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

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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
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

- Struggle
- Feel Safe
- Learn
- Grow
- Love and Be Loved

Accountable
Respectful
Honest
Punctual
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
• 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.