

Course Syllabus

I. General Information

1. Course Title: *Love and Logic: Adults Supporting Youth with Challenging Past[®]*
2. Course Facilitator: _____
3. Course Credit: _____
4. Target Audience: General and special education teachers, counselors, psychologists, foster parents, adoptive parents, and anyone else serving youth who have experienced trauma.

II. Course Goals: Participants will learn the following:

1. How trauma affects the brain, including its impacts on the social, emotional, and behavioral adjustment of youth
2. A practical framework for meeting the unique needs of this population of youth
3. The role played by attachment relationships, as well as skills for building them
4. Strategies for responding to defiance and other serious forms of misbehavior
5. The importance of providing sincere empathy and how to do so on a consistent basis
6. Skills for remaining emotionally healthy while meeting the needs of these youth
7. Tools for addressing the underlying emotional factors affecting behavior and academic performance

III. Course Description

This course follows the *Love and Logic: Adults Supporting Youth with Challenging Pasts*® training program developed by Charles Fay, Ph.D.

This course consists of six separate modules, each of which teaches a different subset of skills. Instruction is provided via:

- Video presentations by Charles Fay, Ph.D.
- Readings
- Structured exercises

IV. Course Outline and Objectives

Module 1: *Attachment Relationships are the Foundation*

Participants will learn:

- The basics of the Love and Logic approach
- Early childhood and the importance of the Trust Cycle
- The effects of trauma and impaired attachment on social, emotional, and behavioral development and adjustment
- The role played by healthy attachment relationships, boundaries, and success experiences on the healing process
- Essential skills and attitudes for avoiding power struggles and conflicts that interfere with the healing process
- Strategies for building healthy attachment relationships, self-esteem, and resilience

Module 2: *Dealing with Defiance and Other Difficult Behavior*

Participants will learn:

- To identify patterns of adult-child interactions that contribute to defiance and other negative behaviors, and learn strategies to avoid these patterns
- Why consequences without empathy and love are counterproductive
- The benefits of teaching youth through positive attitudes and natural consequences
- The importance of restitution, appropriate consequences, and other strategies for teaching healthy behavior
- The Hope Cycle

Module 3: *Nothing Works Without Sincere Empathy*

Participants will learn:

- The differences between empathy and sympathy, and how sincere empathy affects brain functioning and behavior
- Why using empathy is essential for helping youth with trauma develop self-control, cause and effect thinking, and other social/emotional skills
- How to remain calm and empathetic when a youth is displaying serious and upsetting behavior
- Why many youths appear to initially react negatively to empathy, as well as how to respond to them when they do

Module 4: *Setting Limits While Minimizing Power Struggles*

Participants will learn:

- Why healthy limits and boundaries are essential to development of trust and positive attachment relationships
- How to identify when limits are essential and ensure that limits are enforceable
- The role of perceived control as a basic emotional need and the strategic use of choices
- Attitudes and skills essential for effectively responding to limit and boundary testing
- How to anticipate and reduce power struggles by appropriate sharing of control within limits

Module 5: *Supporting Learning and Achievement at School*

Participants will learn:

- The basic processes underlying intrinsic achievement motivation
- The negative cognitive and motivational impacts of trauma and other forms of disruption
- Why many consequences and other interventions often make the problem worse
- How learning happens only after basic needs are met
- How to identify common social and emotional barriers to intrinsic motivation
- A game plan for addressing the root causes of chronic underachievement and ending the control battle over learning

Module 6: *Empowering Them Toward Success in Life*

Participants will learn:

- How to address unmet needs for control and self-competence and why these unmet needs play a powerful role in achievement motivation
- Tips for preventing or addressing chronic dependency, hostility, and entitlement
- The importance of chores, responsibility, and self-esteem for academic motivation
- How to help them build self-competence by identifying and focusing on their strengths and by teaching practical problem-solving skills
- How to take a proactive approach to helping youth own and solve the problems they encounter
- How to guide youth toward success by identifying and focusing on their strengths

V. Evaluation

Between each session, participants will complete a Reaction/Experimentation Sheet, detailing what they believe to be the most valuable skill they learned in the previous session, how they experimented with this skill at home or on the job, and the results of their experiment.

A final exam will be administered after the last session.

V. Bibliography

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