



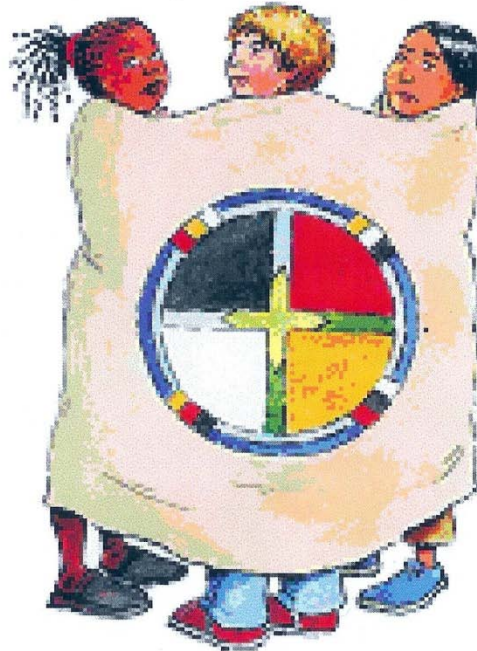
Building a Climate of Respect and Care in Your School

Dr. Raquel Hatter – Presenter
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615-752-8960 or 615-941-5535

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Response Ability Pathways



RAP™

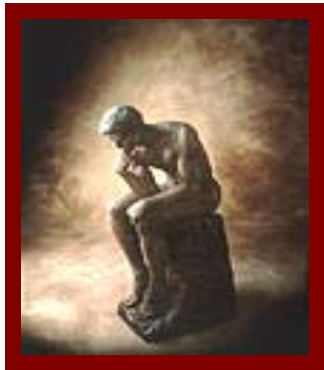
***Restoring Bonds of
Respect: Brendtro
& du Toit, Cape
Town Publishers
2005***

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Response Ability Pathways

Goals and Outcomes



CONNECT	CLARIFY	RESTORE
Strengthen natural abilities to connect to others and gain positive support.	Strengthen natural abilities to clarify problems and cope with challenges.	Strengthen natural abilities to restore courage and build bonds of respect.
Trust Respect Understanding Empowerment	Challenge Logic Emotions Actions Results	Belonging Mastery Independence Generosity

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RESPONSE ABILITIES FOR MENTORS



CONNECT

1. Treat youth with concern to build trust.
2. Recognize the pain beneath the problem.
3. Respond to needs rather than react to crisis.

CLARIFY

4. Approach difficult events as teaching moments.
5. Explore the logic and motives behind behavior.
6. Discover potentials to enable successful coping.

RESTORE

7. Encourage young persons to take responsibility.
8. Identify specific ways to build strength and support.
9. Mend broken bonds through relationships of respect.
10. Restore belonging, mastery, independence, generosity.

RESPONSIBLE PATHWAYS FOR YOUTH



What issues do we see with today's youth?

CONNECT

1. Find persons to trust who treat you with concern.
2. Express pain without causing problems for others.
3. Seek supportive adults and peers in times of crisis.

CLARIFY

4. Turn difficult events into opportunities to grow.
5. Explore the thinking and goals behind your behavior.
6. Discover your potentials to cope with difficulties.

RESTORE

7. Take responsibility for setting the course of your life.
8. Identify specific ways to build strength and support.
9. Mend broken bonds through relationships of respect.
10. Restore belonging, mastery, independence, generosity.



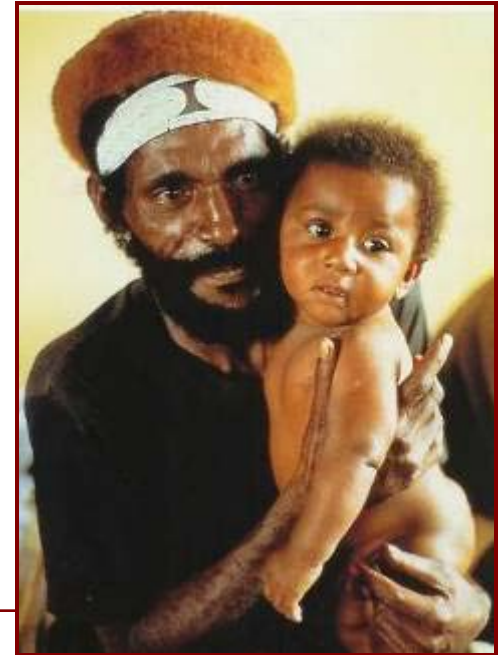
Chapter 1

A Portrait of Pain

One of my doctors one day asked me to write out all the good things that happened to me as a child and all the bad things that happened...I started crying because I could not think of one good thing.

