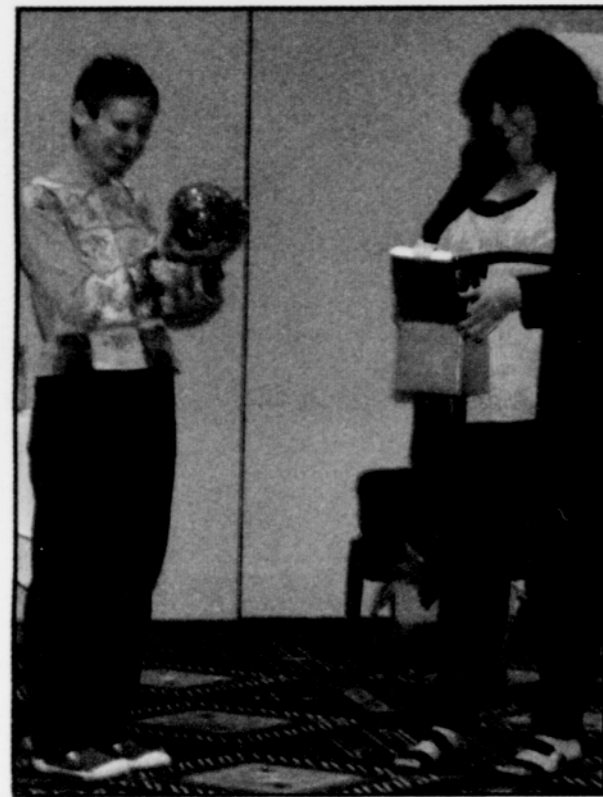


Training provides new ways to engage clients, improve communication

By Kyanna Fisher

The 477 Self-Sufficiency Program, Indian Child Welfare, Siletz Tribal Vocational Rehabilitation Program and the Healthy Family Healthy Child Project



Courtesy photos from Kyanna Fisher

Angelica Rose receives a glass float from Sharmon Cook-Wright (above).

Participants (right) in the training include (back row) Joshua Morrow, Kurtis Barker, Anna Renville, Dr. Geni Cowan, Sharmon Cook-Wright, Marcus Butler, Shannon Chrisman, Teresa Ueland and Andrew Johanson; and (front row) Misty Mocekis, Jennifer Most, Mary Haidar, Jamie Mason, Arlissa Rhoan, Lisa Brown and Kyanna Fisher. Not pictured: Shawna Henarie, Mark Kimball and Lisa Rilatos.

attended a three-day training at Chinook Winds Casino Resort with Dr. Geni Cowan on case management and motivational interviewing and a one-day class on relaxation, positive focus and basic stretching with Angelica Rose in May.

Dr. Cowan put the training participants into small groups, where they worked hands-on with the skills and techniques she was teaching through intensive group roll play and demonstration.

She is known for providing professional development on human services, case management curriculum and provid-

ing training on substance abuse, child welfare and family violence to social workers, human services managers/supervisors and community-based human services organizations.

Lisa Rilatos, Tribal services specialist in Siletz, said she learned some great new interviewing techniques.

Rose offered participants a four-hour class on inspirational relaxation and basic stretching, where they learned great ways to introduce themselves and relieve stress with breathing and stretching. She had each participant introduce themselves,

name a piece of wisdom passed down and give one another a compliment.

"My favorite part of the relaxation day was how we began the class," said Jamie Mason, Tribal services specialist in Portland. "I thought it was a good way to introduce each other and boost one another's confidence. Even though we already knew each other, I felt that it made us know one another on a different level."

As a big thank you to both presenters, each was given a beautiful glass float donated by Chinook Winds, which we also would like to thank for its wonderful hospitality and amazing food.



July notes from the Healthy Family Healthy Child Project

By Mark Kimball, Project Manager

Over the past several months, this space has attempted to suggest ways you could improve your relationship with your children. I hope you feel these articles have helped you grow as a person and as a parent.

