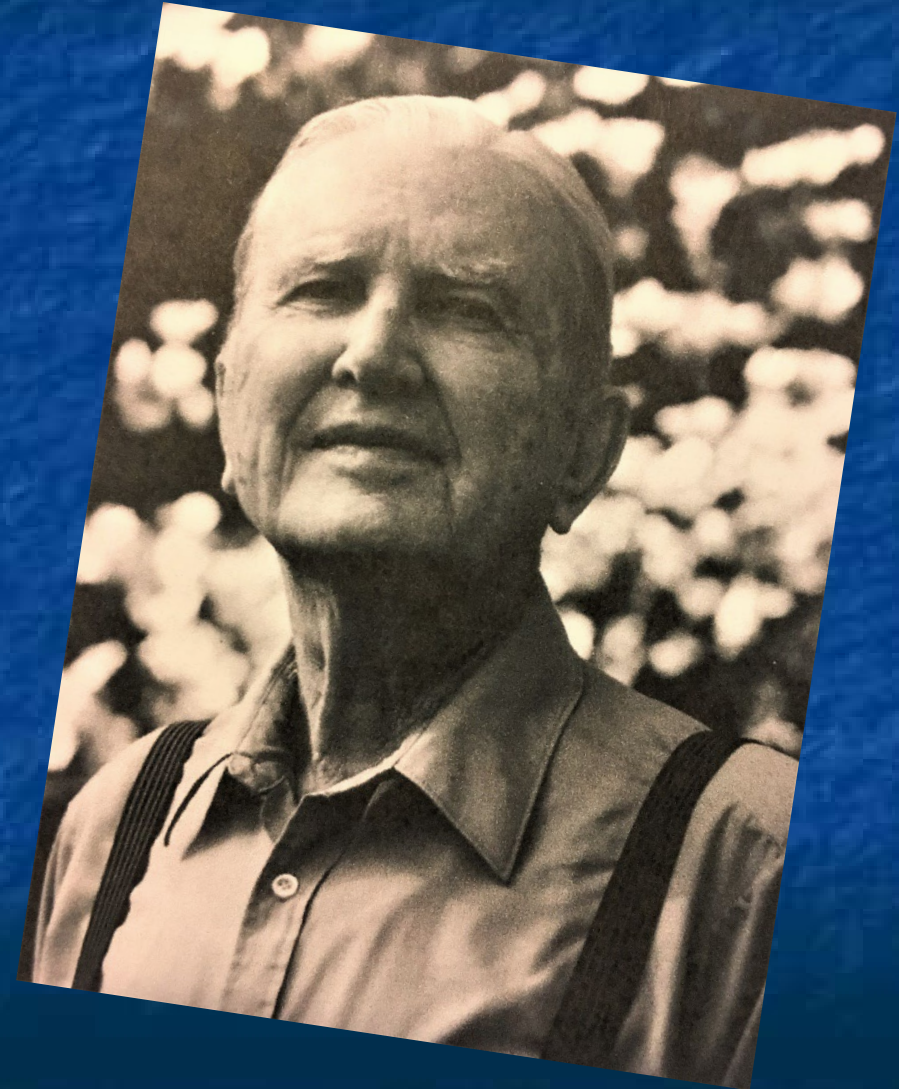
Mastery

Belonging

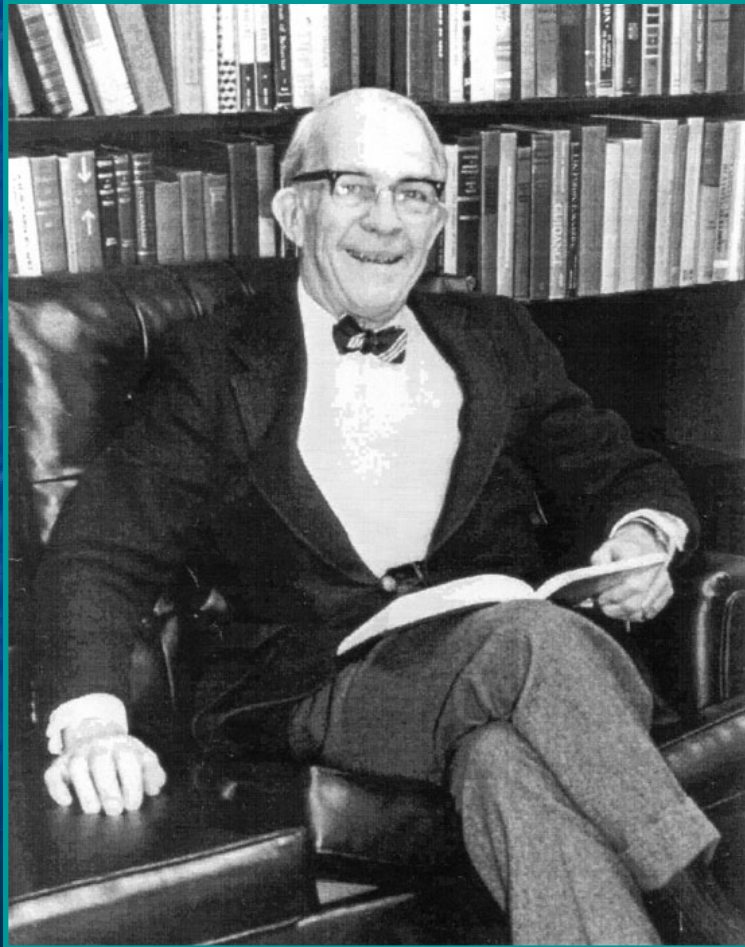
SAFETY



# Map Makers



# The Teacher Counselor



But most of all,  
a Teacher/Counselor is...

- decent adult
- educated
- well trained
- able to give & receive affection
- to live relaxed
- to be firm



## And a bit more

**“a person with private resources for the nourishment and refreshment of his own life; not an itinerant worker but a professional through and through; a person with a sense of the significance of time, of the usefulness of today and the promise of tomorrow...”**

# Language of Health vs. Pathology

## Traditional Deficit Thinking

- ▶ Focus on problems
- ▶ Low expectations
- ▶ I'll tell you what to do
- ▶ I have power over you
- Seeing a others through the diagnostic lens

# Language of Health vs. Pathology

- ▶ I see what you're good at
- ▶ We share the power in this relationship
- ▶ We have different perspectives sometimes
- ▶ WE choose - Together
- ▶ I expect much from you
- ▶ I believe in you





- Start from a point of order.
- Trust is essential... but also must be earned. Living up to this principle requires learning how to become a trusted other.

# Extrinsic Motivation

Roland Fryer, Jr. Ph.D, Harvard Economist

Biggest & Most Thorough Educational Experiment  
in American History


Paid:

- Parents for attending parent-teacher conferences
- Kids for reading books, etc.
- Teachers for raising test scores

\$9.4 million in cash and incentive (cell phones, etc.)  
to 27,000 students.

Fryer reported that the statistical impact of those  
incentives for student achievement is ZERO



A close-up, slightly blurred photograph of a person's face, focusing on the eyes and nose. The person has dark hair and is looking downwards with a somber or distressed expression. The background is a plain, light color.

*Trauma theory  
proposes that the  
origin of a significant  
proportion of physical,  
social, and moral  
disorder lies in the  
exposure to external  
traumatic agents.*

Bloom & Farragher

# The Inside Kid



Sako

“I’ve done some really terrible things.”







**Sakeith Long**  
**Northeast Regional Director**  
**(Department of Youth Services)**  
**Lowell, Massachusetts**







“Time is an ally, working on the side of growth, at a time when life has tremendous forward thrust”

Principles of Re-Education, Nicholas Hobbs, 1982)

# Resilience

The capacity of a system to withstand or recover from significant disturbances that threaten its adaptive function, versatility or development.

Ann Masten  
Ordinary Magic

“Resilience refers to the **process, capacity for**, or outcome of successful adaptation despite challenging or threatening circumstances”