Jasmine, high school student,
Perth, Australia

Children Depend on Adults for Emotional Security “Innately dependent”



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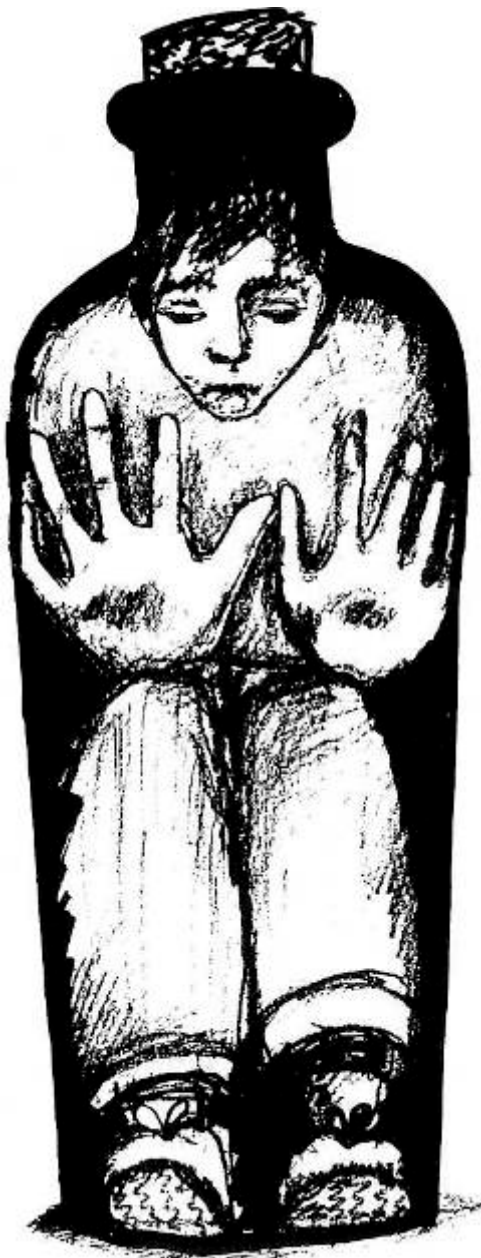
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Youth art: Rebecca Kirby
National Association of Homes and Services for Children

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Youth Art: Courtesy of Regional Adolescent Forensics Service
Manchester, UK

