Practical Adlerian Approaches to Trauma Throughout the Lifespan

Idaho Society of Individual Psychology Annual Conference, March 2021

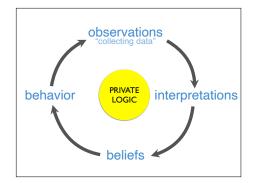
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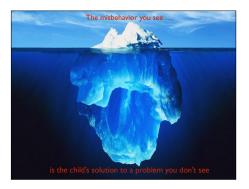
Challenges	Life Skills	Tools

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Tantrums	Honesty	
Sibling fights	Resilience	
Too much screen time	Self-regulation	
Not listening	Respect	
Back talk	Kindness	
Whining	 Problem solving 	
Defiance	Creativity	
Not doing chores	Growth Mindset	
Doesn't do homework	Ability to learn from	
Won't try new things	mistakes	
Acts helpless	Boundary setting	
Unmotivated	Work ethic	
Messy	Self discipline	
Lying	Contribution	







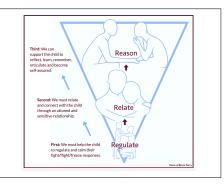


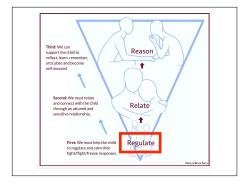




5 CRITERIA FOR EFFECTIVE DISCIPLINE

- 1. Helps children feel a sense of connection.
- 2. Is mutually respectful and encouraging.
- 3. It is effective long term.
- 4. Teaches important social and life skills.
- 5. Invites children to discover how capable they are.







BRAIN STEM

• Automatic functions

• Fight

• Flight

• Freeze



LIMBIC AREA
- Safety radar
- Amygdala
- Emotions
- Memories

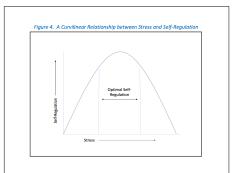


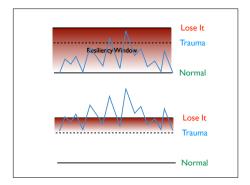
CORTEX
Thinking
Planning

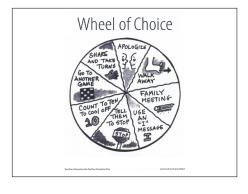


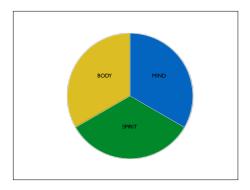
PRE-FRONTAL
CORTEX

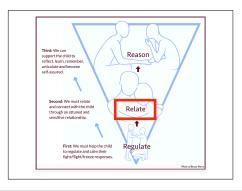
Understand other's
feelings
Calm self
Morality
Read body language











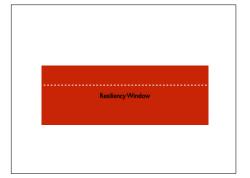


I notice . . .

- 1. What would you like to have happen?
- 2. How do you feel about what happened?
- 3. What ideas do you have to take care of this problem?
- 4. What could you do next time?
- 5. How could you solve this?
- 6. What is your plan for . . . ?
- 7. How do you see that working?

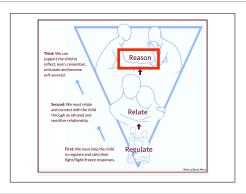
PRAISE	ENCOURAGEMENT
Good job getting your homework done.	Staying on track while doing online learning takes discipline and focus.
2. I am proud of you!	Your expression tells me you must be feeling proud of yourself.
Nice job cleaning your room.	We are all spending more time in the house. When it is tidy it makes being home more pleasant for all of us.
4. Your art is beautiful.	You got clever about finding items in our home to make your art. That is what I call being resourceful!
5. Keep trying	What strengths do you have that you think you can draw on to help you feel more successful?
6. You got it.	Inoticed you had a little struggle. You thought about and tried a new strategy. You really have what it takes to be persistent.
7. I love it when you are kind to others.	When you helped your brother, I noticed a huge smile on his face.
You wrote a really good story.	Your story shows off all your writing skills. You must really enjoy being creative with you words.
Way to go being flexible.	You showed how much resilience you have when our plans changed unexpectedly.
10. You are such a good sport.	 I have faith in your judgement and ability to navigate new challenges. And you can always count on me to be on your side.
11. Thank you for cleaning the garage.	 It was so much easier to pull my car into the garage today. Thank you for cleaning the garage.
12. You are so cooperative.	12. I really feel like a team when we work together.

