

The Dynamic Circle of Courage

Mt. Richmond Special School

Auckland, New Zealand

Larry K. Brendtro, PhD



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The Dynamic Circle of Courage

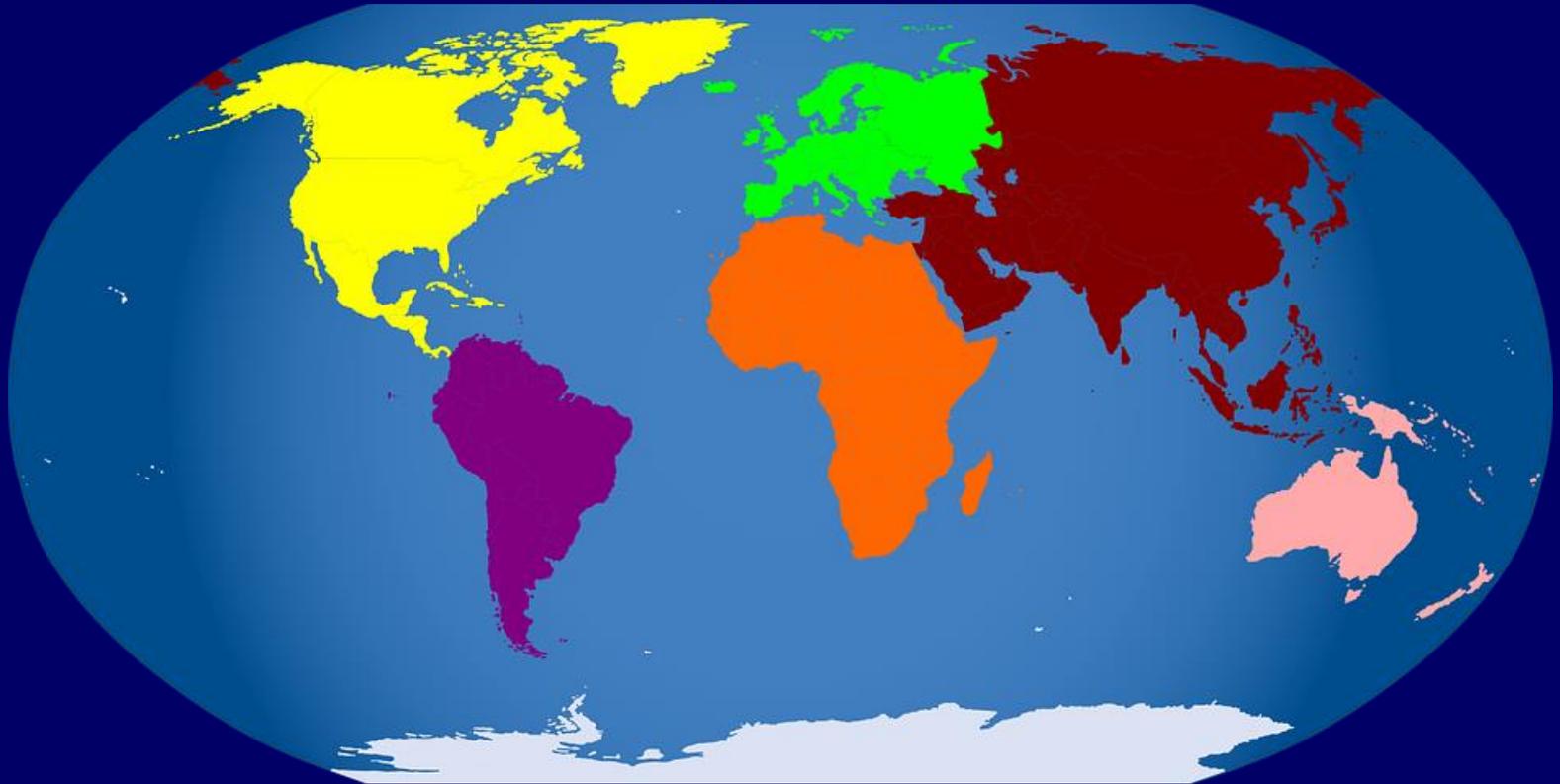
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Research

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Cal Farley's

ER BOYS RANCH
A SHIRTTAIL TO HANG ONTO





Vancouver Island Seminars

Victoria, BC, Canada

April 2018



Black Hills Seminars

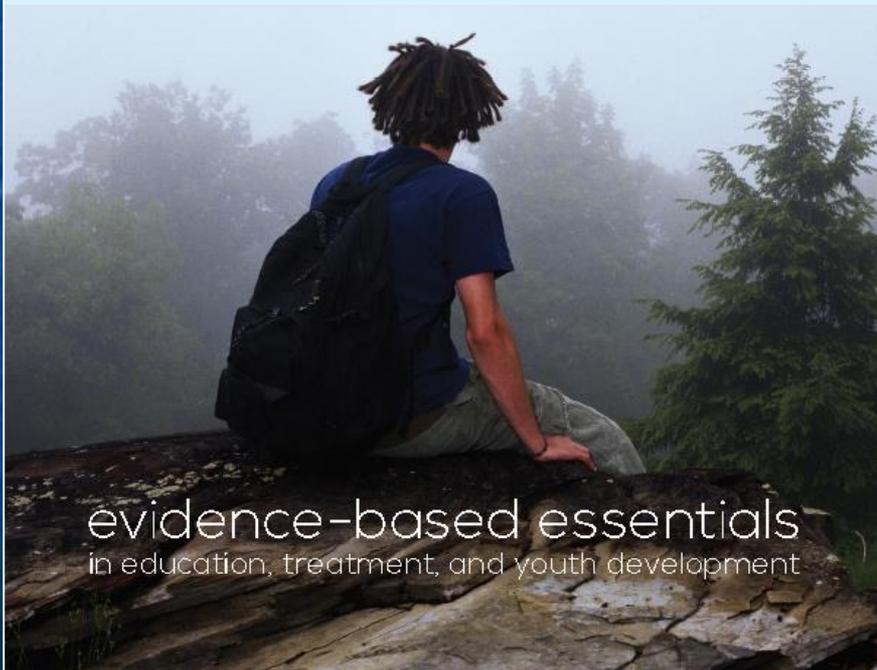
Rapid City, South Dakota

25th Anniversary, July 2018



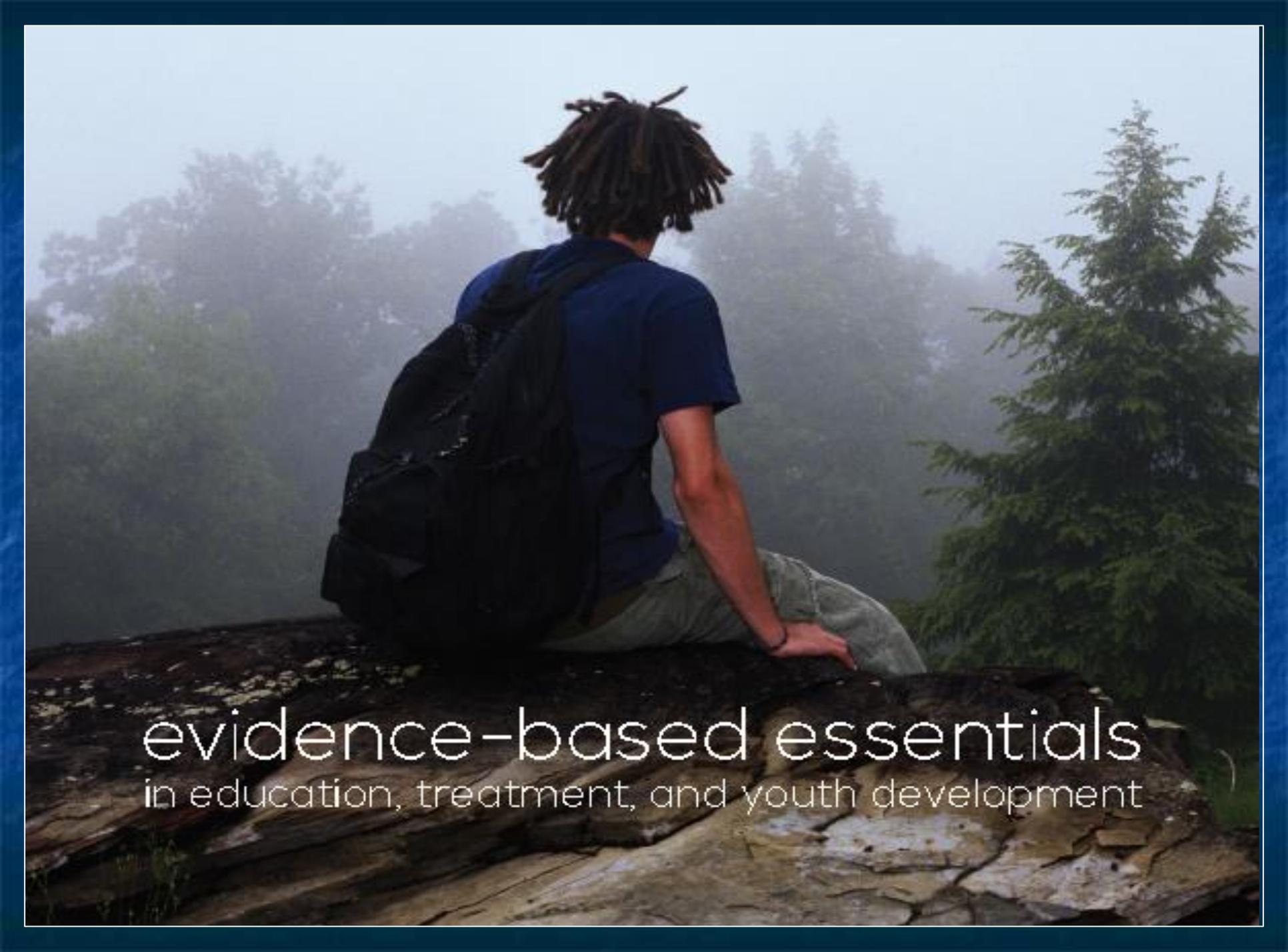
DEEP BRAIN LEARNING

Larry K. Brendtro Martin L. Mitchell



evidence-based essentials
in education, treatment, and youth development

Research and practice
wisdom from over 30
leaders in the reclaiming
youth movement.



evidence-based essentials
in education, treatment, and youth development



Evidence

The search for evidence-based methods began in medicine and now is transforming our work with children, families, and communities.

Randomized Control Trials
The “Gold Standard” for
evidence used in drug trials.



Statistical Significance
does not mean
Real Significance

John Werry, MD
University of Auckland



Professional Silos





We are drowning in data
while starving for wisdom.

