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Presents

Engaging the Out-of-Control Family

with Scott P. Sells, Ph.D.





Implications: No Parent Engagement

Clues to the Out-of-Control Family

Reported Recidivism Rates for Residential Youth In Texas

Re-arrest In 1 yr.	Reincarceration Rate Within 3 yrs	Reincarceration Rate Within 1 yr
55.76%	48.74%	26.08%



Implications: No Parent Engagement

Clues to the Out-of-Control Family

Epidemic of Learned Helplessness



Implications: No Parent Engagement

Clues to the Out-of-Control Family

Oppositional Kid is Part of an Oppositional System



What is Needed?-Unique Packaging

Clues to the Out-of-Control Family

Process Undercurrents and Coaching



Why Parenting With Love and Limits?

PARENTING WITH LOVE AND LIMITS

- Program designed to engage hard to reach parents/caregivers
- First program to combine a hybrid of family & group therapy together
 - Creates a sense of community
 - Lowers Parental Resistance
 - Reduces Isolation
 - Fills in core missing parenting skills



Reveal and Fill In the Missing Healthy Undercurrents

Unhealthy Undercurrents Healthy Undercurrents

- **Empty Threats**
- **Unforgiveness**
- **Violence**
- **Role Confusion**
- **Family Secrets**
- **Caustic Communication**
- **No Nurturance**

- **Consistent Discipline**
- **Forgiveness-Let Go**
- **De-escalation, Softness**
- **Pack Leader**
- **Reveal Secrets**
- **Praise, Calm Voice**
- **Hugs- Special Outings**



THE CRISIS DEEPENS



**“In This Century
We May Be the First
Species That Has
Forgotten How to Raise
Its Young!”**

Senator Sam Nunn
US Congress

VIDEO: Boy
who knew too
much



Reasons This Family Was Out of Control?

- Counselors and Probation Officers Failed to Tap into the Mother's "Honorable Self"
- Mother Lacked These Core Skills
 - Tools to Be Nurturing
 - Tools to Stop Button Pushing
 - Tools to Troubleshoot
 - Tools for an Ironclad Contract
 - Tools to Engage Her Village
- No Dress Rehearsals or Coaching

PARENTING WITH LOVE AND LIMITS



Honorable Self Questions?

- **If I Got to Know You Better What Qualities Would I Come to Admire About You?**
- **At what time in your life did you most value and appreciate who you were as a mom? What pieces of that do you want to bring into your life right now?**
- **What Keeps You From Throwing in the Towel?**
- **What Hopes Do You Have For Your Son on His 21st Birthday?**
- **The Counselor or PO Has to find 4 Heroic Qualities in This Mother**

PARENTING WITH LOVE AND LIMITS



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PARENTING WITH LOVE AND LIMITS

The 6 Stages of Readiness for Change

Precontemplation

- Do not see that they are part of problem/solution
- Feel situation is hopeless
- No intention of changing
- Want others to change
- Others see problem they cannot
- Minimize or rationalize

Action

- Person or family tries to change or stop problem
- Person or family tries to change environment
- Overlooks possible relapses
- If relapse or change fails recycles back to one of three earlier stages

Contemplation

- Acknowledge problem and their part in it
- Not ready for change yet
- Stalling – "analysis paralysis"
- Wait for magic sign
- Focus is only on problem

Maintenance

- Consolidate gains
- Relapse prevention- troubleshooting
- Potential to recycle is initially high
- Communicate that relapse is normal
- Goal: Spread moments of relapse further apart

Preparation

- Contracting and troubleshooting
- Ambivalent-need final reassurances
- Dry Run Role Plays
- Make final adjustments

Termination

- Anticipatory guidance
- Letting go of "old self"
- Back-up plan
- When to raise tune-ups
- Line up support systems and secure co-therapist

For more information

Prochaska, J.O., Norcross, J.C., & DiClemente, C.C. (1994).
Changing for Good. New York: Avon Books.



