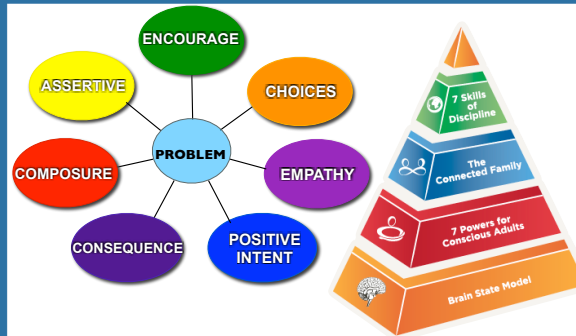




Amy Speidel, Conscious Discipline Master Instructor

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CONTROLLING AND CHANGING ME
IS POSSIBLE AND HAS A POSITIVE
IMPACT ON MY CHILDREN.



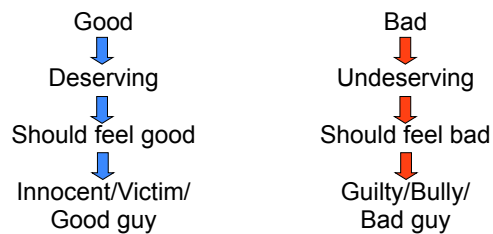
CONNECTION
BRINGS COOPERATION.

CONFLICT IS AN
OPPORTUNITY TO TEACH

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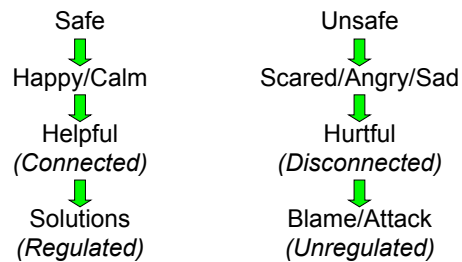
STRESSFUL WAY TO PERCEIVE BEHAVIOR



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HEALTHY WAY TO PERCEIVE BEHAVIOR



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WE'RE WORKING SO HARD BECAUSE WE'RE
TRYING TO DO IT BACKWARDS.

Change the state
first.
Change the behavior
second.



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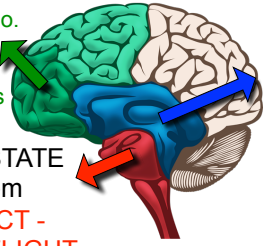


Behavior
Adult symptom relief

Self-regulation
Manage inner states in order to learn new skills and develop empathy.

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EXECUTIVE STATE
Frontal Lobes
I know what to do.
I am able to responsibly solve problems



EMOTIONAL STATE
Limbic Area
How do I feel about this?
How have I felt in the past?

SURVIVAL STATE
Brain Stem
Just REACT - FIGHT OR FLIGHT

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ADULT FIRST

Integrative Systems

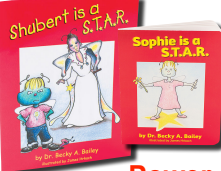

Thinking Systems
Tendency to complain

Emotional Systems
Tendency to verbally lash out or exclude others

Survival Systems
Tendency to physically act out our emotions

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COMPOSURE
BEING THE PERSON YOU WANT OTHERS TO BECOME

Power of Perception:
NO ONE CAN MAKE YOU ANGRY WITHOUT YOUR PERMISSION

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Be a S.T.A.R.

Smile
Take a deep breath
And Relax

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My job is to keep you safe.
Your job is to help keep it safe.



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CHILDREN REQUIRE A CALM, SAFE CO-REGULATOR IN ORDER TO LEARN HOW TO SELF-REGULATE



Being the family's Safe Keeper:
Providing support in the home
requires our willingness to
"join" the family as a loving
member.

SAFE KEEPER RITUAL

My job is to keep you SAFE.
Your job is to help keep it SAFE.

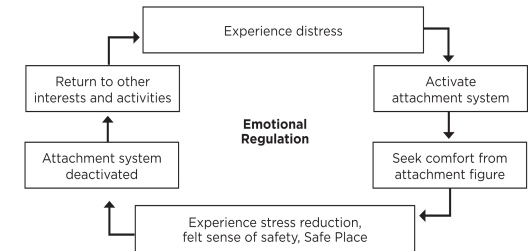
TRIGGER THOUGHTS + STRESS = **BLOW UP**

KNOW YOUR TRIGGERS

- | | |
|---|---|
| <input type="checkbox"/> Lying | <input type="checkbox"/> Blame others |
| <input type="checkbox"/> Screaming / Yelling | <input type="checkbox"/> Pouting |
| <input type="checkbox"/> Tattling | <input type="checkbox"/> Ignoring / Not listening |
| <input type="checkbox"/> Disrespectful | <input type="checkbox"/> Interrupting |
| <input type="checkbox"/> Destructive | <input type="checkbox"/> Whining |
| <input type="checkbox"/> Mouthy foul language | <input type="checkbox"/> Over reacting / Dramatic |



ATTACHMENT AND EMOTIONAL REGULATION



UNSKILLED REACTIONS

LEAD TO

CONFLICT

CREATES AN OPPORTUNITY TO

GAIN MORE SKILLS

HELPS CHILDREN HAVE

APPROPRIATE ACTIONS



MORALITY REQUIRES JOY JUICE

Oxytocin + Dopamine + Endorphins

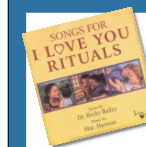


Stuff



Joy Juice

= PLEASURE



Eye contact
Touch
Presence
Playfulness

Twinkle, twinkle, little star.

What a wonderful child you are!

With bright eyes and nice round cheeks,

Talented person from head to feet.

Twinkle, twinkle, little star,

What a wonderful child you are!