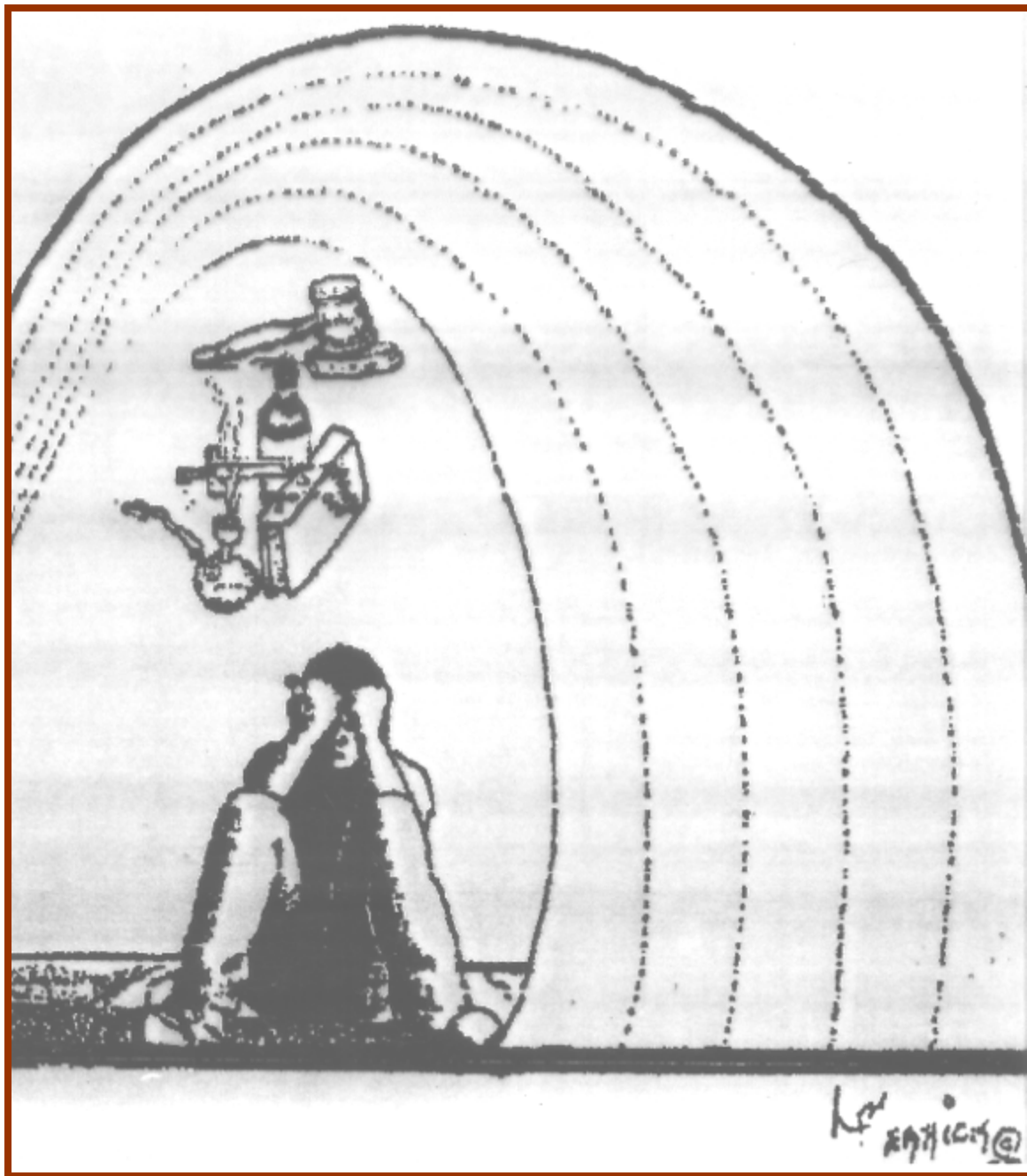


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Youth Art from the National Youth in Care Network of Canada

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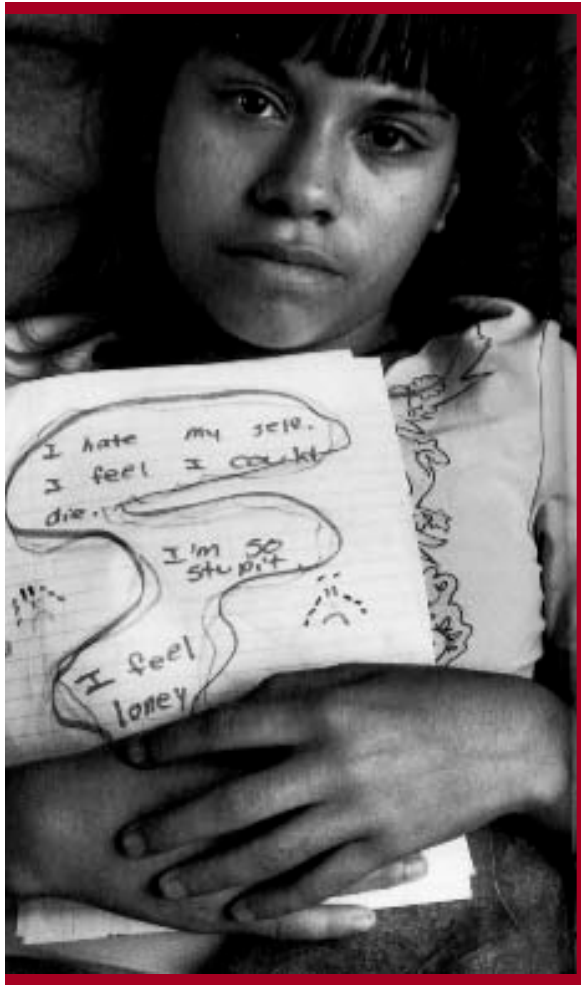
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Youth Art: Courtesy of Regional Adolescent Forensics Service
Manchester, UK

Kids in Pain

“Pain Based Behavior Activity”



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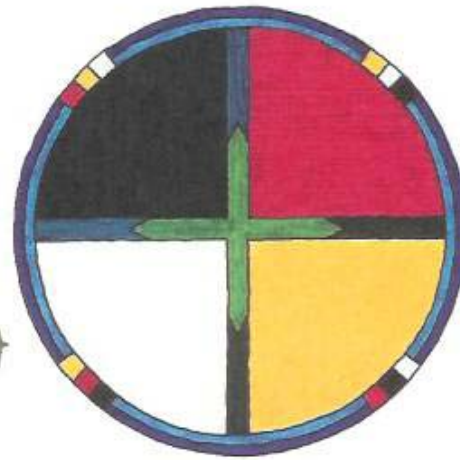
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THE CIRCLE OF COURAGE: VITAL SIGNS – “TAKE THE PULSE”



Generosity

Broken
Circles?

