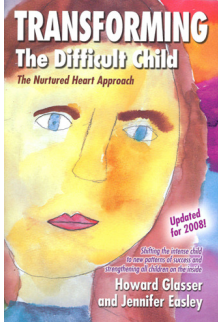


The Nurtured Heart Approach
by
Howard Glasser

NECIC 2012 SibU Malaysia 1



NECIC 2012 SibU Malaysia 2

Challenging children
use their
INTENSITY poorly

NECIC 2012 SibU Malaysia 3

The Nurtured Heart Approach has been used successfully in

1. Clinical setting by therapists
2. Reducing recidivism for repeat offenders in juvenile courts
3. Schools with many at-risk children
4. Head Start program
5. Families with challenging children

It has been found to work with all levels of severity, diagnostic categories and ages.

NECIC 2012 SibU Malaysia 4

TRANSFORMATION
IS
INTERNAL CHANGE

NECIC 2012 SibU Malaysia 5

ARE TRADITIONAL METHODS
WORKING FOR YOU?

NECIC 2012 SibU Malaysia 6

Children desire our
ENERGY
as a response to their
behaviour

NECIC 2012 SibU Malaysia 7

Concept 1: Toys are US

You are by far your child's most
interesting 'toy'.

NECIC 2012 SibU Malaysia 8

Concept 2: Video Game Therapy

- Perfect Structure – Clear Rules and Consequences as well as Incentives
- The game is ALWAYS in the NOW.
- The child knows what to do to score, score, score!

NECIC 2012 SibU Malaysia 9

The Transformative Power
of
Success Experiences

NECIC 2012 SibU Malaysia 10

When does your child feel most
celebrated?

- ... When making wise choices, or when making poor choices?
- ... When things are going well, or when things are not?

NECIC 2012 SibU Malaysia 11

4 Phases of the Nurtured Heart Approach

- I. Energizing Success and Refusing to Energize Negativity
- II. Limit Setting and Consequences
- III. The Credit System; Enhancing the Impact of the Approach
- IV. Extending the Approach to the School System

NECIC 2012 SibU Malaysia 12

You may only need to use:

Phase I
Energising success and refusing to energize negativity

+

Phase II
Limit Setting and Consequences
(Phase III & IV optional)

NECIC 2012 SibU Malaysia 13

Most important
Phase I : Techniques to Energize Success

Technique 1: Active Recognition
Technique 2: Experiential Recognition
Technique 3: Proactive Recognition
Technique 4: Creative Recognition

NECIC 2012 SibU Malaysia 14

**Technique 1:
Active Recognition
(Kodak Moments)**

- Say out loud what you see the child doing.
- Do this only when you see a positive or neutral behavior.
- Do not judge or question, just watch, describe and document.

NECIC 2012 SibU Malaysia 15

**Technique 2:
Experiential Recognition (Polaroid Moments)**

- Extend active recognition by instilling **VALUES**
- Use *value* words: "That shows **respect**."
- Use phrases: "I appreciate," "I like," "I am pleased."

NECIC 2012 SibU Malaysia 16

**Technique 3:
Proactive Recognition (Canon Moments)**

- Notice when things are **going right** and when **rules are not being broken**.
- **Energize** these situations by recognizing them **at that time**.

NECIC 2012 SibU Malaysia 17

Proactive Recognition gives recognition to self-control and healthy power

NECIC 2012 SibU Malaysia 18

Technique 4: Creative Recognition

- Make clear requests :“I need you to...”
- Encourage the child by making requests that are doable.
- Recognize and appreciate small efforts that are in the right direction.
- Creating success vs. catching success

NECIC 2012 Sibul Malaysia

19

The Stands:

1. I WILL purposefully create successes for my child.
2. I REFUSE to be drawn into accidentally energizing and rewarding negativity.
3. I WILL provide a TRUE consequence when a rule is broken.

NECIC 2012 Sibul Malaysia

20

(After Stand 1 and 2 in motion) Phase II : Consequences and Limit Setting

Here are the rules and here's what happens when you break a rule.

NECIC 2012 Sibul Malaysia

21

Rules that start with “no” are clear

- Clear boundaries set up more opportunities for creating success

NECIC 2012 Sibul Malaysia

22

Consequence Stand

- Always give a consequence when a rule is broken.
- Consistently, day-after-day, NOT looking the other way.
- Deliver the consequence in a very neutral manner.
- Keep the consequence short and very simple
- Avoid warnings.
- Energise success after the consequence is served.

NECIC 2012 Sibul Malaysia

23

Transforming the Difficult Child *The Nurtured Heart Approach*
by Howard Glasser

www.difficultchild.com

NECIC 2012 Sibul Malaysia

24

