



Practical CYC Strategies

NACCW 20TH BIENNIAL CONFERENCE

JACK PHELAN, PRESENTER

Abuse and Neglect

- ▶ The most destructive experiences for early developmental delay.
- ▶ Trust, personal control, hope are all diminished.
- ▶ Unsafe, ego-centric people are not functioning well.
- ▶ What can we do to help them ?

Attachment Difficulties

- ▶ Nobody cares about me.
- ▶ I have to fend for myself.
- ▶ Social viewpoint of the average 2-3 year old.
- ▶ No one does anything that they don't get paid for.
- ▶ No experience of being cared for, so it doesn't exist.

Attachment Needs

- ▶ An experience of someone really caring about me.
- ▶ A belief that I deserve to be loved and cared for.
- ▶ Becoming aware of caring for others as a satisfying experience.
- ▶ Belief that people are basically nice to each other without getting paid for it.
- ▶ Trust that I won't be victimized by others.

CYC Practical Ideas

- ▶ Focus on caring, not controlling and teaching responsibility.
- ▶ Don't get paid by requesting a "Thank you".
- ▶ Random acts of caring.
- ▶ Being nice to a youth who doesn't behave well.
- ▶ Forgiving quickly and easily.

Creating Other Awareness

- ▶ Social sense requires this awareness.
- ▶ Relational connection starts the process.
- ▶ The youth becomes sensitive to her impact on you.
- ▶ Experience caring for plants, pets, etc.
- ▶ Expand the view of other.

Personal Control and Power Issues

- ▶ Youth and families feel hopeless and powerless.
- ▶ Anger and aggression are usual responses to no power.
- ▶ Passive acceptance with no commitment to change is another response.
- ▶ Authority figures have all the control and I have none.

Personal Power Building

- ▶ Life space experience is more powerful than talking.
- ▶ Real choices involve some risk.
- ▶ Sometimes failure or poor choices teach more than success.
- ▶ Skilled CYC practitioners know how much choice to create.
- ▶ Share the responsibility when things go badly.
- ▶ Celebrate power that creates hope and growth.

CYC Examples

- ▶ Alarm clocks
- ▶ Loud Music
- ▶ Choices that surprise me.
- ▶ What are we trying to create or support ?