Our Kids Are Not Broken!! They Are Sacred Beings
Part II

The Importance of Resilience in Overcoming Adversity and Restoring Balance

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Behavioral Change 101
The Five Steps of Behavioral Change

1. Awareness
2. Motivation
3. Skills
4. Trial and error
5. Maintenance
Behavioral Change 101
(What they’re missing)

What is “Success”? What about *Inter*Dependence? Demoralization
Confidence gets it started . . .

. . . and shame paralyzes all efforts
Finding Competence . . .
. . . Building Confidence
Competence
Learning Not to Undermine Competence

• Allowing Mistakes
• Talking in a way ALL young people understand
• Recognizing the cognitive development of adolescence
• Recognizing how a traumatized person thinks
• No more lectures!!!!!!
Control
We are the borders

We are the picture on the box
The World Happens to Me

or

I Control My Destiny
Coping
Resilience

• Is about learning to cope, in a positive way with life’s inevitable stressors

• We might do our greatest good by raising youth with a wide repertoire of positive coping strategies
You Feel Awful!!!

Stress

Discomfort

Positive Coping Strategies

Negative Coping Strategies

Relief
You Feel Awful!!!

Stress

Discomfort

Positive Coping Strategies

Negative Coping Strategies

Relief
Distinguishing Paper Tigers from Real tigers

Knowing When Bad Things are Temporary

Knowing When Good Things are Permanent
Coping

Engagement vs. Disengagement

Emotion Focused vs. Problem Focused
Questions & Answers
Webinar Part III:
Date, Time

Follow-up Conference Call
Date, Time