



Irving Plotkin
Retired Jedi Knight

Managing Number One First & Staying Motivated to do the Job

How to Control Your Emotions
and Feel Great About the Work

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Understanding, Normalizing, and Learning From Our Feelings

Typical Feelings and/or Traps

1. Angry
2. Frustrated
3. Out-of-Control
4. Disgusted
5. Guilty
6. Sexual
7. Insecure
8. Afraid
9. Overwhelmed
10. Add your own

Influenced by:

Personal baggage, limited resources, quality and quantity of supervision & training, temperament, etc.

Question: Does being a good son or daughter (by copying the traits of one or both of your parents) help or hinder your work with kids who struggle with serious behavioral and emotional issues?

Feelings > Yes

Acting on them > NO!

All feelings are normal. Learn from them; they are diagnostic. Misbehavior is a coded message.

Think: “What must have happened in this kid’s life to get her to make me feel this way? What is her behavior telling me? Help her?”



“Check Your Baggage at the Door”



This is a reflective questionnaire about who you are and why you're here. No one will see this document but you. It is given to increase your self-awareness about past experiences and how they can influence present day decisions, practices, and attitude.

Were you raised in a happy home?

Did you receive enough attention from both parents?

What kind of limit setting did your folks employ? (e.g. spanking, yelling, logical consequences, punishment, etc.)

Were your parents physically affectionate to you?

What kind of values were taught and modeled?

Were there a lot of rules and structure in your home?

Did your childhood experiences influence your decision to work with kids?

What baggage should you check at the door?

What should come through?

The Observing Ego

“I’m REALLY ticked...I could just - it’s okay. Stay cool...ALL feelings are normal. Learn from this. I’m suffering a bad self-esteem injury, but in a little while it will heal.

Respond instead of **React**.

Use the Force, Betty!

...I mean, Luke.”

Lack of support leads to punitive actions.

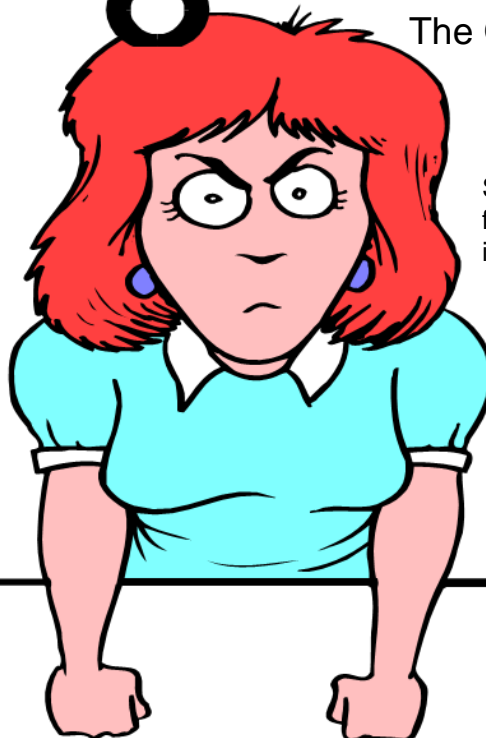
Strategies to use in order to keep your cool

1. Think about the principle of lack of support being related to punitive actions – and don’t go there. Think: *“I can do anything for 90 more minutes!”*
2. Visualize yourself walking to your car at the end of a brutal shift with a BIG smile on your face *thinking “I kept my cool all during the shift. I didn’t “react” like some of others. I did good!”*
3. Think about tomorrow: *If I respond instead of react to the end of the shift, my relationships will grow stronger...and the job will get easier.*
4. Think about a M.A.S.H. Unit: *When I’m at my worst, I need to give it my best!*
5. **Use the Force, Luke!** *Don’t succumb to the Dark Side.*