Ann Masten  
Ordinary Magic



## The State of Assets Among U.S. Youth

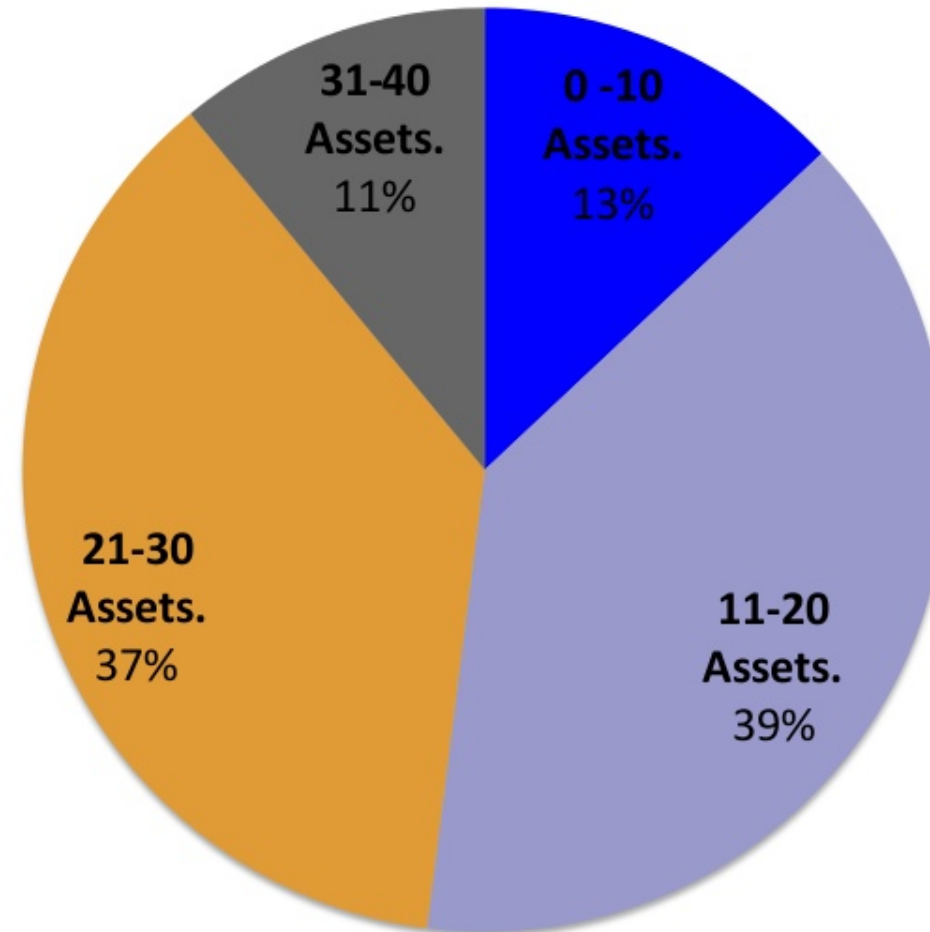
**THE BOTTOM LINE:** On average, youth, grades 6 to 12, surveyed in the United States in 2010 experienced 19 of the 40 Developmental Assets.\*

Only 11% of youth experience at least 31 of the 40 assets—a level that suggests they are thriving.

SOURCE: Surveys of 89,000 U. S. youth, grades 6 to 12, in 2010. See [A Fragile Foundation: The State of Developmental Assets Among American Youth](#)

SURVEY: [Profiles of Student Life: Attitudes and Behaviors](#)

### Youth Experiencing Each Level of Development Assets



\* Developmental Assets are supports, strengths, and non-cognitive skills they experience in themselves, their families, their schools, and their communities.

