

The Conflict Cycle

Supporting Children and Young People
Emotionally to Diffuse Crisis Situations

Therapeutic Crisis Intervention (TCI)
Residential Child Care Project
Cornell University, 2009

Logistics

- ❖ Please **display your name** (or parent of: child's name) for attendance purposes, or send via chat to presenters.
- ❖ Please send **questions via chat** to presenters.
- ❖ Please **mute yourself** to limit background noise when not participating in breakout groups or activities.
- ❖ We will be **recording** this presentation.
- ❖ Please send us a private chat or email *if you do not consent* to this recording being shared with staff & other GC parents.
- ❖ Breakout groups will not be recorded.

The Four Questions

1. What am I feeling? ✓
2. What does the child feel, need, or want? ✓
3. How is the environment affecting the child? ✓
4. How do I best respond?

4. How do I best respond?

- What is the difference between ***reacting*** and ***responding***?
- How can we increase our ability to best ***respond*** when faced with a crisis situation?



A child's behavior is not always what it seems

Behavior is communication

What we see: Behavior

What we don't see:
What's under the surface



The Conflict Cycle

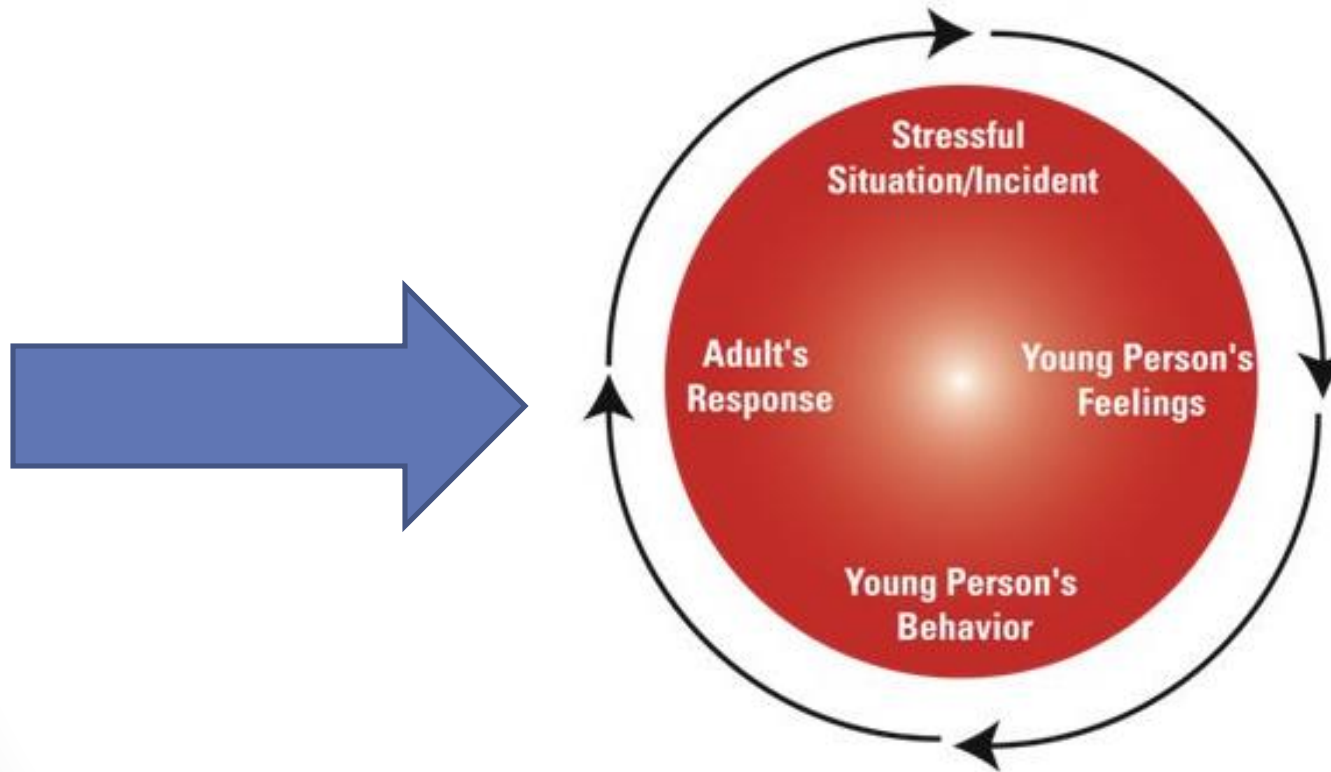
- What does it mean to be “stuck in a conflict cycle”?



Breakout Session: The Conflict Cycle

- Think about some of the examples that were given in the chat tonight regarding power struggles. How does it FEEL when you are stuck in a power struggle with a young person?
- What are your own warning signs when you are in a power struggle or when you are escalating during a stressful situation? (write down for yourself, or share in the group if you are comfortable)
- What self-regulation skills have you used in the past to regain control of your own emotions during a stressful situation?