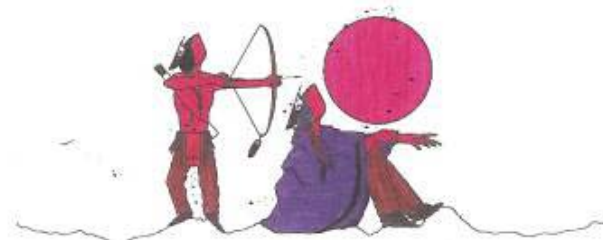


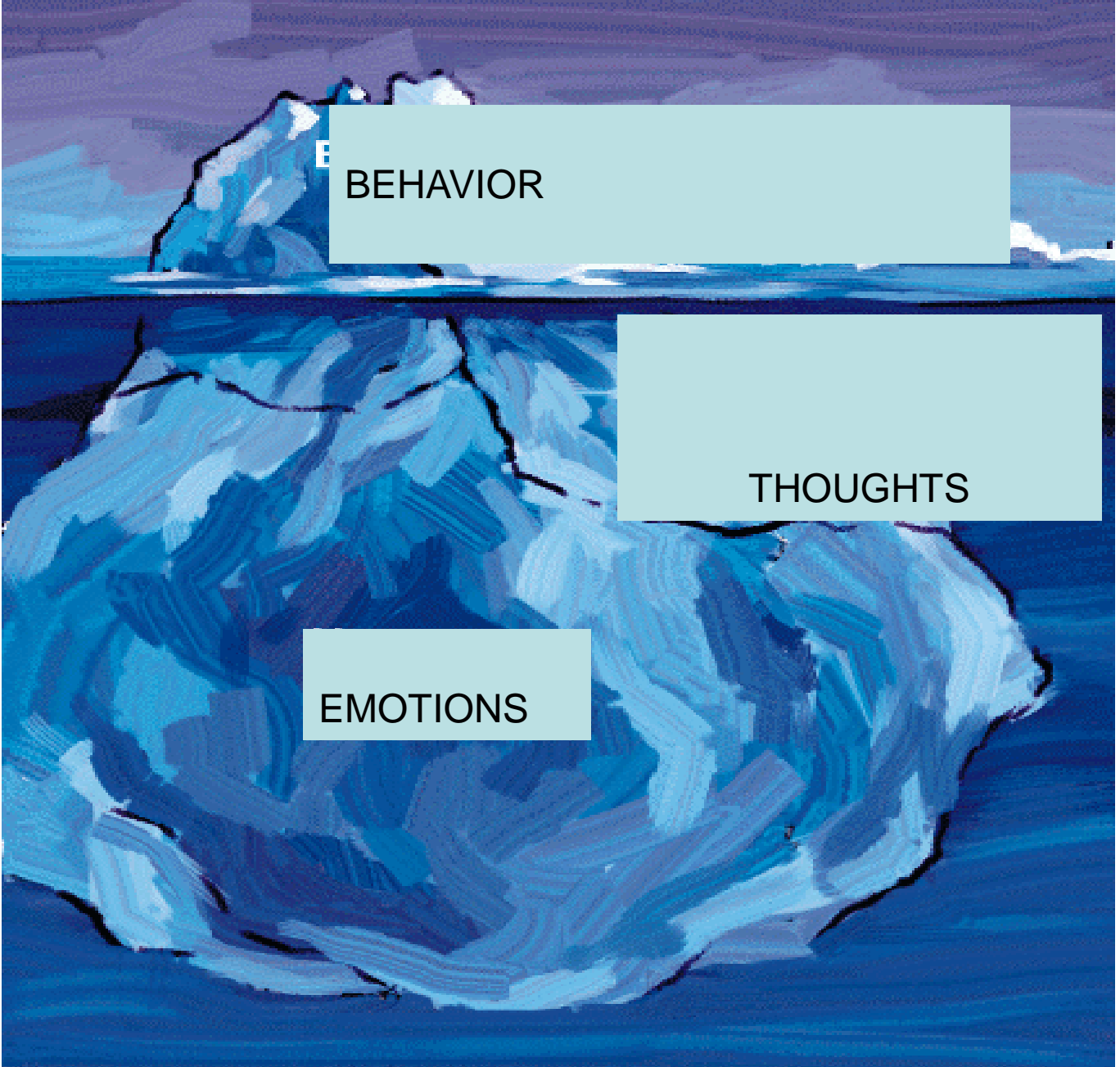
Independence

Belonging



Mastery





E

BEHAVIOR

THOUGHTS

EMOTIONS

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The Triune Brain

Logical Brain - Executive
Emotional Brain – Manages
+/- emotions
Survival Brain – Breathing
& Safety



SPLIT BRAIN

RIGHT BRAIN-non verbal messages & negative emotions (secure attachments)