Consequences of an Unchanged Parent

PARENTING WITH LOVE AND LIMITS

“A review of all available research data show that youth will return to past behavioral problems *if their parents remain unchanged* in the areas of consistent limit setting, rebuilding emotional attachment, and improved communication.”

Williams and Chang, 2000, p. 159



Parenting With Love and Limits

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PARENTING WITH LOVE AND LIMITS



7 Aces That Can Cause Parent Abuse



Ace #1:

Disrespect

Ace #2:

**Truancy/Poor School
Performance**

Ace #3:

Running Away

Ace #4:

Teen Pregnancy

Ace #5:

Drug or Alcohol Abuse

Ace #6:

Threats/Acts of Violence

Ace #7:

Threats of Suicide

WHY KIDS MISBEHAVE



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PARENTING WITH LOVE AND LIMITS



Do You Agree With These Statements?

**Rules Without
Relationships Lead to
Rebellion**

And

**Our Parents Often Love
Their Kids But No Longer
Like Them Anymore**

WHY KIDS MISBEHAVE



7 Strategies to Restore Nurturance

- #1 Education and Normalization**
- #2 Opportunities to Earn Trust**
- #3 A New Approach to Criticism**
- #4 Emotional Warm-Ups**
- #5 Acceptance of Underlying Feelings**
- #6 Physical Touch-Hugs**
- #7 Special Outings**

NURTURANCE



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A Key Point to Ponder...

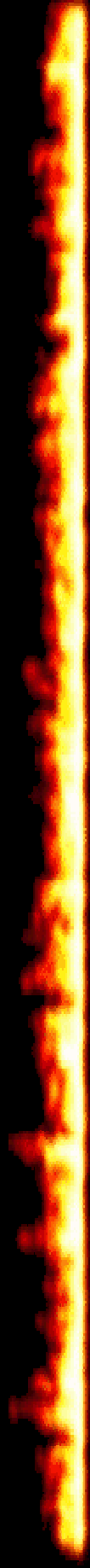
How Do People Learn?

- **30% Learn By *What They Hear***
- **70% Learn By *What They SEE***

REDEFINING THE PROBLEM

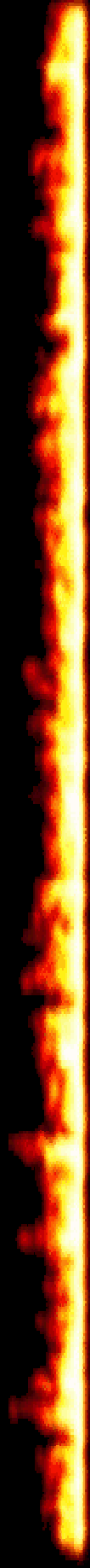
Top 10 Parent **HOT** Buttons

- 1) “You never let me do anything!”
- 2) “You don’t love me.”
- 3) “I hate you/this family!”
- 4) Swearing
- 5) “You’re not my real Mother/Father. I don’t have to listen to you.”
- 6) A disgusted look, improper gesture or whiny voice
- 7) “I’m gonna kill/hurt you/myself/others.”
- 8) Lying
- 9) “I hate school; I’m not going!”
- 10) “I’m going to leave or run away.”



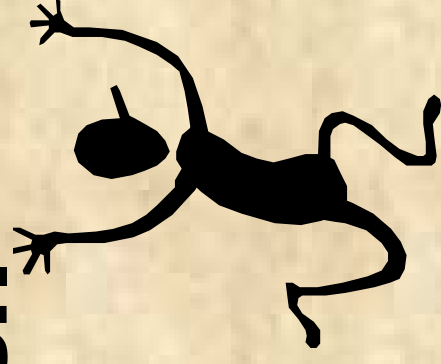
Top 8 Teen **HOT** Buttons

- 1) Preaching or nagging
- 2) Talking in chapters
- 3) Labeling
- 4) Futurizing
- 5) Instant problem-solving
- 6) You get moody sometimes
- 7) Not letting you experiment
- 8) Collecting criticisms



#1

**Arguments Are Not Won
Based on Who is Bigger or
Stronger than the Other.**



#2

**Arguments Are Won
Based on Whoever is
Better at the Game of
Controlling the Mood of the
Other Person and the
Direction of the
Argument.**





5 Button Buster Strategies

BUTTON PUSHING

Exit and Wait

The best thing about this strategy is that by saying nothing, you never have to take back harsh words or criticisms said in anger.