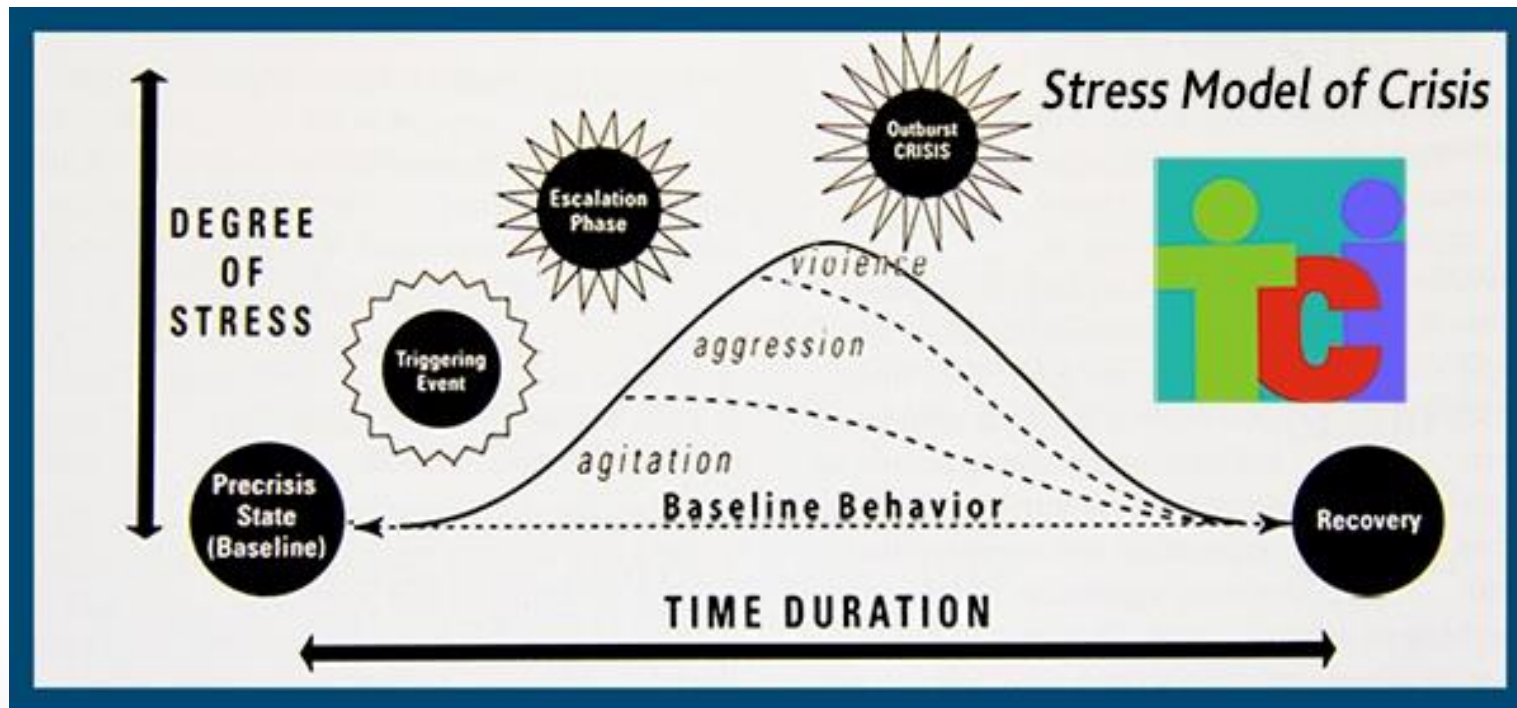
The Conflict Cycle



How can we break out of the conflict cycle?



The Stress Model of Crisis



Key Strategies for Avoiding and Breaking the Conflict Cycle:

Positive Self-Talk

- Ask yourself the four questions!
- Silent, encouraging messages to yourself
- Take a deep breath
- Give yourself a moment to respond



Key Strategies for Avoiding and Breaking the Conflict Cycle: Listen and Validate Feelings



Child's Behavior

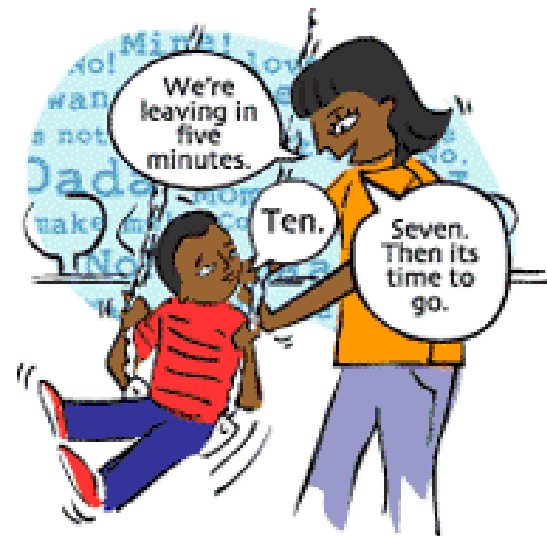
- Child is yelling or talking over you
- Child is clenching their fist
- Child is crying or whining
- Child continues to try to negatively engage

Adult's Response

- Try to wait before responding
- “It looks like you are really angry right now”
- “I can tell you are upset”
- “I know this is frustrating”

Key Strategies for Avoiding and Breaking the Conflict Cycle: **Dropping the Rope**

- ✓ Give child choices and TIME to decide
- ✓ Redirect child to another POSITIVE activity
- ✓ Appeal to child's self interest
- ✓ Manage the environment
- ✓ Change or drop expectation
 - What does this sound like?
 - This is NOT admitting defeat!
 - But this CAN be a challenge for adults



Questions/Comments

Thank you!

Please complete our survey to help us improve:

<https://www.surveymonkey.com/r/GCparenttraining>

Parent support group is December 15th (6:30-7:30)

The next parent training is **January 12th on Distress Tolerance**

Powerpoint can be found on our website (Parent Training and Support group)

<https://www.greenchimneys.org/therapeutic-special-education/parents-families/tools-resources/clinical-resources/parent-training-support-groups/>