E. O. Wilson
Harvard University

A red fire hydrant is positioned on the left side of the frame, set against a background of a boat's deck and a large, powerful water spray. The hydrant is a standard red color with a chain attached to its side. The water spray is a massive, white, turbulent plume that dominates the right half of the image, appearing to come from a large pipe or nozzle. The background shows a green, forested hillside under a clear blue sky. The overall scene is a metaphorical representation of information overload.

Information Overload
Searching for evidence is like
drinking from a fire hydrant.

The Solution: CONSILIENCE

By tapping diverse
disciplines, we can
discover powerful
simple truths.

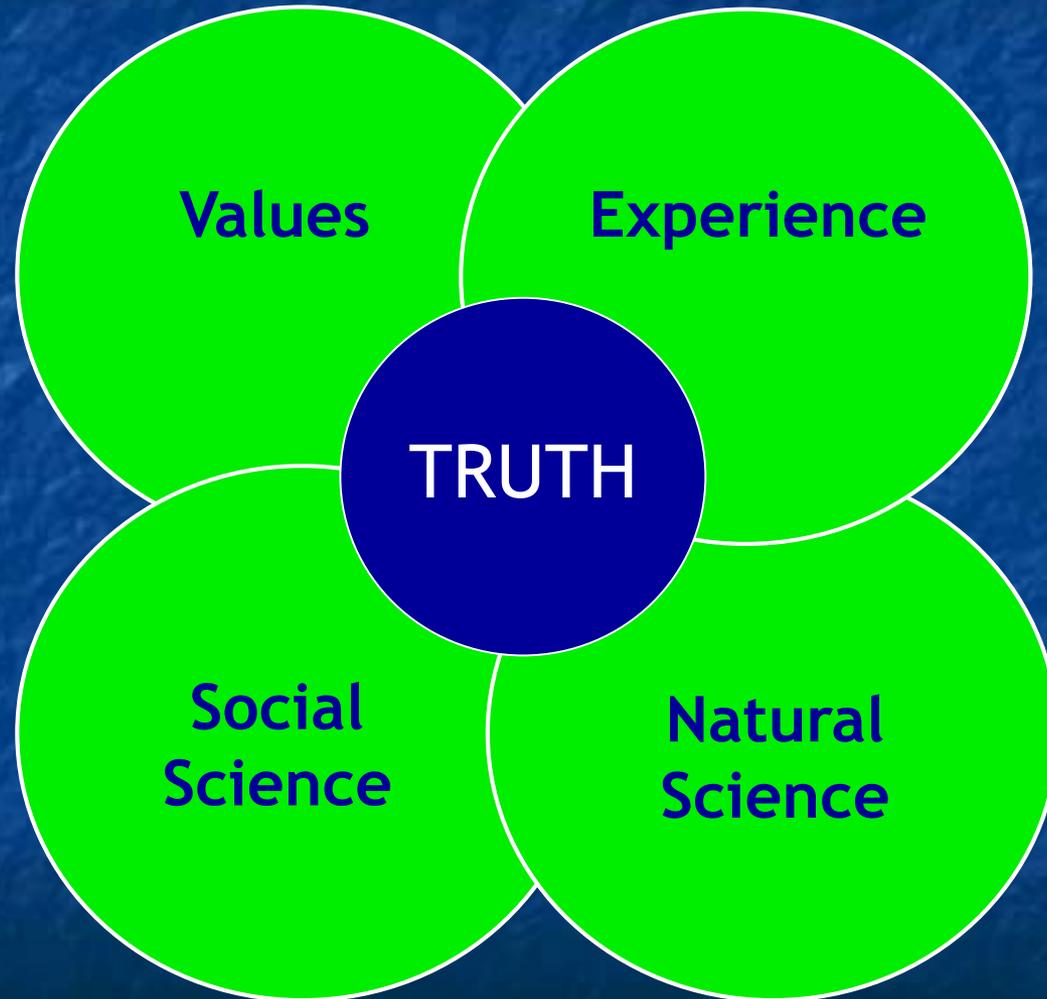
William Whewell

1847



Consilience

The Highest Standard for Evidence



Values

Dignity
Respect



Experience

Practice
Wisdom



Social
Science

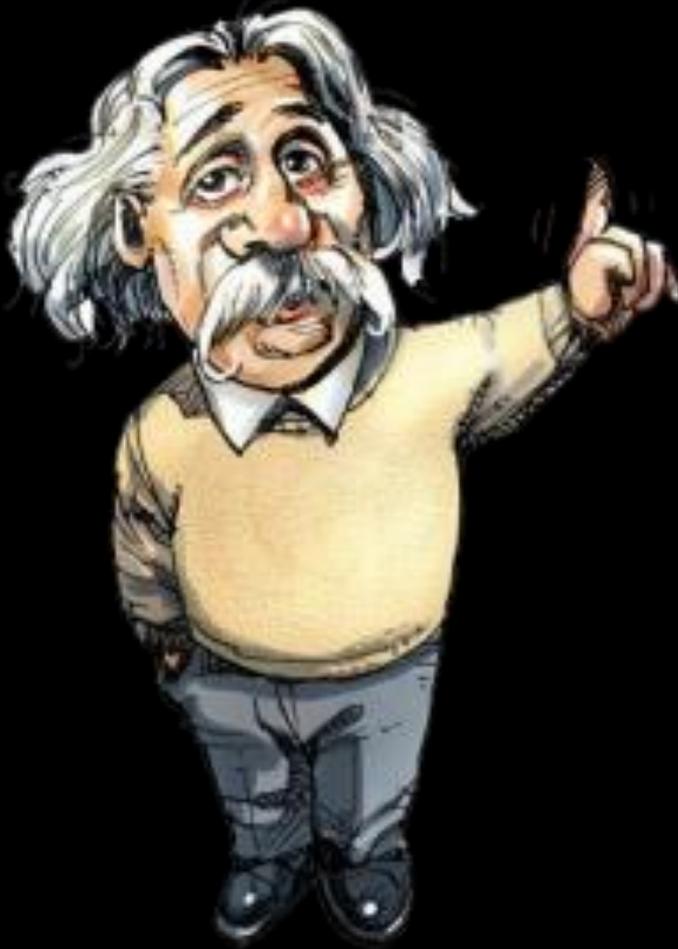


An Ecology
for Growth

Natural
Science



Brain and
Biosystem



The definition of genius
is taking the complex and
making it simple.

Albert Einstein

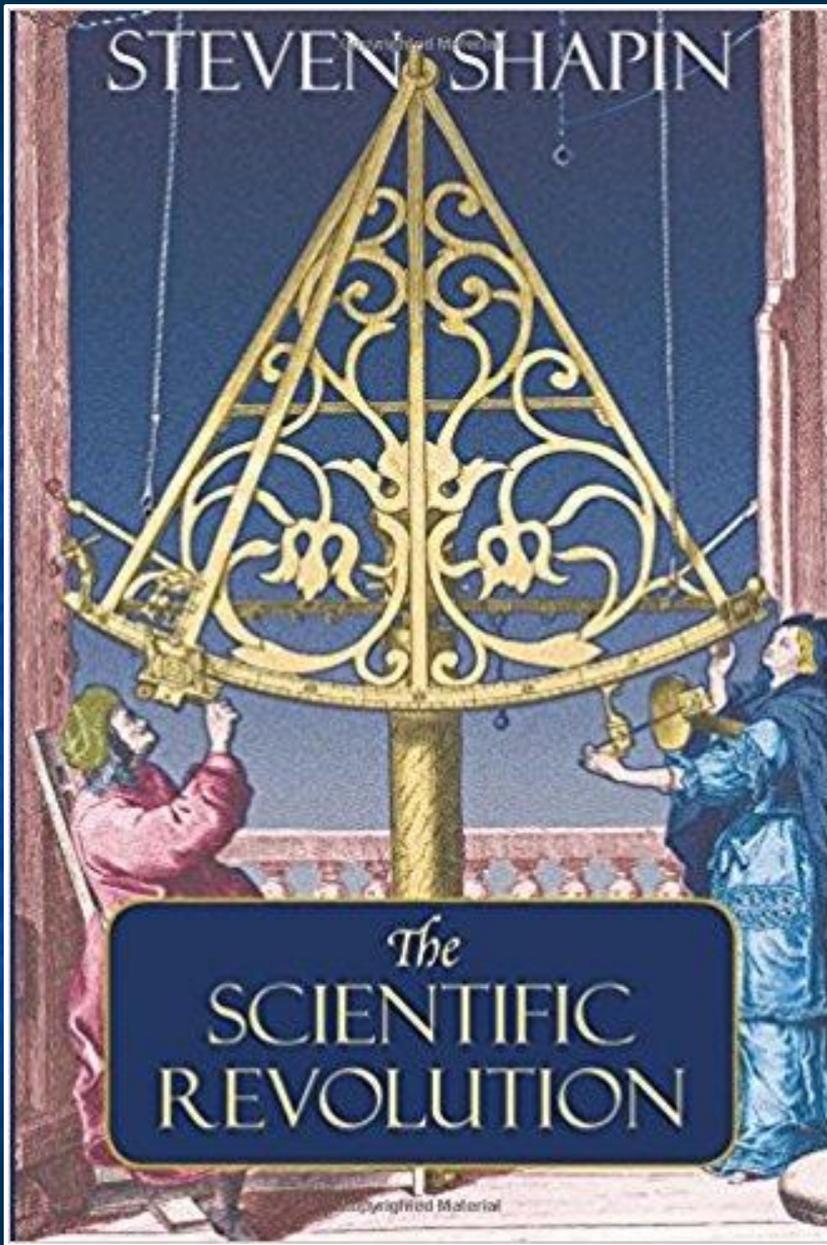
*(Behavior is a function of the
Person in their Environment)*

$$b = f(P, E)$$



Kurt Lewin's Formula





There was no such thing as the Scientific Revolution, and this is a book about it.

Steven Shapin
Professor of the
History of Science,
Harvard University

Traditional ways of
knowing were
discarded as useless.



Indigenous Science contains vast knowledge of human nature that predates Western science.

Herbert Vilakazi, Zululand University



The old African men and women, particularly the old women, were consummate child psychologists.

Herbert Vilakazi, Zululand University

Child Care: The First Science



I know of no people more concerned about child psychology, and very meticulous and systematic in their consideration for children.

Herbert Vilakazi



Sophisticated cultural values and practices were designed to meet biological needs.

Bronislaw Malinowski, 1909



Elders used stories to convey knowledge

Children as Sacred Beings



Western science is detached and “objective” describing *what is* but ignoring *what ought to be*.