Use Secret Signs

Together, you can develop a set of secret signs or "Morse Codes" to quietly signal one another that your teen is skillfully pushing your buttons or that it is time to exit and wait.

Separate From Personal Attacks

Button pushing is not personal. The real intent is to get you to let them go to a party, back down on a punishment, or leave them alone.

Short and To The Point

Lecturing or offering long explanations only gives your teenager the upper hand to push your buttons and achieve victory.

Using Deflectors

"Deflectors" are words or phrases like "nevertheless," "regardless," or "that is the rule." They help you redirect the conversation back to the issue at hand.



7 Stages of Emotional Deprivation

STAGE 1

Behavior Problems

A preadolescent or early adolescent becomes rebellious and has behavior problems.

STAGE 2

Negative Interaction

The child fails to comply with parental requests and lecturing & negative interaction jumps to 90-100% of the time.

STAGE 3

Conditional Love

Special outings or signs of affection then become contingent on how good the behavior was each week.

STAGE 4

Emotional Deprivation

Sets in when the parents and teen stop physical affection and special outings. Everyone feels so burned out that they stop trying.



7 Stages of Emotional Deprivation

STAGE 5

Second Family Takes Over

If teenager does not receive nurturance in the family, he or she will look to an adopted "second family" of peers, gangs, or drugs.

STAGE 6

Parent & Teen Stuck In a Vicious Cycle

As parents see the teenager pull away, they will lecture or impose more rules, which in turn will push the teenager further away until both parties get stuck in a rut and are unable to make the first move to break down the walls of emotional deprivation.

STAGE 7

Teen Hardened & Lacks Empathy

As this rut continues, the teenager becomes more and more hardened. Over time the teenager develops an inability to show remorse or empathy and may even develop an antisocial personality disorder.



When to Introduce Nurturance

NURTURANCE

Option #1: The Soft Side Before The Hard Side

The behavior problems are so minimal that the soft side of nurturance is the only area that needs to be addressed. However, with difficult adolescents this is an exception, not the rule.

Option #2: The Hard & Soft Sides Simultaneously

This is possible when behavior problems are less extreme or when problems first emerge. In both instances, family members are not burned out and the negative interactions have not had a chance to seriously impact the family's closeness.

Option #3: Addressing The Hard Side First

Years of conflict have taken their toll on the parent-child relationship. The parents feel out of control and helpless. Consequently, nurturance cannot be addressed until the bleeding has stopped by neutralizing the teenager's aces and maintaining the parents' position of authority.

VIDEO: "When I
Became A Man"



When to Introduce Nurturance

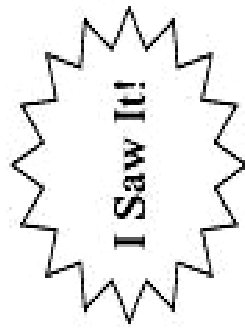
NURTURANCE

Positive Teen Report

For: _____

You Did It! _____ Academics _____ Athletics _____ Creativity
 _____ Concern For Others _____ Performed Well Under Stress
 _____ Performed Well Under Tough Circumstances
 _____ Did Chores Without Being Asked _____ Avoided An Argument
 _____ Job Performance _____ Respectful _____ Other

You earned this PTR because: _____



*You are being recognized for going beyond the call of duty!
 Keep moving forward!
 You're fantastic!*

Parent Signature _____

Date _____



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PARENTING WITH LOVE AND LIMITS



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