

# **G.R.I.T:** *GROWING RESILIENCY IN TODAY'S WORLD*

Matt Dunatchik, MSED, LPCC and Libby Steele, MSED, LPC

*Adolescent and Family Therapists, Gestalt Columbus*

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# INTRODUCTION AND AGENDA

## **Goals for workshop:**

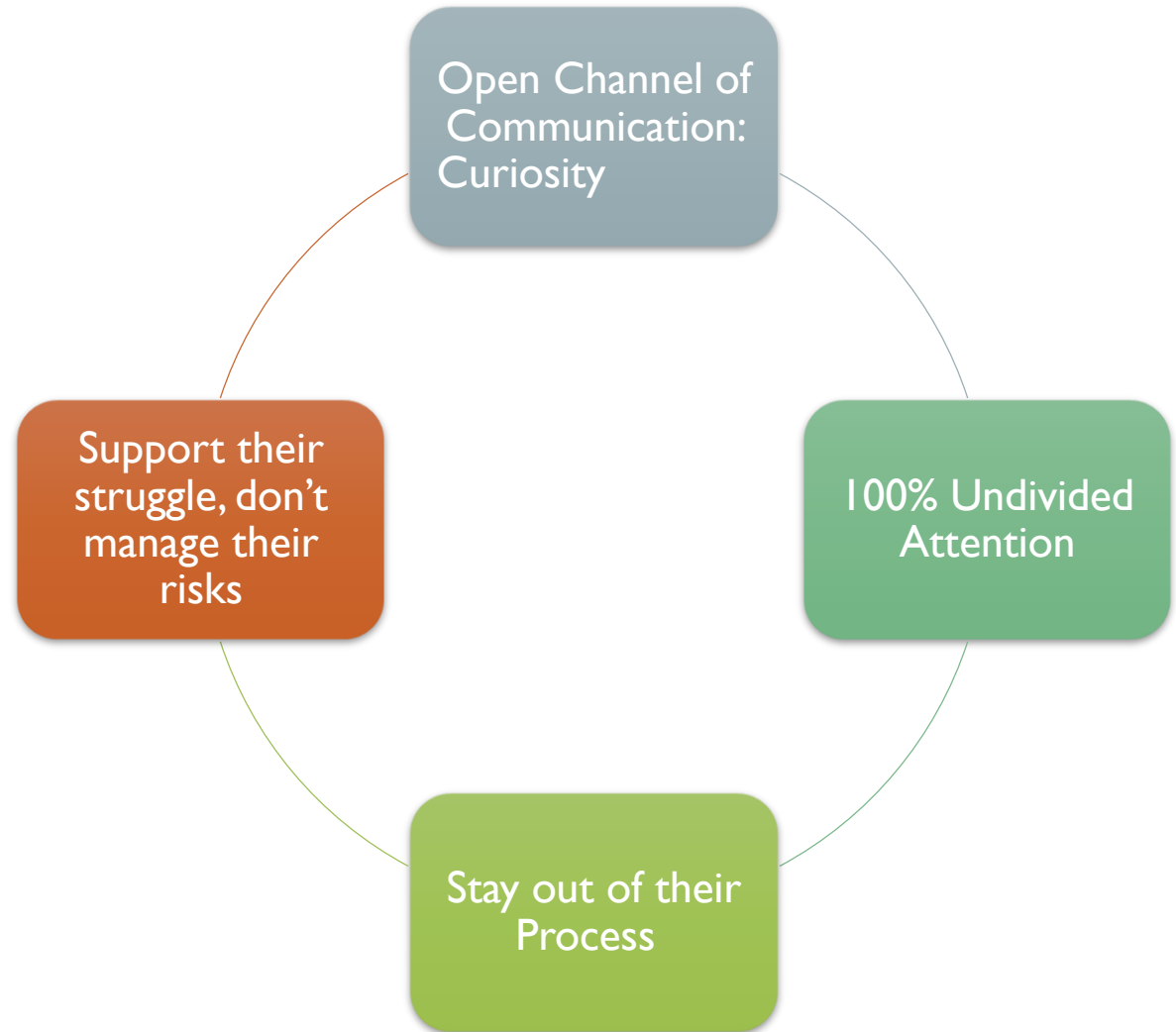
- Developing your child's assertiveness
- Strengthening your child's ability to speak up and self-advocate
- Supporting your child to resolve conflicts independently
- Responding supportively and empathically when your child is upset
- Gain "tools" to help them struggle through their challenges
- Learning the importance of appropriate risk to build resiliency

## STEP ONE: EMOTIONAL CONNECTION

- The emotional connection that parents develop with their kids IS the “training” for their adult relationships and how they will face the world.
- Children learn how to be in the world three important ways.
  - How you treat them!
  - How you treat each other!
  - How you treat the world!

What are they learning from you?

# EMOTIONAL CONNECTION



# MASLOW'S HIERARCHY OF NEEDS



## STEP TWO: THE FAMILY CONTAINER

- Home is where I learn to struggle
- Home is where I learn boundaries
- Home is a soft landing for when I fail
- Home is where I learn to invest in others



CREATING THE CONTAINER  
SETTING EXPECTATIONS

## STEP THREE: CREATING A CHILD CENTERED HOME

- What does this mean to you?
- What do you think that would mean for your child?





## THE CHILD CENTERED HOME

- Creating an environment where the child has the space and safety to grow their resilience



## RISKS

- Start young
- Benefits of appropriate risks
- Safe as necessary
- Be clear
- Check in with yourself



# STRUGGLE

- What does it look like when your child is struggling?
- How does it affect you?



# BUILDING AUTONOMY AND RESPONSIBILITY

- Differentiating Self I am separate from you
- Disembedding Leaving the nest
- Interiority Awareness of inner world
- Integration Ownership of Self

## STEP FOUR: DEVELOPING SELF-ESTEEM

- Identify your child's individual personality strengths
- Self-Confidence vs. Self-Esteem
- Look for opportunities of self-discovery
- My internal and external resources



**You cannot teach resilience.**

**You must create space for it to grow.**