LEFT BRAIN- optimistic feelings

Both are involved in logic

With Growth, the logical brain takes more charge of emotions

Emotional brain strongly influences logical brain

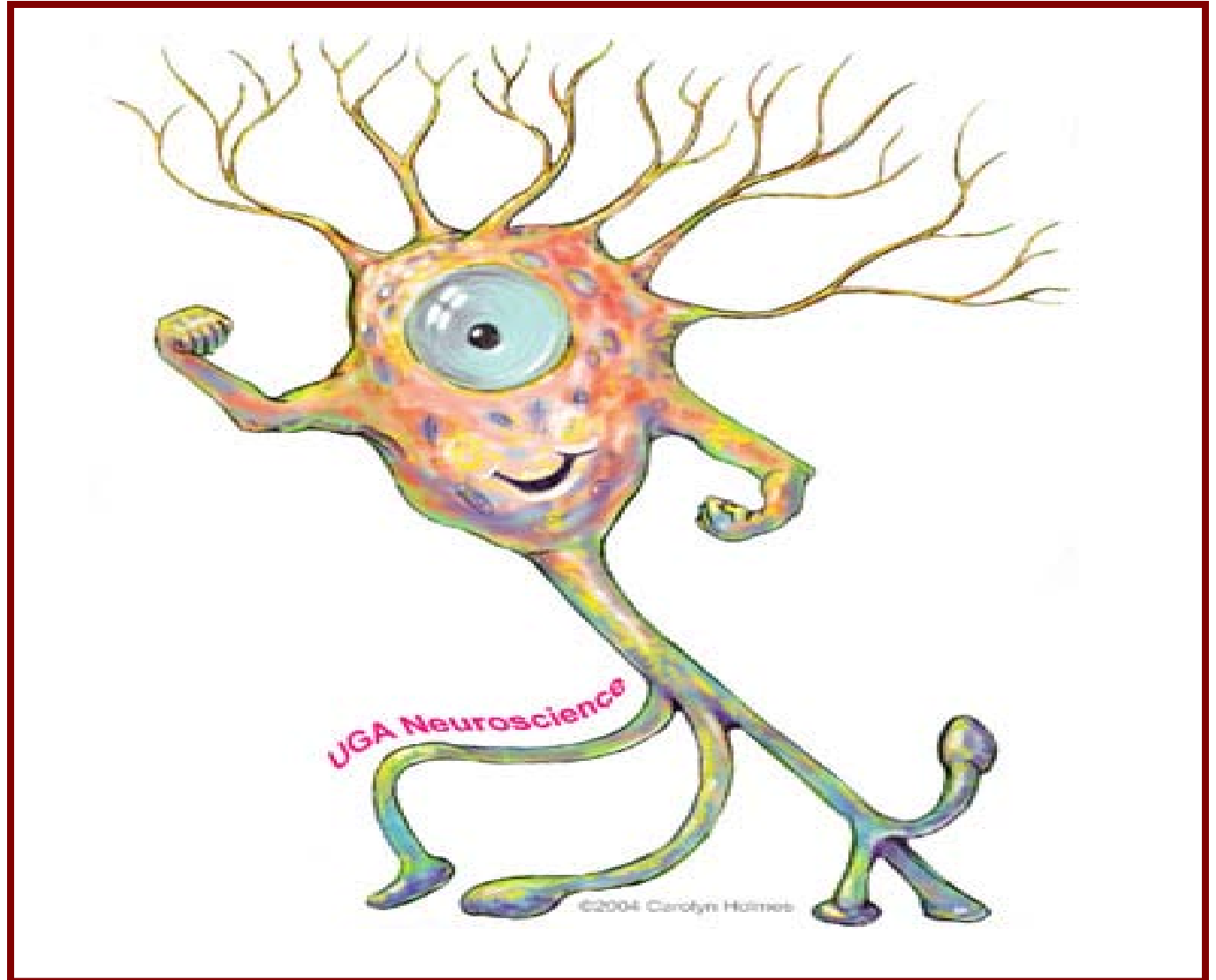
Brain highways

Emotion to logic/Logic to emotion

Response abilities in youth strengthen pathways to manage emotions

PATHWAYS IN THE BRAIN

One Neuron Can
Make 10-100,000 Connections



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PATHWAYS IN THE BRAIN