Respond =
The Golden Rule

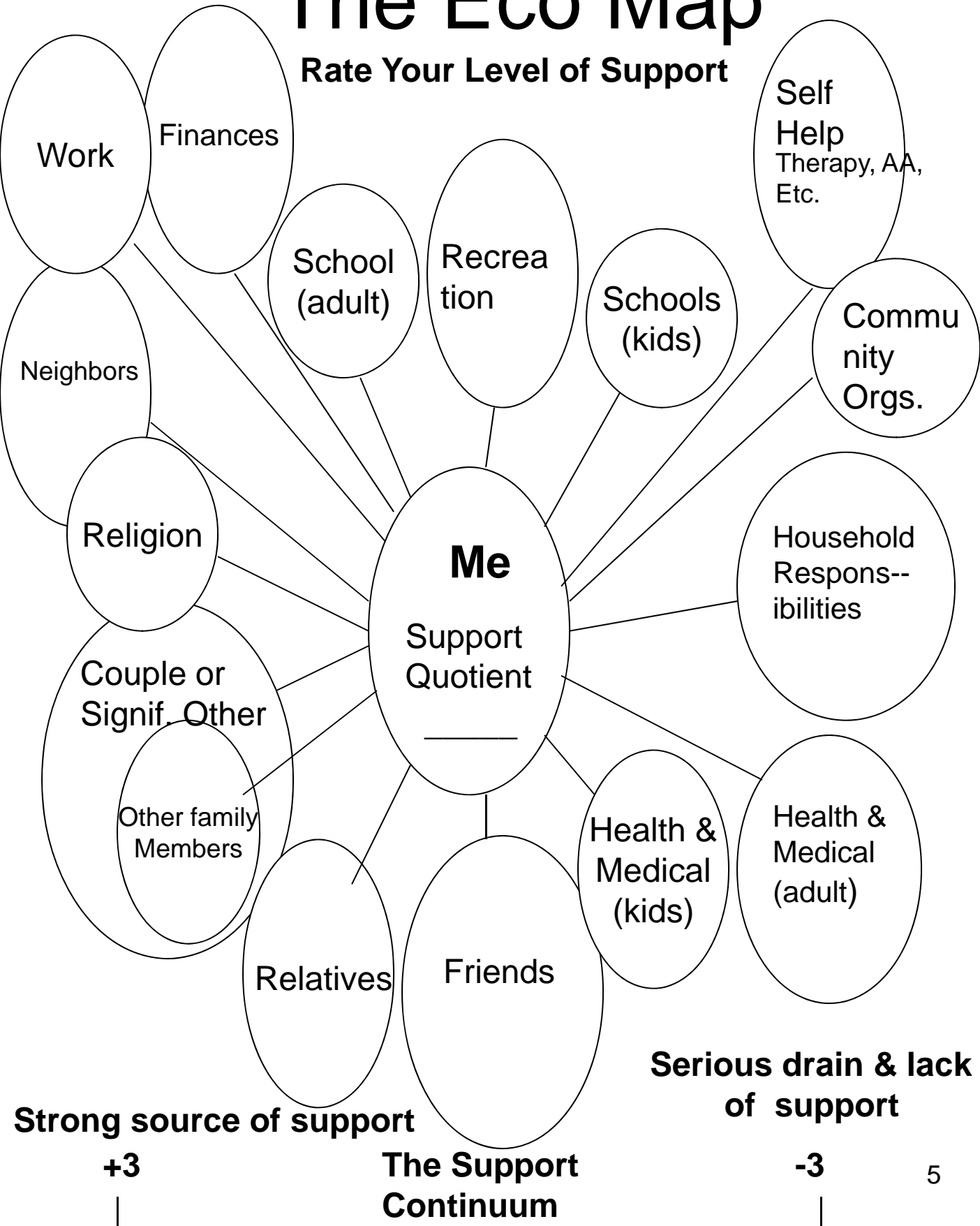
Self esteem is fragile even when it’s good!

Don’t say or do anything to a youth or group that you wouldn’t want said or done to you.



The Eco Map

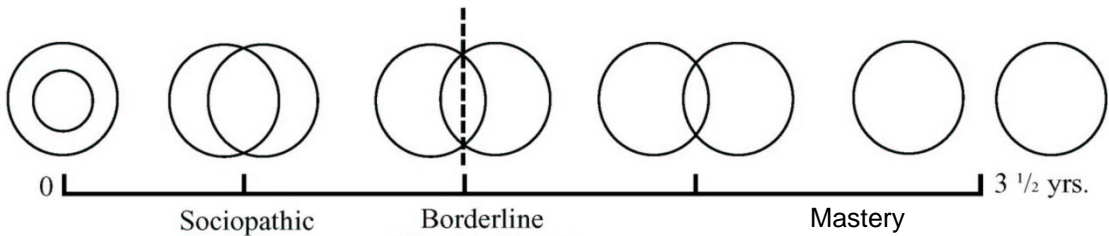
Rate Your Level of Support



THE HOLDING ENVIRONMENT

“A Total Environment Provision”

TASK: “good enough parenting”



Object Permanency

Separation-Individuation

Mastery

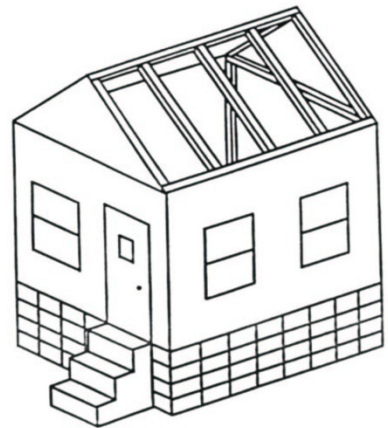
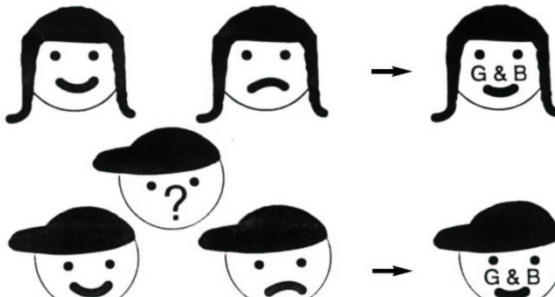
OBJECT
CONSTANCY
cohesive self
sense of self

SPLITTING MECHANISM
Good mother/Bad mother

5 yrs.

Social Accommodation
Social Subordination

TASK:
merge the good
and bad introjects



13-17 years old = Second Phase of Separation-Individuation
In other words: “I’m moving on. I’m separating from my parents. I’m thinking about:

- Who I am?
- Where I’m going?
- What I’ll be?
- Where do I fit in?
- Changes in my body?
- Sexuality?

FILLERS VS. TALKERS
DEFICITS VS. CONFLICT

GOAL:
Filling in the emptiness

Effect of Separation



“People with a poorly differentiated “self” depend so heavily on the acceptance and approval of others that either they quickly adjust what they think, say, and do to please others or they dogmatically proclaim what others should be like and pressure them to conform.

A person with a well-differentiated “self” recognizes his realistic dependence on others, but he can stay calm and clear headed enough in the face of conflict, criticism, and rejection to distinguish thinking rooted in a careful assessment of the facts from thinking clouded by emotionality.

Everyone is subject to problems in his work and personal life, but less differentiated people and families are vulnerable to periods of heightened chronic anxiety which contributes to their having a disproportionate share of society’s most serious problems. “