Power versus Respect

Western society is hierarchical and behavior is motivated by the belief “win lest you lose.”

Most indigenous cultures are horizontal networks building a community of mutual respect.

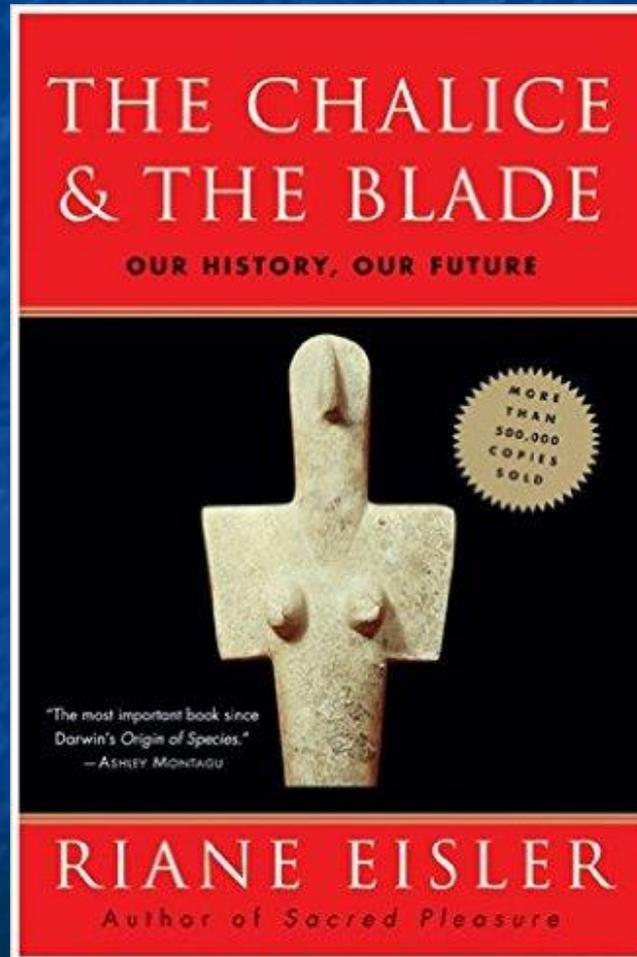


Peggy McIntosh

From Partnership to Dominator Cultures



Honor Women
Who Give Life



Honor Warriors
Who Take Life

RESPECT

Partnership Cultures

Belonging

Community of mutual support

Achievement

Cooperate to learn and grow

Power

Respect one another's rights

Purpose

Making contribution to others

POWER

Dominator Cultures

Egocentrism

Individualism trumps community

Winning

Compete *against* instead of *with*

Intimidation

Use power to suppress others

Privilege

The "good life" in materialism

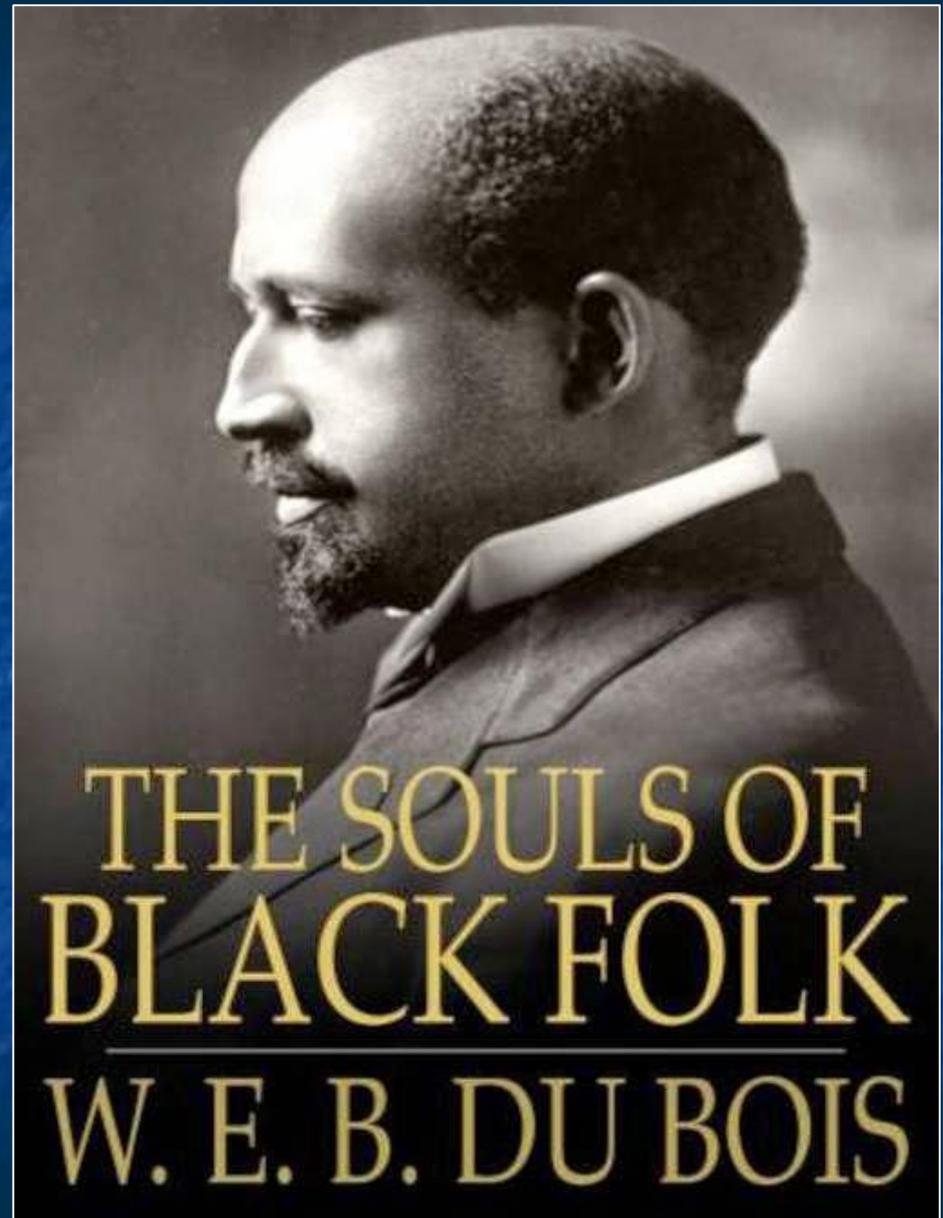
Pains Growing up as a Child of Color

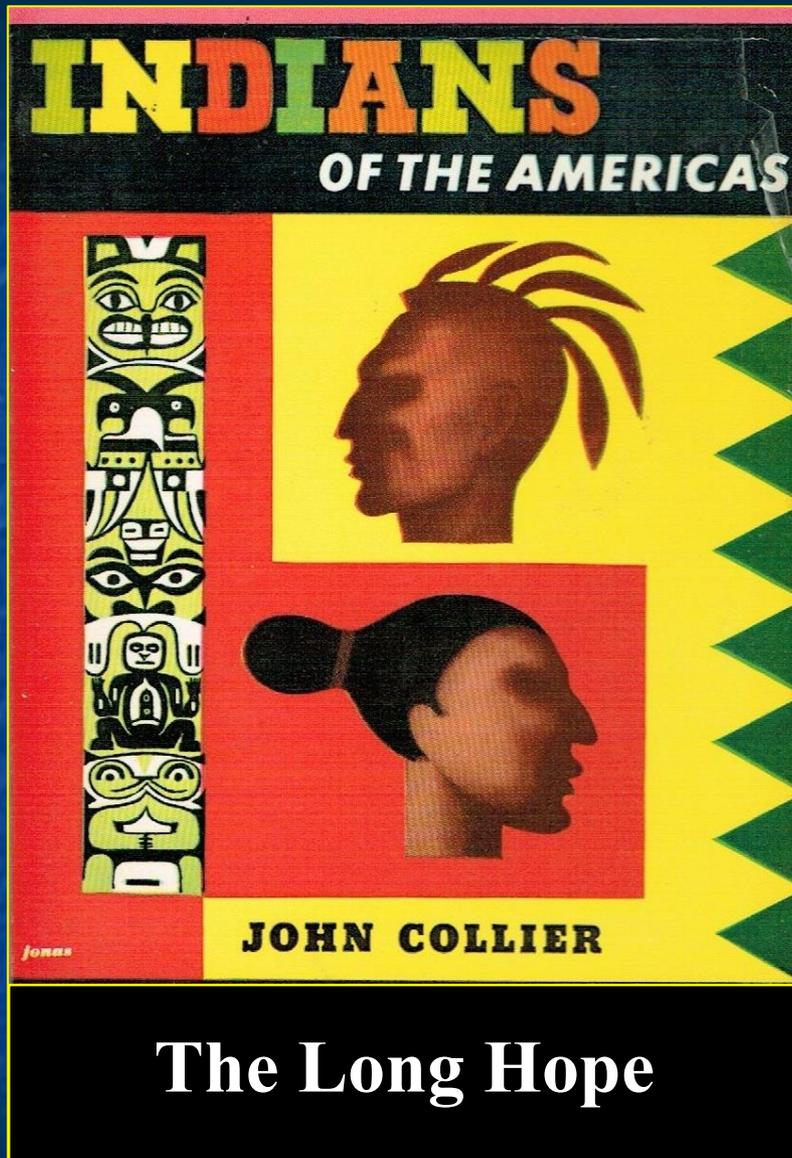
Hate that stood out
against the red dawn.

Despair that darkened
the noonday.

Doubt that ever steals
along with twilight.