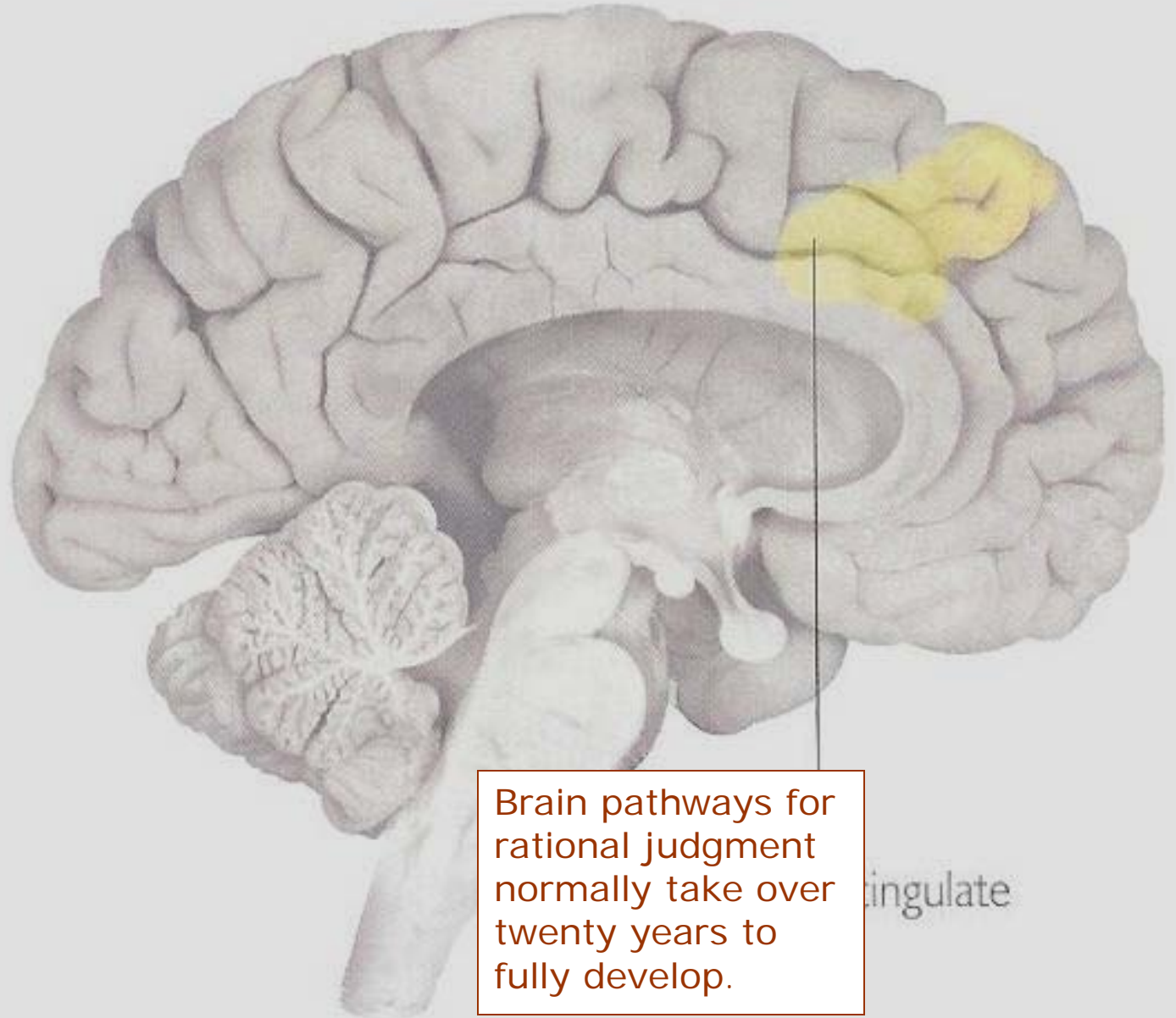
**The Human Brain Has 100 Billion Neurons
Survival and emotional instincts are hard wired at birth**

Cells that fire together wire together & Use it or lose it



**How long does it
take to “wire” the
brain or for the
logical brain to
develop?**

The Center of Self Will



Brain pathways for rational judgment normally take over twenty years to fully develop.