If you have devoted any time or effort to improving your relationship with your children, using this series of articles as a guideline, you have realized that the path is not an easy one. I am sure you have felt discouraged. Initiating change is not an easy process, especially when applying principles found in a monthly article. I recognize the difficulty and applaud any efforts that you might have made.

Initiating change is never an easy process – for anyone. We tend to think of change, growth and learning as a diagonal line – "onward and upward" – when new learning progresses actually are more like the incoming tide – we move forward, then retreat, move forward more and then again fall back. The falling back is discouraging if we don't realize that when we move forward, we are a little ahead of where we were previously.

The process can be very discouraging and it's very important to set realistic goals when trying to change how you interact with your children. Discouragement can be avoided by setting realistic goals.

Take small steps. Do not expect the beds to be made perfectly, the dishes to be spotless or things to run smoothly all the time. At times, your children may choose new behaviors to test you. You are

dealing with human beings and they will make mistakes.

You must have the courage to be imperfect and allow them to be imperfect too. If you can accept and, with a sense of humor, understand your own errors, you will be free to accept the errors of your children.

Optimism is based on a sense of personal worth and identity that goes beyond one's role as a parent. You need to take an inventory of your assets and establish who you are.

You probably are effective at your work, have friends and get along reasonably well with members of the opposite sex. What are some other things you value about yourself? Your patience, sense of humor, capacity for friendship, loyalty, kindness, concern for others? You probably can add to this list.

Many parents struggle with one of the principles I have suggested, the idea of equality for all members of the family. Many parents have a great deal of difficulty accepting this idea.

They are reluctant to give up their position as rulers of their own households. In effect, however, in many households authoritarian parents already have "given up the throne," with the result that the real rulers of the house are the children.

The equality I urge is, in a sense, a statement of the rights of both parents and children. This model is designed to free you from the yoke of servitude to your children and to restore your rights in the family. In this process your children

will experience their responsibilities and their rights.

Another principle I have stressed is that to improve yourself as a parent, you must be willing to change. You also must believe that procedures are available to help you become a more effective parent.

In our attempt to influence others to change their behavior, we must accept the fact that the only tool to which we have direct access is our own behavior. Once we accept that our purpose is not to change other people, we are ready to take responsibility for ourselves and accept others as they are. Acceptance of personal responsibility is a basic principle for personal growth (maturity) and for improving all human relationships.

By changing our own behavior, we can influence our children to change. Our changed behavior is no longer reinforcing our children's mistaken goals. If they cannot achieve their goals of attention, power, revenge or display of inadequacy, they will give them up and become more cooperative.

A word about expectations – remember the influence of both positive and negative expectations. If you believe your children will disappoint you or not perform, they probably will "live down" to your expectations. Expect that they will cooperate and accept any good effort and they will be more likely to try.

Accepting their efforts encourages them, improves your relationship and builds their feelings of worth as well as your own. When you no longer feel you have to criticize and point out mistakes,

you will be free to love and value others. By valuing and encouraging your children, you will get in touch with your own strengths too.

How do I cope with criticism? It's natural that you will hear criticism of your new methods. When it happens, you may feel defensive and want to tell the critic the "right" way to raise children or you may be tempted to give in at the expense of your children.

Defensive reactions indicate that one's feelings of personal worth are at stake. When one's personal worth is threatened, errors in judgment can follow.

If other adults do criticize your new methods, keep in mind they may be expressing their own insecurities (if they really felt secure, why would they feel a need to criticize you in the first place?).

When you receive criticism, call on your new communication skills. Through reflective listening, indicate to your critic that you understand his or her feelings. Through I-messages, let the person know how you feel. If appropriate, seek agreement. While you remain friendly with your critic, maintain your firmness about what you intend to do.

As a parent, you must come to understand that your emotions have a purpose behind them. Have you ever been in a heated argument, then suddenly answered the door in a calm, pleasant manner? All of us can do it. This shows that we really

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