Underuse	Character Strength	Overuse	
Acting helpless	Confident	Defiant	
Hesitant to start	Intelligent	Perfectionist/Anxious	
Having a hard time being empathetic	Kind	Not finding their voice to state their own boundaries/needs	

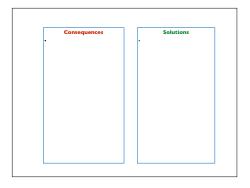








	2	3	- 4	5	6	7	8
COAL	Parent feels	Parent tends to react by	Child's Response	Child's Mistaken Belief	Adult's Mistaken Bellef	Coded Message	Proactive and Empowering Responses
Undue Attention To keep others busy or to get special service	Annoyed Initated Worried Guity	Reminding Cosxing Doing things for the child they could do for self	Stops temporarily but later resumes same or another disturbing behavior	"I count (belong) only when fire being rediced or getting special service." "The only important when I'm leaping you busy with me."	"I feel guilty if you aren't happy:" "It's easier to do things for you than to waitch you shoughe." I'd don't have tathir in you to deal with disappointment."	NOTICE ME	Redrect by involving child in a useful task. *Those you and
Minguided Power To be boss	Angry Challenged Threatened Defeated	Fighting Giving in Thinking You can't get away with it Thinking 'I'll make you' Wanting to be right	Intensifies behavior Defiant compliance Feels height has been won when parently teacher is upset Passive Power	"Thelang only when I'm the bass, in control, or proving no one can bass me." "You can't make me."	Tim in control and you must do what if say." 1 believe that is lifting you what is do, and leading and purishing you what you don't, is the best way to motivate you is do belier." 1 don't practice the importance of beaching you contributing ways to use your power."	GIVE ME CHOICES	Redirect to positive power by asking for help Other Innike choices Other Innike choices Other State of the State of the State Withdraw from conflict. Calm drawn Withdraw from conflict. Calm drawn Withdraw from conflict. Calm Under State Other Sta
Revenge To get even	Hurt Disappointed Disbelleving Disgusted	Retailating Getting even Thinking "How could you do this to me?"	Ratblates Internifies Escalates the same behavior or chooses another weapon	"I don't think I belong so I'I hart others, since I feel hart." "I can't be liked or loved."	"I give advice (without listering to you) because I think I am helping." "wonly more about what the neighbors think than what you need." I have to hurt you to teach you not to hurt others."	IMHURTING VALIDATE MY FEELINGS	Acknowledge hurt feelings; Avoid feeling hurt - Avoid puralement and restlation - Build hust, Town you care - Use nellective batening; Share your feelings - Ball talk - Boot talk - Boot talk - Put Kilds in same boat - Use nellective same boat - Use feeling talk - Ball Kilds in same boat
Assume Inadequacy To give up and be left alone	Despair Hopeless Helpless Insdequals	Giving up Doing for Overhelping	Retreats further Passive No improvement No response	T can't belong because I'm not perfect so I'll convince others not to supect anything of me." "I'm helpless and unable." "I'k no use trying because I' won't do it right."	T expect you to live up to my high expectations." It hought it was my job to do things for you." This too scary to have faith in you."	DON'T GWE UP ON ME SHOW ME SMALL STEPS	Elmak basks down to amal stage Elmourage any positive altempt Have tath in childry abilities; Focus on assets Dost pipt, Don't give up Est up opportunities for success Fauch sidilatinos hos, but don't do for Elipty the child. But do the interests ENCOURAGE! Sop all criticies UNICOURAGE! Sop all criticies Use fruith videous



Related
Reasonable
Respectful
Helpful