Du Bois, 1903





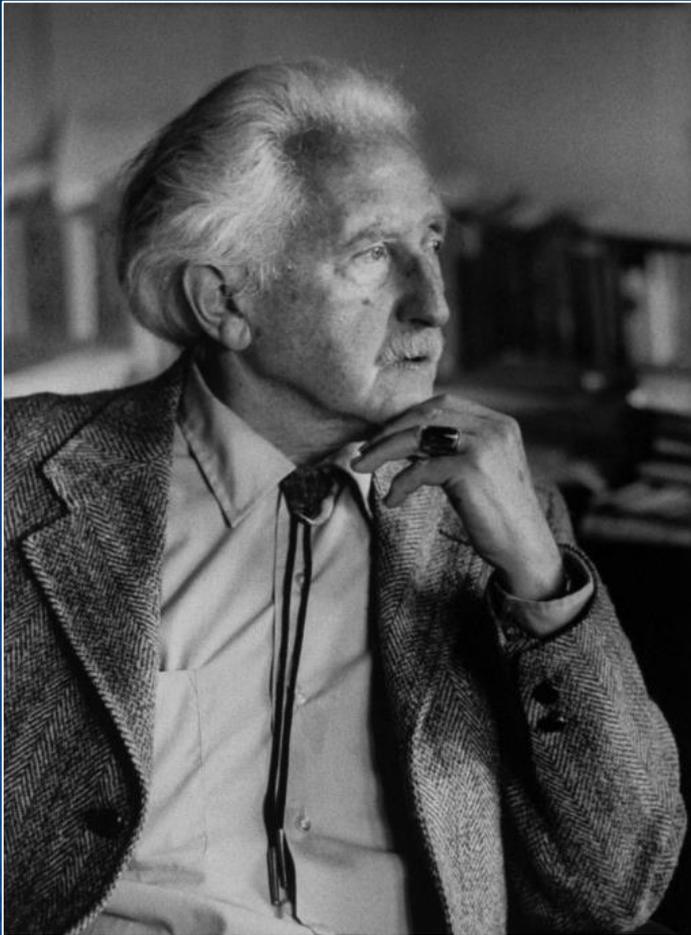
Sociologist John Collier first believed Indigenous cultures would die out with “civilization” and “progress.” Instead, he concluded society needed the wisdom of native peoples:

They had what the world has lost. They have it now. What the world has lost, the world must have again...



Traditional cultures focus on meeting the needs of children who develop into respectful, responsible, and contributing members of the community.

Barbara Rogoff, Anthropologist

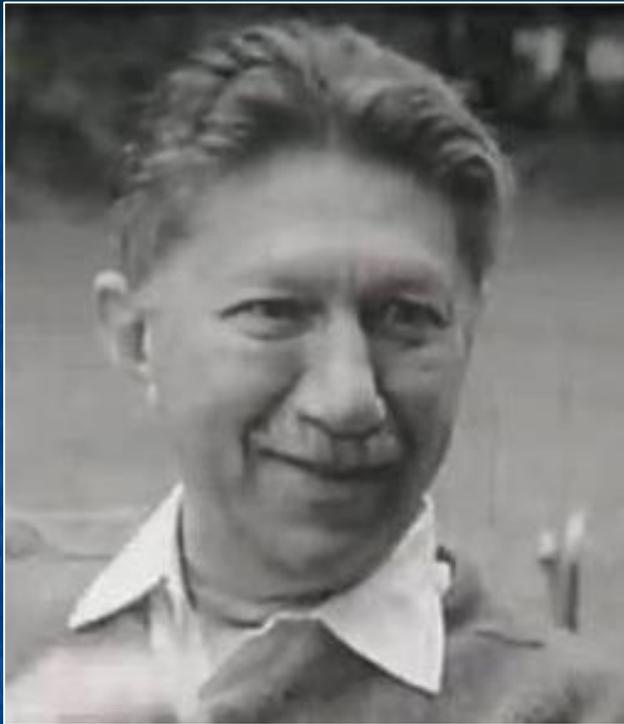


Erik Erikson

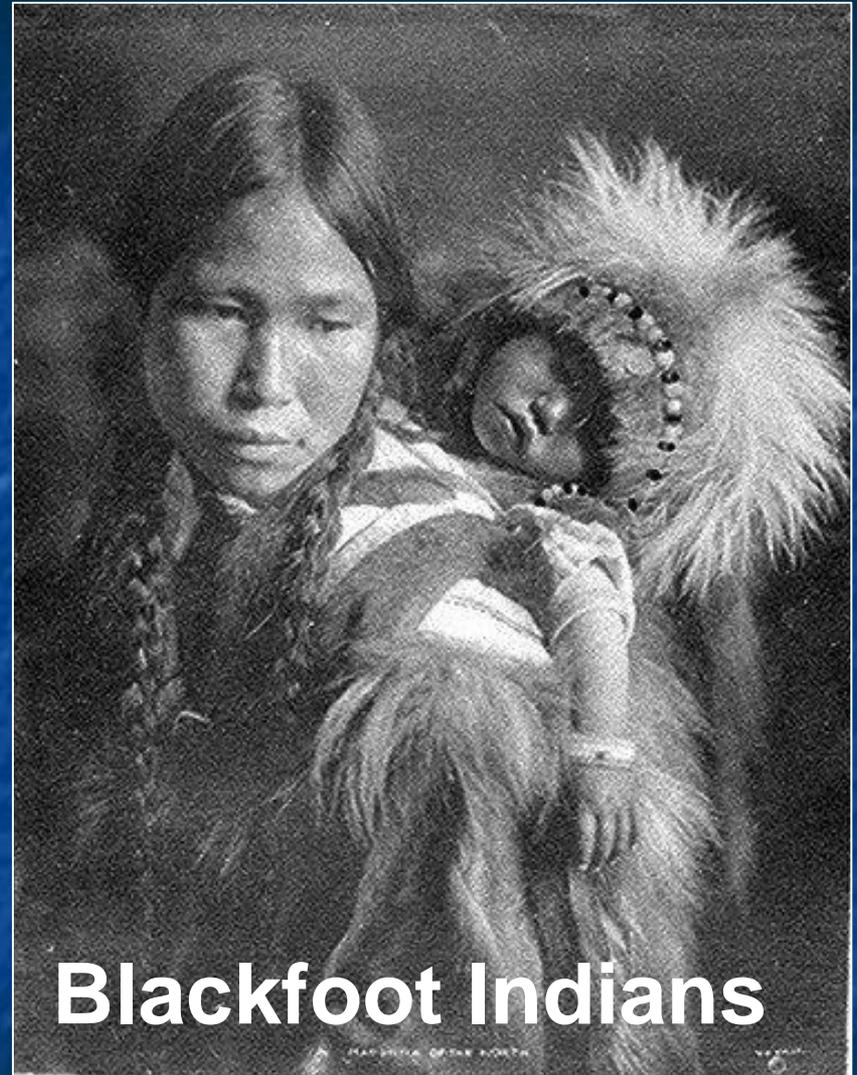
1902-1992



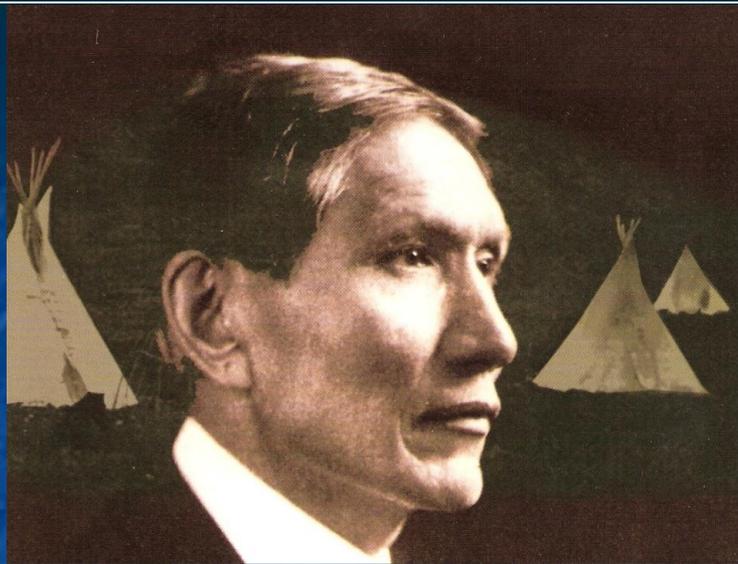
Sioux Child Rearing



Abraham
Maslow
1908-1970



Blackfoot Indians



The old are dedicated to the service of the young, as their teachers and advisors, and the young in turn regard them with love and reverence.

Ohiyesa
1858-1939

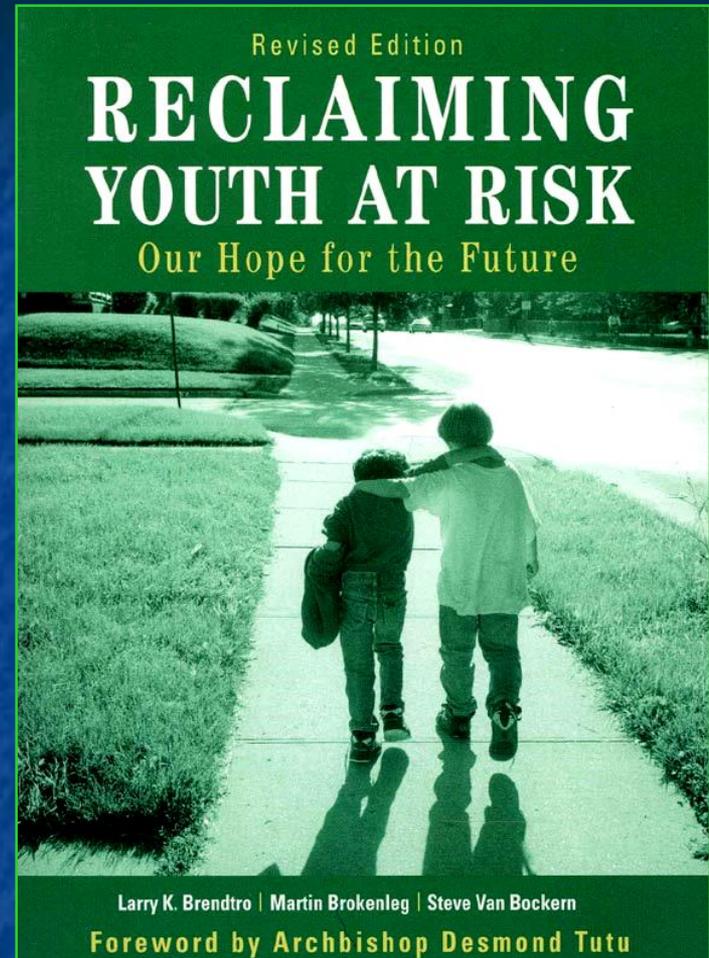
Charles Eastman, 1911, pp 23-24.



The Soul of the INDIAN

An Interpretation

Charles A. Eastman
(Ohiyesa)



Developmental needs are universal in all cultures.