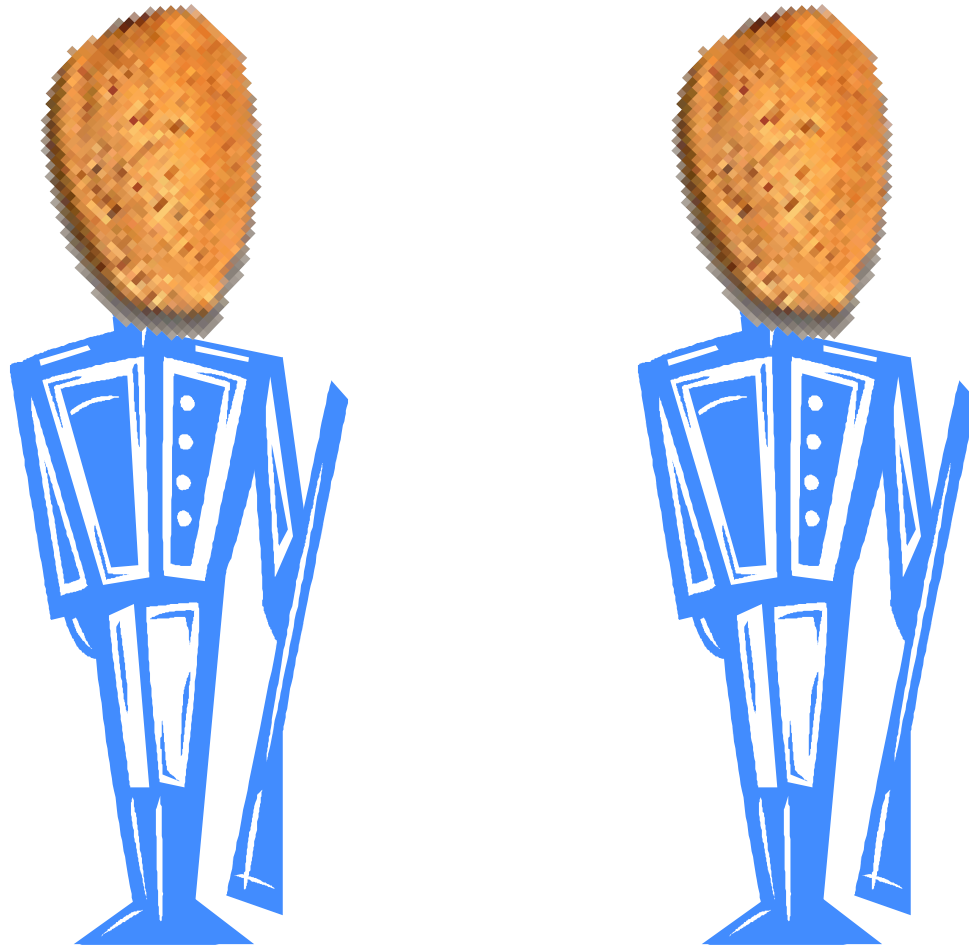
cingulate

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AMYGDALA

The Brain's Security System



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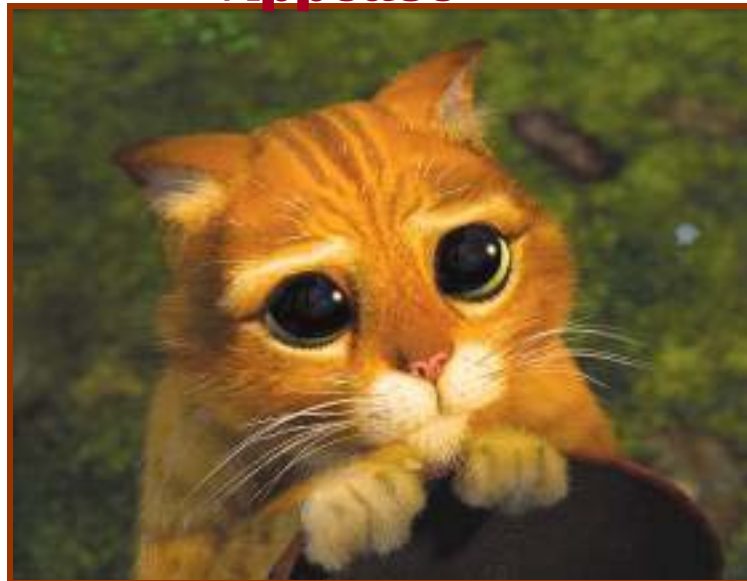
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EMOTIONAL REACTIONS TO THREAT