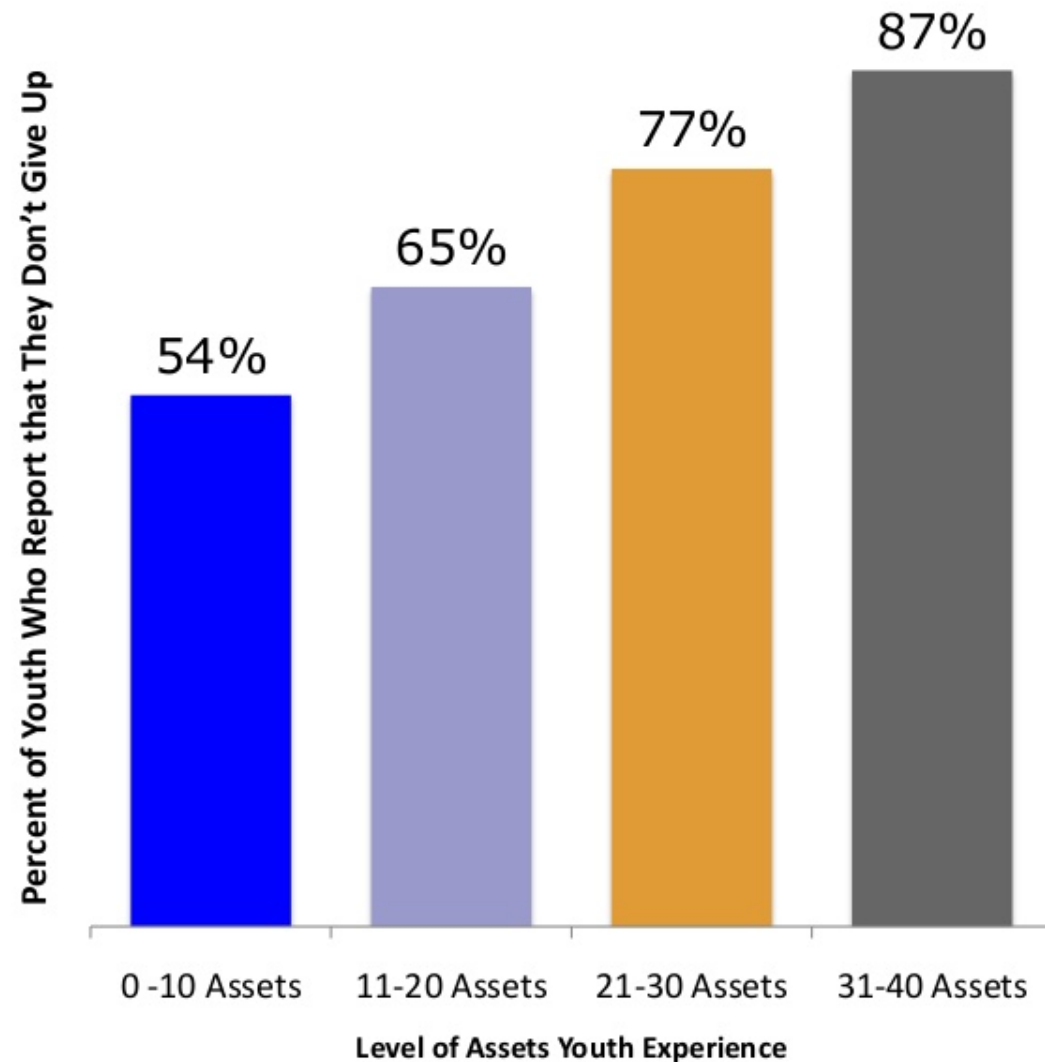
## Assets and Youth Persistence

**THE BOTTOM LINE:** The more Developmental Assets youth report, the more likely they are to be persistent in the face of challenges and adversity.

**DEFINITION:** Youth who report that they do not give up when things get difficult.

**SOURCE:** Surveys of 89,000 U. S. youth, grades 6 to 12, in 2010. See [A Fragile Foundation: The State of Developmental Assets Among American Youth](#)

**SURVEY:** [Profiles of Student Life: Attitudes and Behaviors](#)



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# Three manifestations of withstanding difficulties:

- **Positive outcomes in high-risk children**
- **Sustained competence under stress**
- **Recovery from trauma**



# Resilience is Relational

It is not solely an individual trait or capacity,  
but something that emerges through relationships  
And social connections.

It is the capacity to *adapt*, recover, or grow through  
adversity, sustained and shaped by relationships  
and interactions with others and one's environment.

# Resilience is Developmental

It is not a fixed trait but is a dynamic process that unfolds across the lifespan.

# Intrinsic Motivation

## Three Key Human Needs

Our need for RELATEDNESS

Our Need for COMPETENCE

Our need for AUTONOMY



# Four Common Attributes of Resilient Children

- social competence
- problem-solving skills
- autonomy
- sense of purpose and future

Bonnie Bernard also cites three protective factors:

- Caring relationships
- High expectations
- Opportunities to participate

# Characteristics of Resilient Individuals

- Emotional Awareness
- Optimism
- Flexibility
- Problem-solving Skills

Margaret Smith



# Problem Solving

“The way one defines a problem determines in large measure the strategies that can be used to solve it.”

Nicholas Hobbs

Life is to be lived now,  
learned from the past,  
and lived in the future  
only as a present opportunity.

Adapted from original Principles of Re-EDucation

# Healing Trauma

1. Create a Context of Safety
2. Express the Trauma Without Being Re-Traumatized
3. Healthy Experiences Repeated Frequently Over Time



# Verbal and Non-verbal Communication

The meaning transmitted from  
any interaction is the result of:

Facial Expression 55%

Tone of Voice 38%



Words

7%

---

100% Communication

# Chinese Symbol for Listening

  
*Ears* *Eyes*  
*Undivided Attention*  
*Heart*

# Effective Listening Involves Five Skills

*Attending*

*Reassuring*

*Affirming*

*Decoding*

*Validating*







No more prizes  
for predicting rain.  
Prizes only for  
building arks.

## The Noah Principle