Martin Brokenleg

Circle of Courage



generosity

independence



belonging



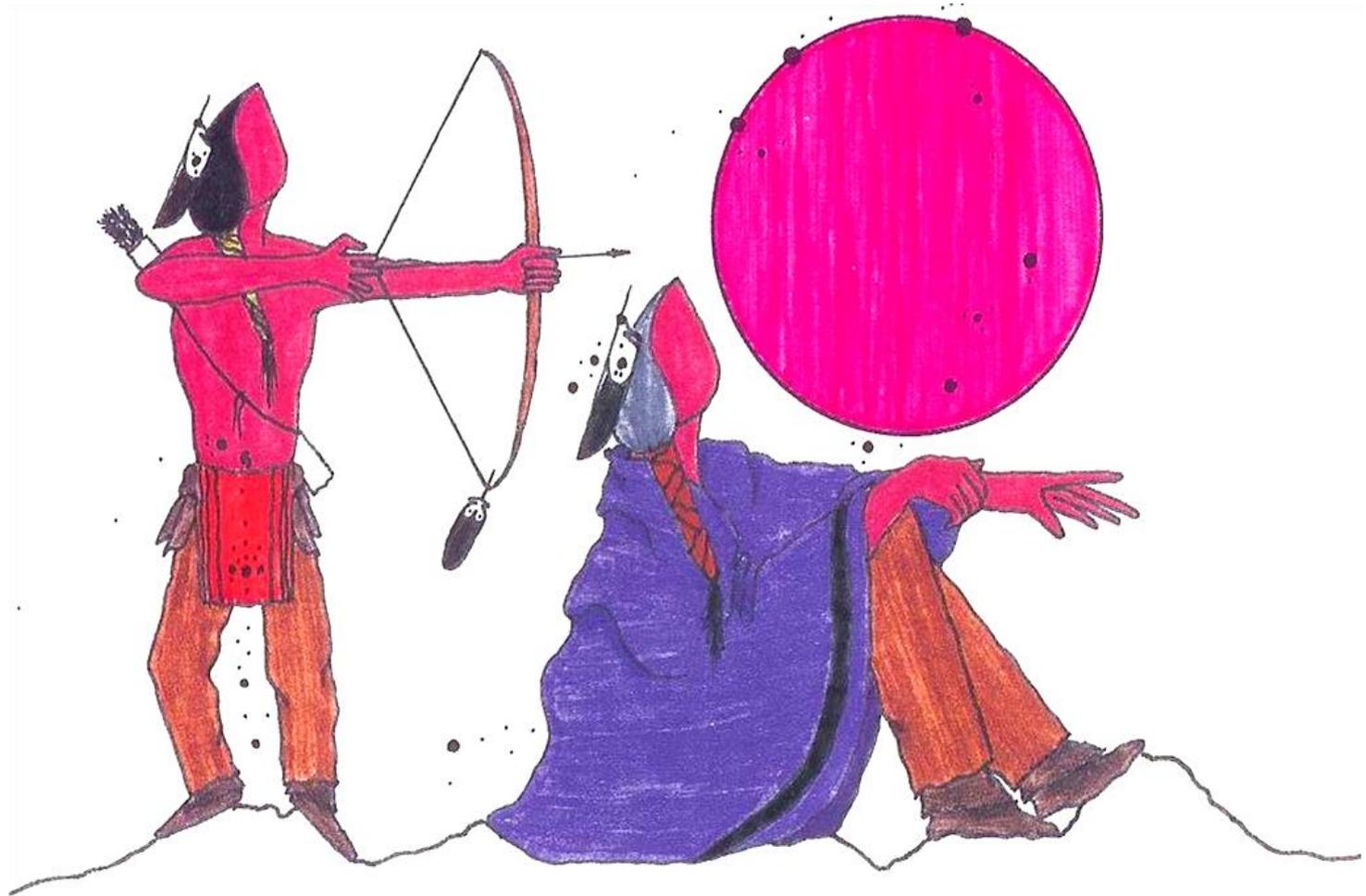
mastery



Belonging



Mastery



Independence



Generosity





Meeting developmental needs is essential for optimal growth.

Urie Bronfenbrenner
1979

1. A strong, caring bond
2. Increasingly complex tasks
3. Shifting power to the learner
4. A relationship of reciprocity

Attachment
Achievement
Autonomy
Altruism

Consilience: Meeting Universal Developmental Needs

William Jackson

Four Biosocial Growth Needs	Attachment	Achievement	Autonomy	Altruism
Hierarchy of Human Needs (Maslow, 1943)	Belongingness	Esteem	Self-Actualization	Self-Transcendence
Foundations of Self Worth (Coopersmith, 1967)	Significance	Competence	Power	Virtue
Circle of Courage Cultural Values (Brokenleg, 1990)	Belonging	Mastery	Independence	Generosity
Resilience Research (Benard, 2004)	Social Competence	Problem Solving	Autonomy	Purpose
Leadership and Service Model (CF Learning, 2008)	Belonging	Achievement	Power	Purpose
Brain Systems (Masten, 2014)	Attachment	Mastery Motivation	Self-Efficacy	Spirituality & Purpose



Our Four Biosocial Drives
connect with reptilian survival programs.

Approach
seek pleasure

Avoidance
escape pain

HANDBOOK OF
APPROACH AND
AVOIDANCE
MOTIVATION

Andrew J. Elliot
Editor

Manipulating Reinforcements

Reward

Punishment



Meeting Developmental Needs

Approach

Avoidance

Adventure

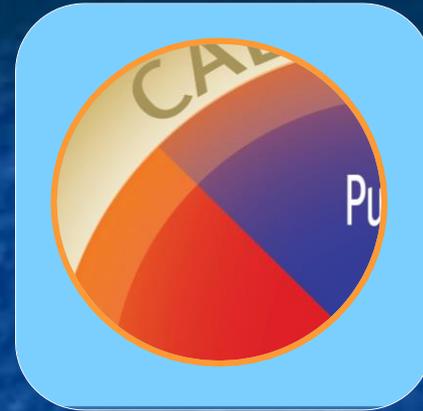
Safety



Biosocial Drives



Developmental Needs



Social
Brain

Attachment

Achievement

Autonomy

Altruism

Belonging

Achievement

Power

Purpose

Survival
Brain

Avoidance

Approach

Safety

Adventure

ADVENTURE

Independence

Generosity



Mastery

Belonging

SAFETY

Model of Leadership and Service®



The Resilience Compass

Leadership and Service

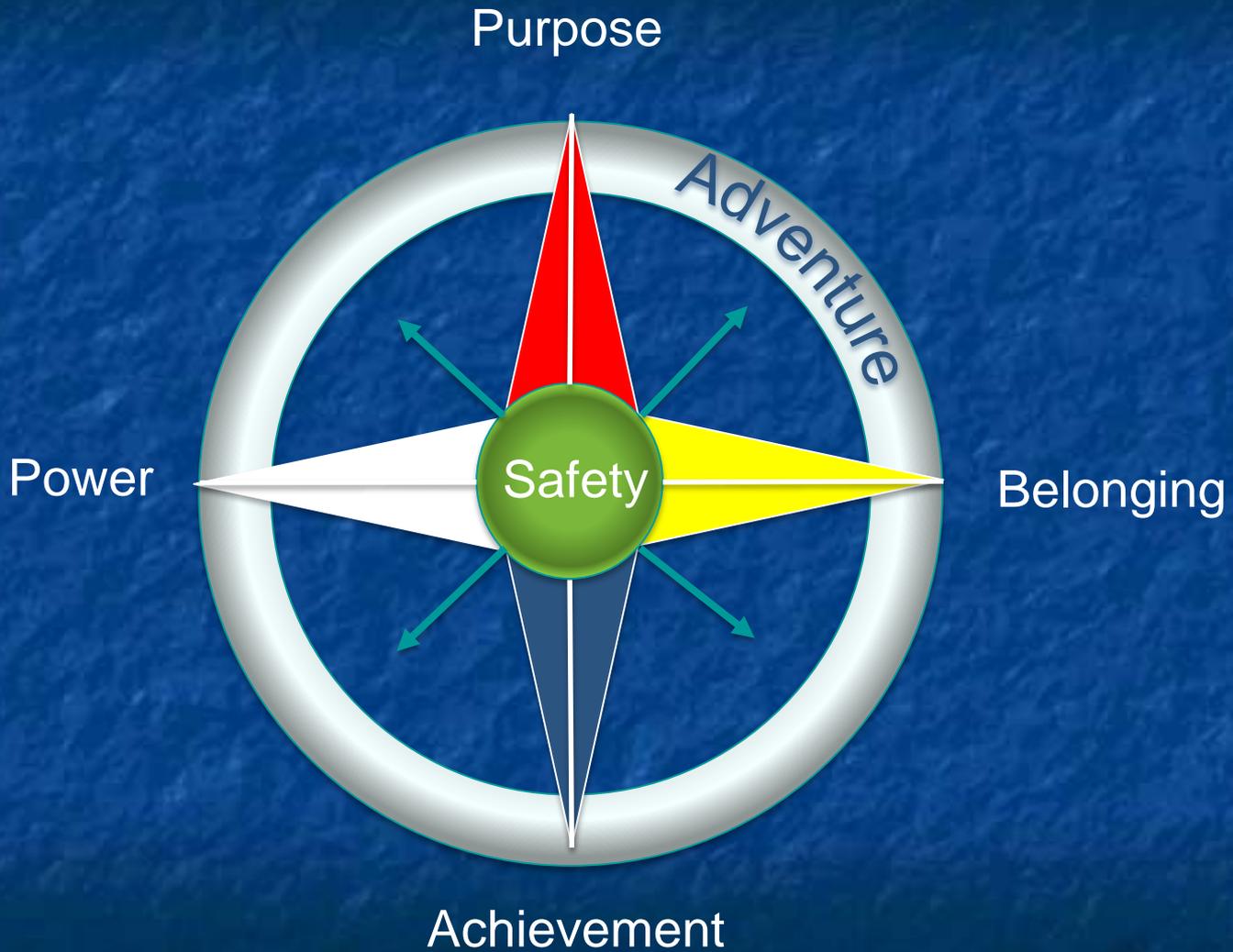
Helpers have the same needs as those they serve.



