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Class Outline and Objectives for Class Three:

This is a six-week class that consists of 2-hour sessions which are facilitated by a class moderator with the use of video presentations by the program designer Dr. Charles Fay, Ph.D., which includes discussing, modeling, and providing examples of each skill, class readings, and structured group exercises and discussions. Each class teaches a subset of skills that complement the next class.

Target Audience: General and special education teachers, counselors, psychologists, parents, foster parents, adoptive parents, and anyone else serving youth who has experienced trauma.

Session 1: Attachment Relationships are the Foundation

Participants will learn:

- The basics of the Love and Logic approach
- Early childhood and the importance of the Trust Cycle
- The effects of trauma and impaired attachment on social, emotional, and behavioral development and adjustment
- The role played by healthy attachment relationships, boundaries, and success experiences on the healing process
- Essential skills and attitudes for avoiding power struggles and conflicts that interfere with the healing process
- Strategies for building healthy attachment relationships, self-esteem, and resilience

Session 2: Dealing with Defiance and Other Difficult Behavior

Participants will learn:

- To identify patterns of adult-child interactions that contribute to defiance and other negative behaviors, and learn strategies to avoid these patterns
- Why consequences without empathy and love are counterproductive
- The benefits of teaching youth through positive attitudes and natural consequences
- The importance of restitution, appropriate consequences, and other strategies for teaching healthy behavior
- The Hope Cycle

Module 3: Nothing Works Without Sincere Empathy

Participants will learn:

- The differences between empathy and sympathy, and how sincere empathy affects brain functioning and behavior
- Why using empathy is essential for helping youth with trauma development, self-control, cause-and-effect thinking, and other social/emotional skills



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- How to remain calm and empathetic when a youth is displaying serious, and upsetting behavior
- Why many youths appear to initially react negatively to empathy, as well as how to respond to them when they do

Module 4: Setting Limits While Minimizing Power Struggles

Participants will learn:

- Why healthy limits and boundaries are essential to development of trust and positive attachment relationships
- How to identify when limits are essential and ensure that limits are enforceable
- The role of perceived control as a basic emotional need and the strategic use of choices
- Attitudes and skills essential for effectively responding to limit and boundary testing
- How to anticipate and reduce power struggles by appropriate sharing of control within limits

Module 5: Supporting Learning and Achievement at School

Participants will learn:

- The basic processes underlying intrinsic achievement motivation
- The negative cognitive and motivational impacts of trauma and other forms of disruption
- Why many consequences and other interventions often make the problem worse
- How learning happens only after basic needs are met
- How to identify common social and emotional barriers to intrinsic motivation
- A game plan for addressing the root causes of chronic underachievement and ending the control battle over learning

Module 6: Empowering Them Toward Success in Life

Participants will learn:

- How to address unmet needs for control and self-competence and why these unmet needs play a powerful role in achievement motivation
- Tips for preventing or addressing chronic dependency, hostility, and entitlement
- The importance of chores, responsibility, and self-esteem for academic motivation
- How to help them build self-competence by identifying and focusing on their strengths and by teaching practical problem-solving skills
- How to take a proactive approach to helping youth own and solve the problems they encounter
- How to guide youth toward success by identifying and focusing on their strengths

Pre and Post Evaluation of skills used and learned will be given, along with a self-evaluation for each participant and evaluation of course presentation and facilitation.