Fight



Appease



Flight



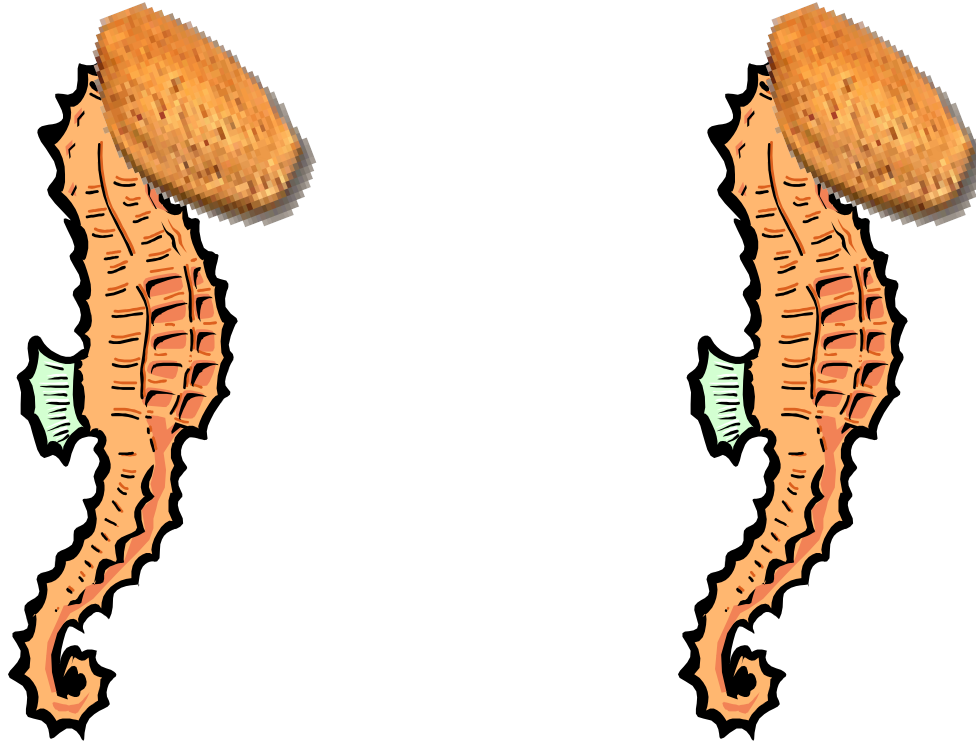
Attach

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HIPPOCAMPUS

is Greek for
SEAHORSE



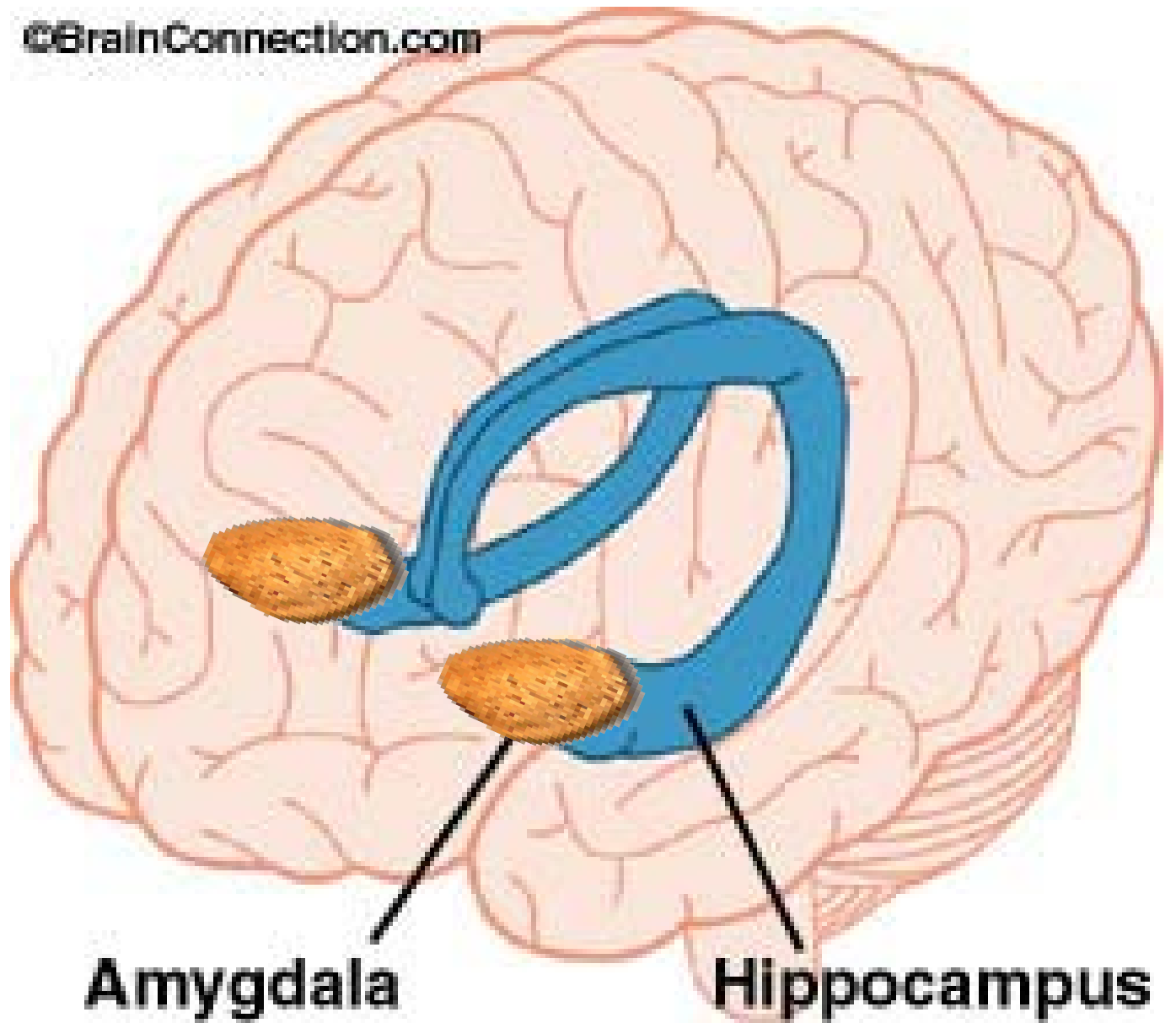
(memories are stored here)

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Amygdala

Hippocampus

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Response Ability Pathways

This session was a very brief overview of RAP to provide you with the opportunity to consider becoming a Rap Trainer. RAP is a very comprehensive curriculum and an excellent resource. To learn more about how to become a RAP Trainer visit www.reclaiming.com

Blessings To You!!

Basic Training in Building Strengths

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