Teamwork



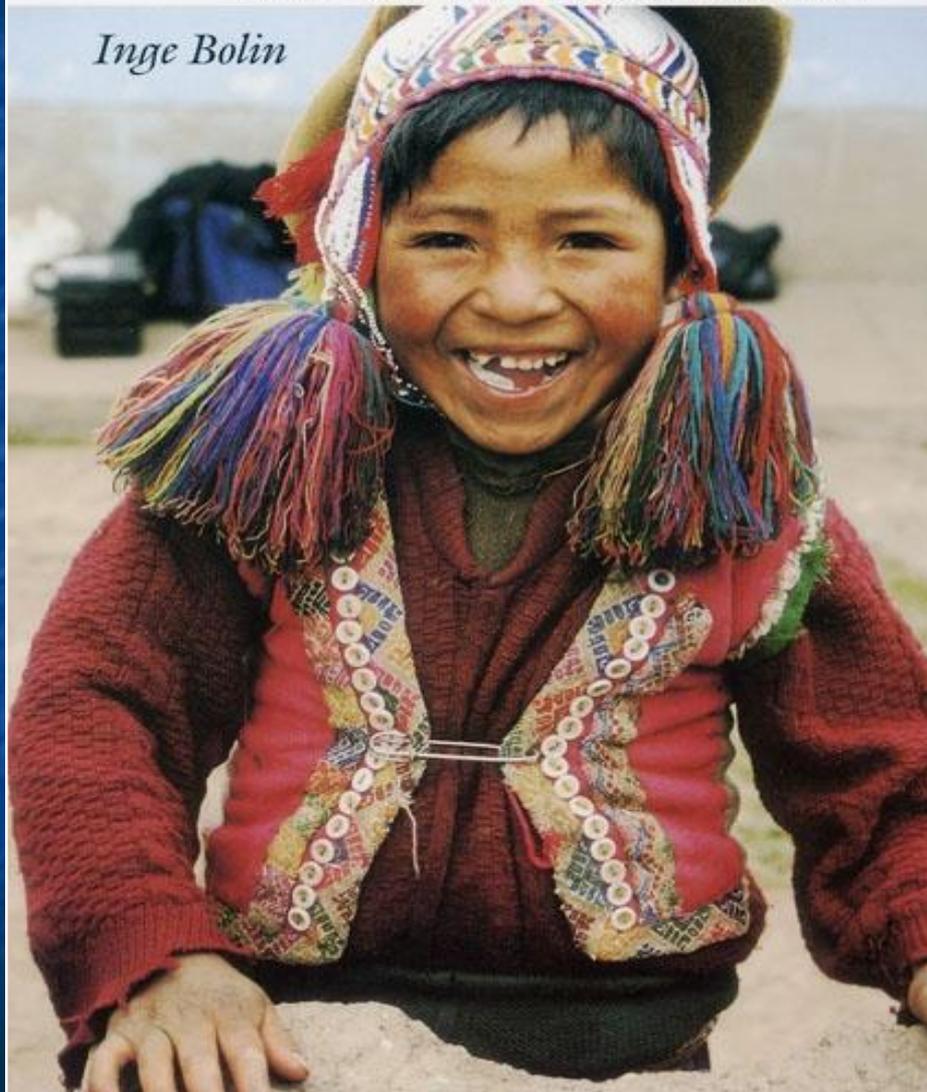
The Resilience Compass



Growing Up in a
Culture of Respect

CHILD REARING IN HIGHLAND PERU

Inge Bolin

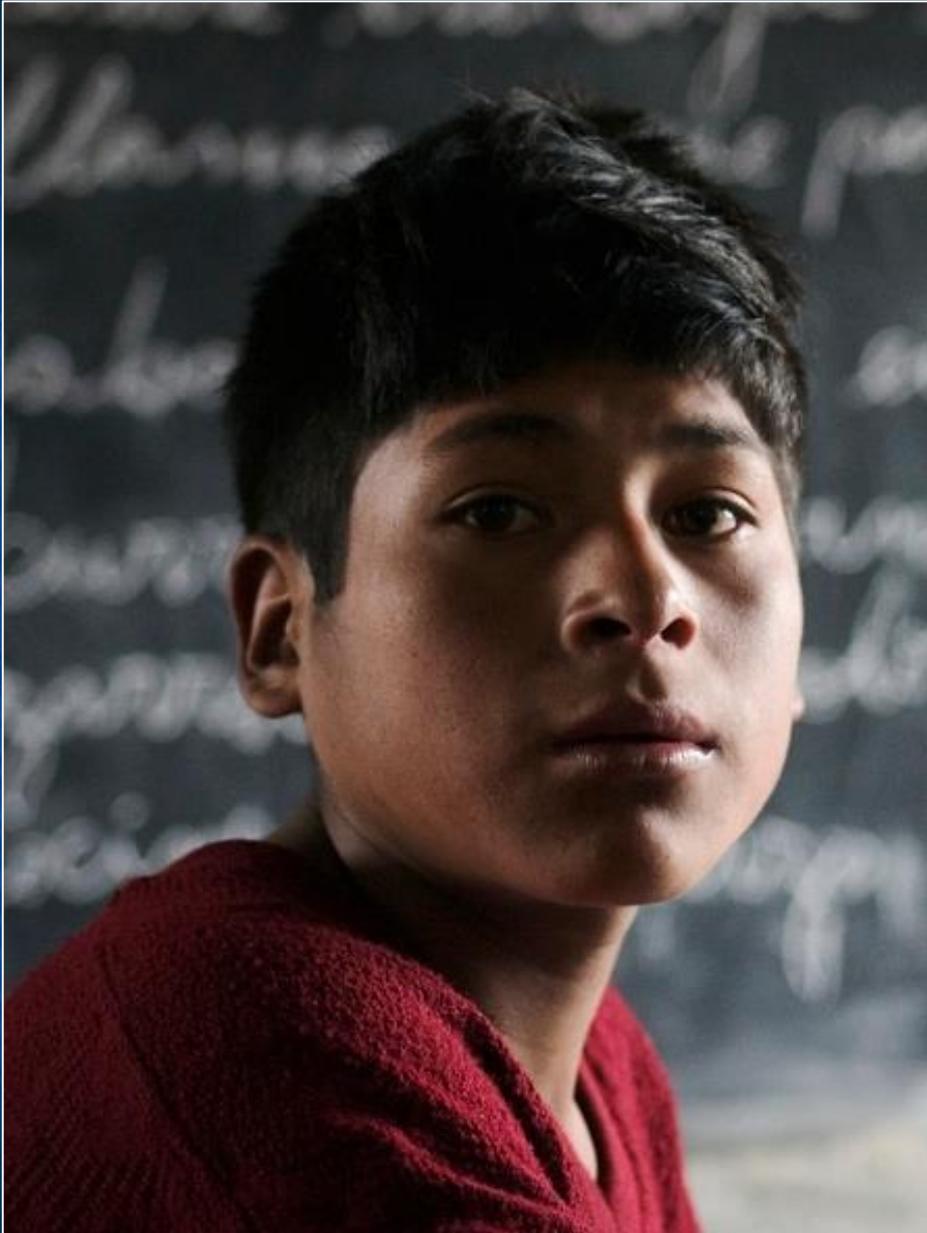


Children in Highland Peru



From the moment I entered their village, I was captivated by their respectful behavior, self-confident demeanor, and astonishing creativity.

Inge Bolin
Vancouver Island University



Safety:

Young people have close respectful bonds with adults and peers and all protect one another.



Belonging:
Loneliness is seen as
the saddest experience
so all are included in
circles of respect.



Achievement: Children are eager to learn and master but never flaunt their superiority.



Power: Children are never harshly punished but take responsibility caring for small children who idolize them.



Purpose: Teens are assigned important roles in the community like caring for and protecting the Alpaca herds.



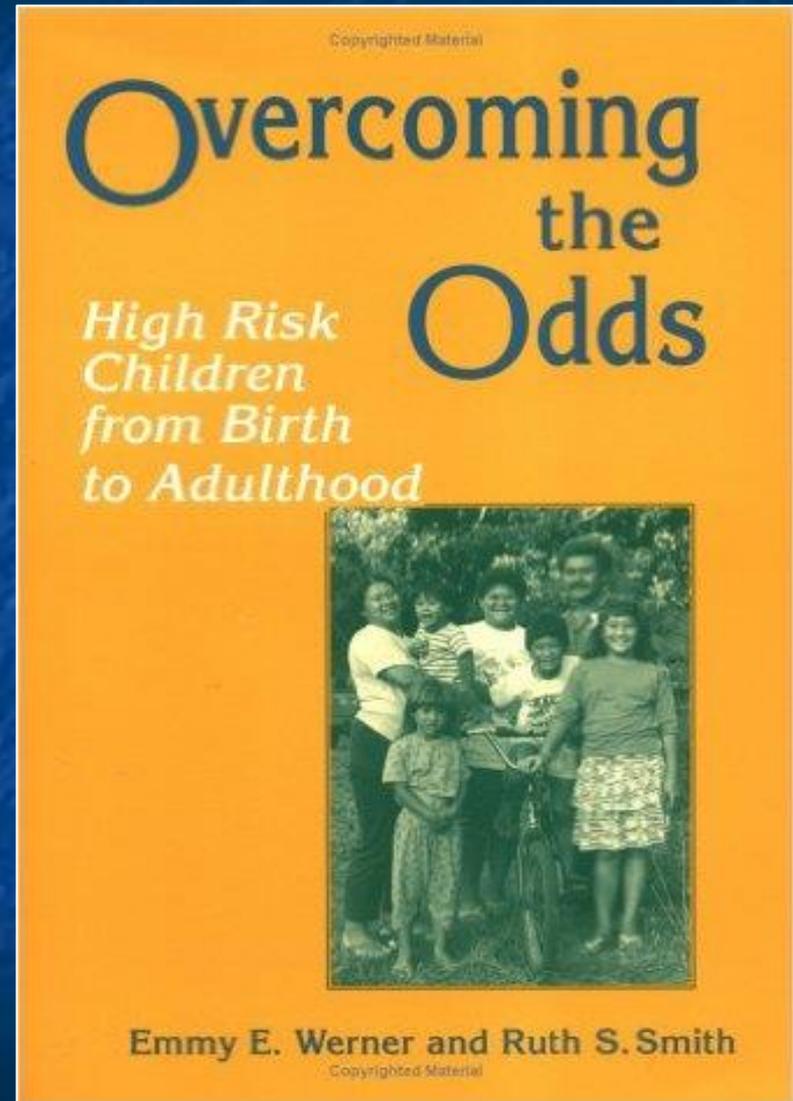
Adventure: Children joyfully engage in games, music, cultural ceremonies, exploring nature, and enjoying simple pleasures with peers and elders.



Indigenous peoples worldwide have survived massive cultural trauma and are remarkably resilient.

