

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

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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? Do they blame others? Do they give up? Withdrawal?

TALKING WITH CHILDREN



Open Channel of Communication:
Curiosity



100% Undivided Attention



Stay out of their Process



Support their struggle, don't manage
their risks

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

STEP TWO: THE FAMILY CONTAINER



CREATING THE CONTAINER
SETTING EXPECTATIONS



STEP THREE: DISTRESS TOLERANCE

- Windows of Tolerance and emotion regulation
- Managing Stress and Overwhelm
- Appropriate Risks
- Boredom

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?



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.