Martin Brokenleg

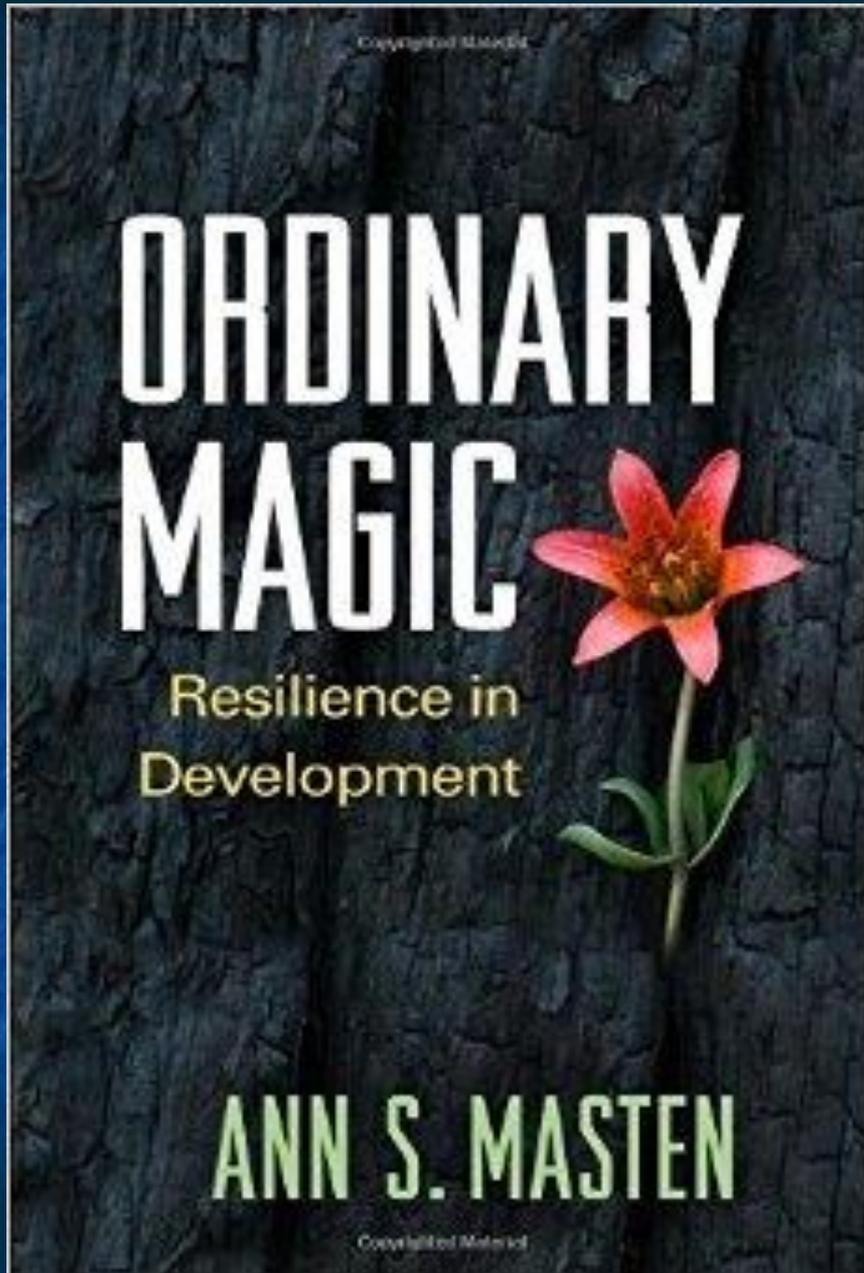
The Kauai Resilience Study





Roots of Resiliency

Children who showed resilience were loved regardless of behavior, intelligence, or physical attractiveness.



Resilience is not Rare
but the ordinary magic
of the adaptive minds,
brains, and bodies of
children in families,
relationships, and
communities.

Ann Masten
University of Minnesota

Five Decades of Research

Resilience rests fundamentally on relationships. Suniya Luthar

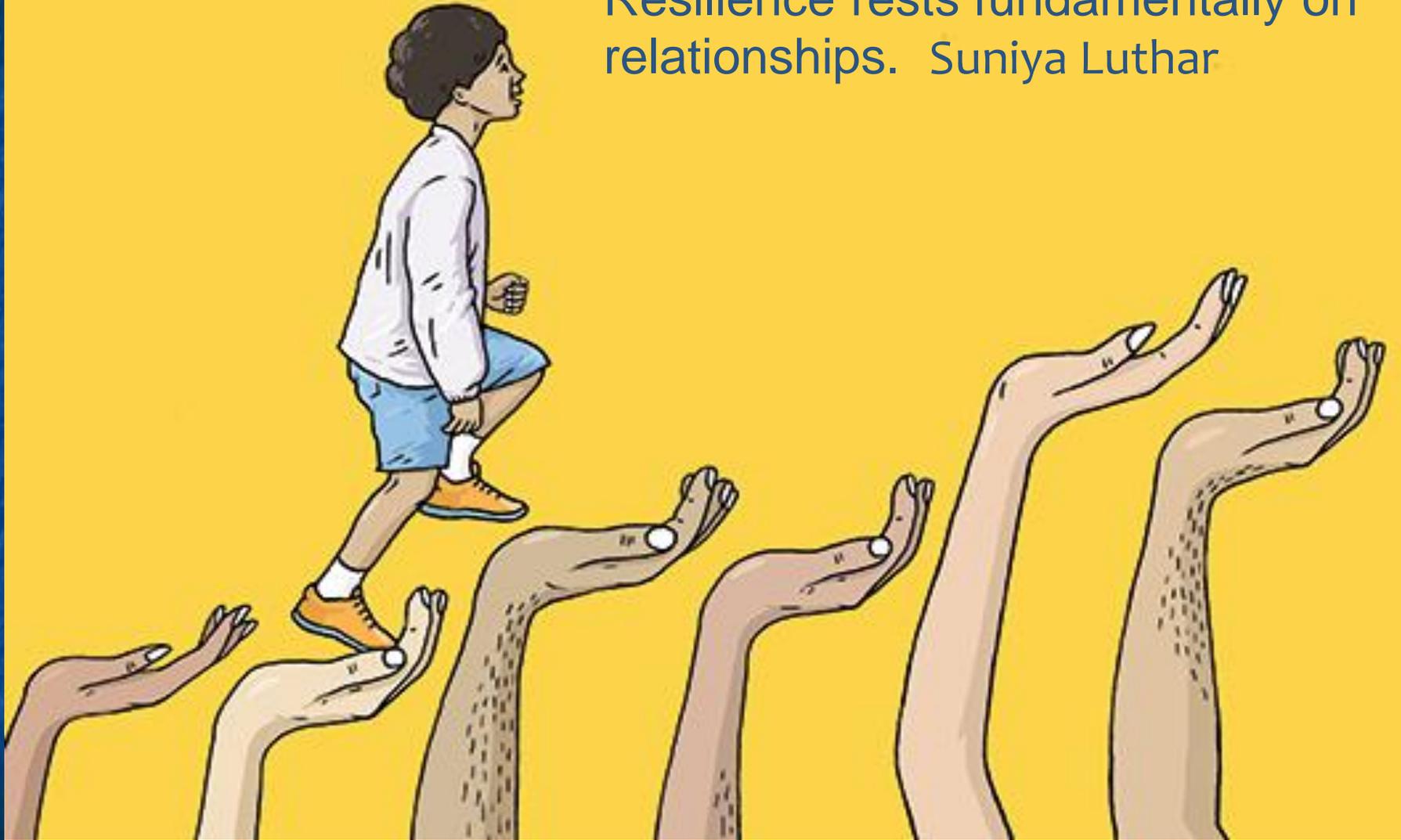


Illustration by Scott Menchin

Children's emotional and behavioral problems result from facing stressful life events without adequate support.

Alan Sroufe



System Failure

A child gets identified
as emotionally disturbed
when normal support
systems falter . . .

Nicholas Hobbs





Vulnerable children
got many negative
responses from others.

Successful children
received positive
responses from others.

VULNERABLE BUT INVINCIBLE

A Study of Resilient Children



EMMY E. WERNER • RUTH S. SMITH
FOREWORD BY NORMAN GARMEZY

Kauai Resilience Study

With positive connections,
a majority of persons will be
able to surmount almost
any risk condition.

Emmy Werner



The Steeling Effect
Surmounting challenge
builds coping strengths

Four Waves of Resilience Research



Risks & protective factors

How resilience develops

How to promote resilience

Resilient brains and epigenetics

Wright, Masten, & Narayan, 2013



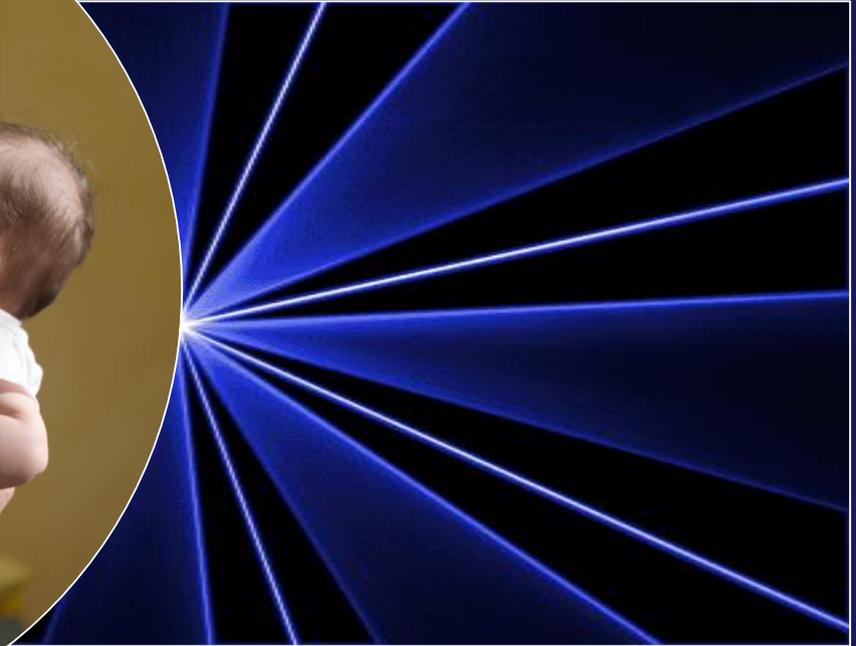
Genetics

The myth that genes are destiny and IQ is inherited.

Epigenetics

How environment shapes our genes and intelligence.

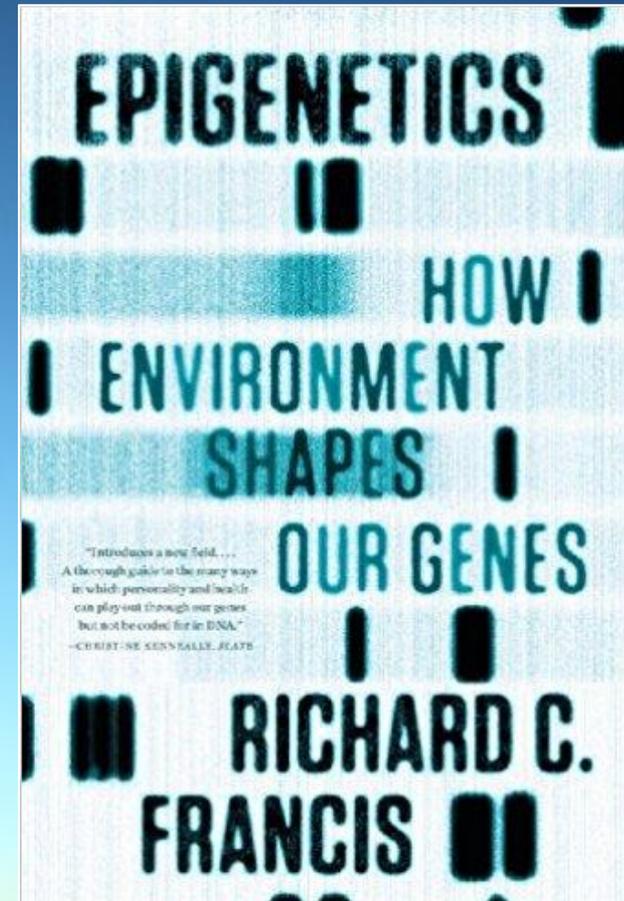
Epigenetics



If genes were fixed, humans would be locked in one way of responding. Instead, life experiences turn genes off or on to adapt to the environment.

Bruce Perry

Epi is Greek
for *on top of*.

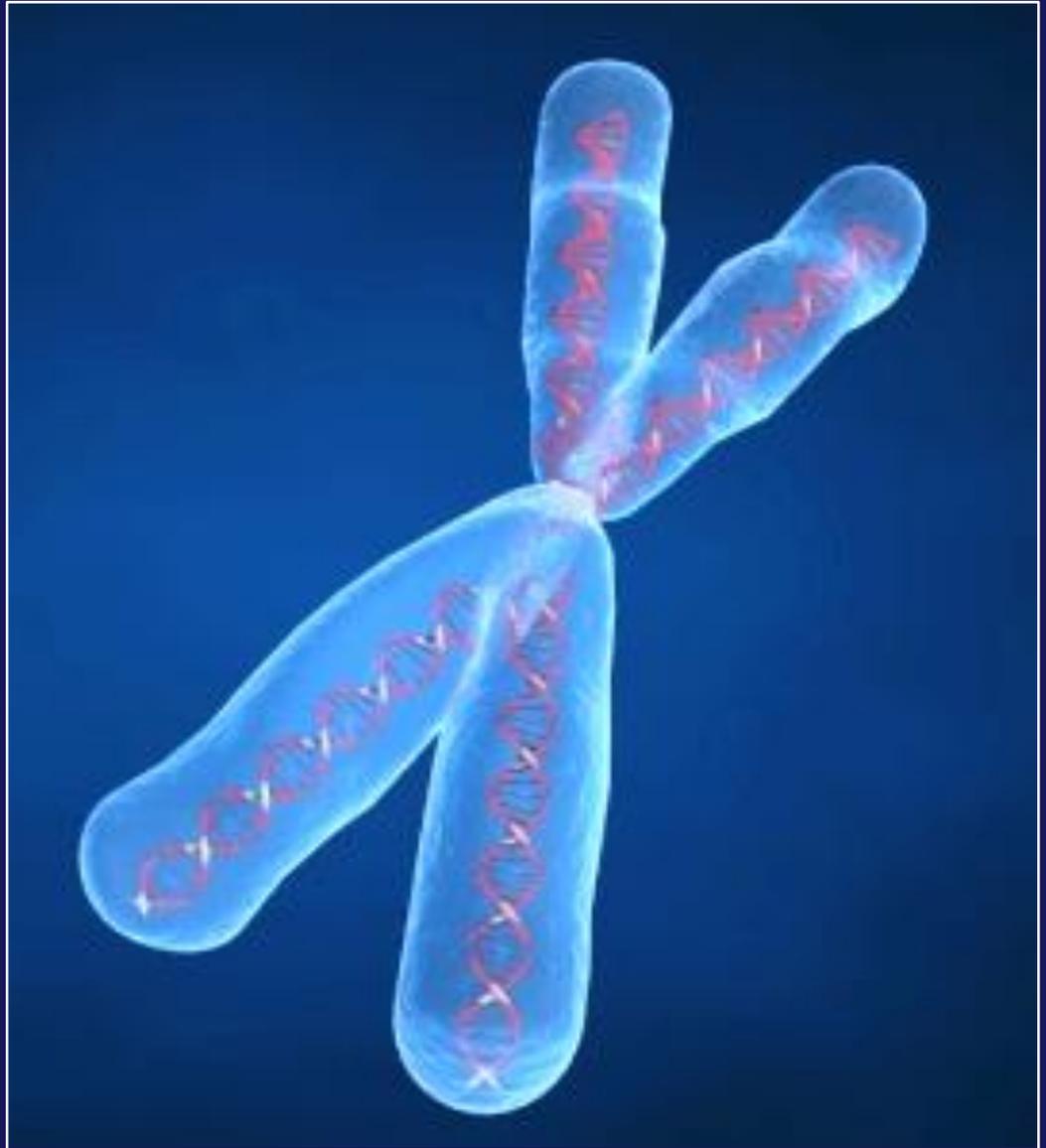


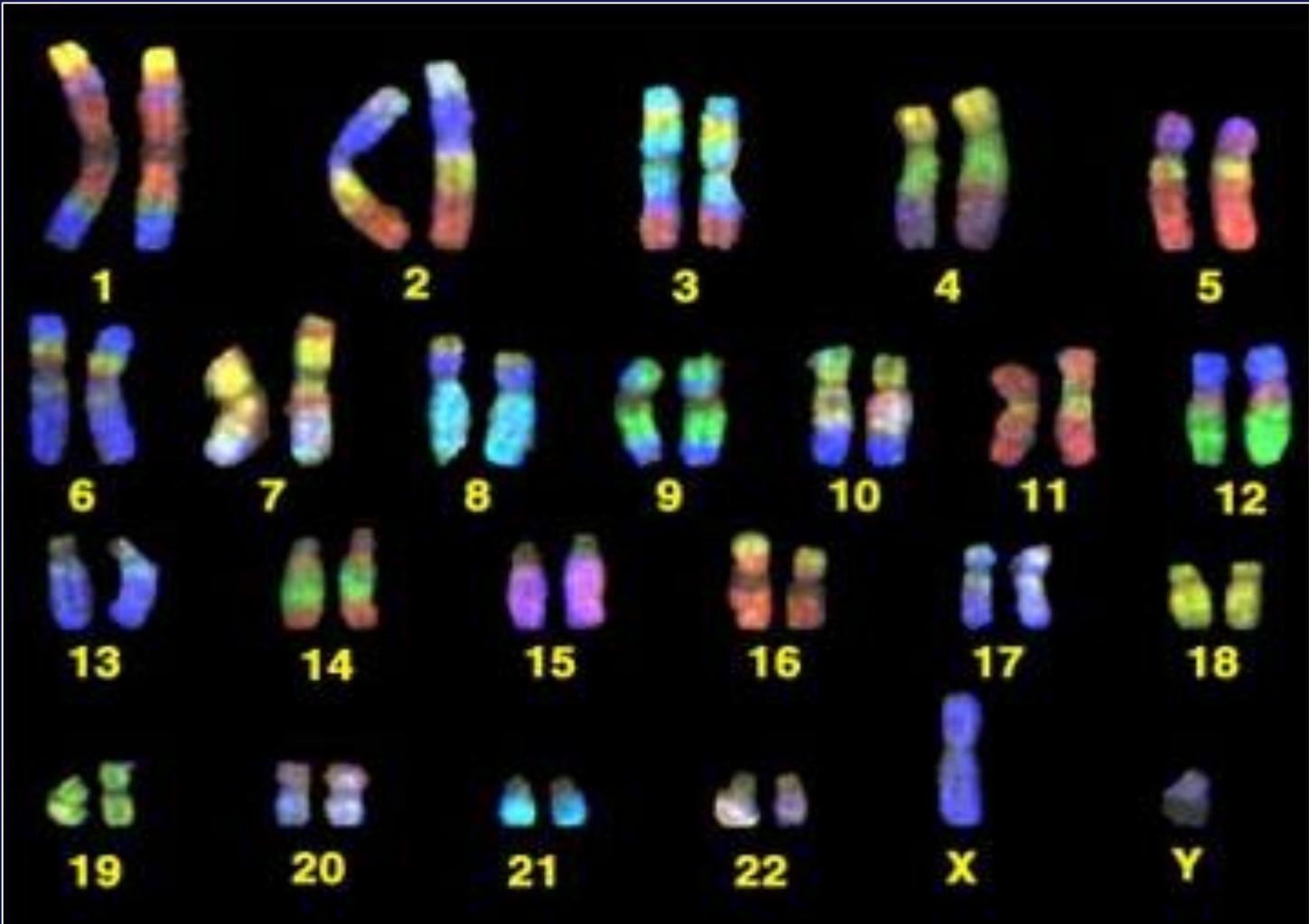


Humans have highly resilient brains.

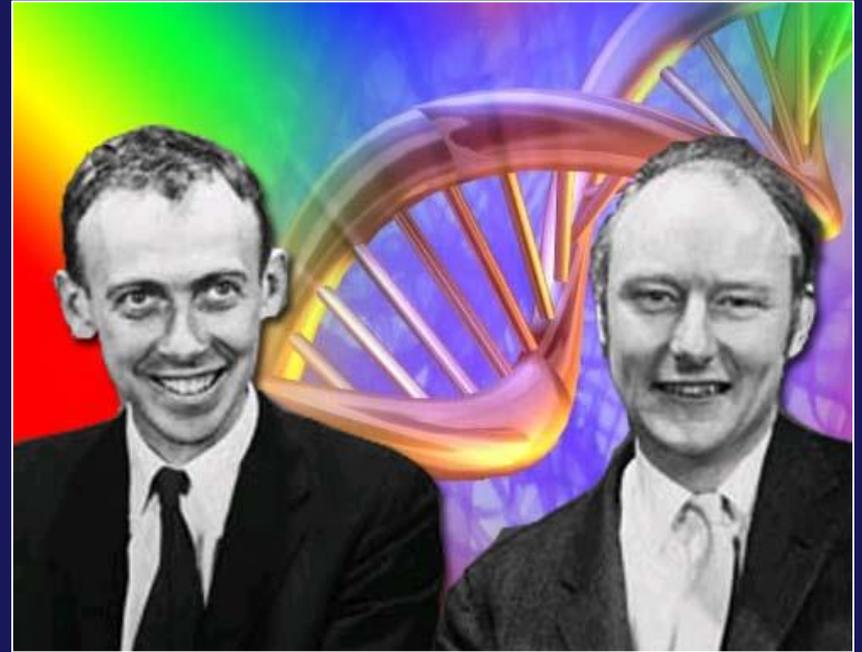
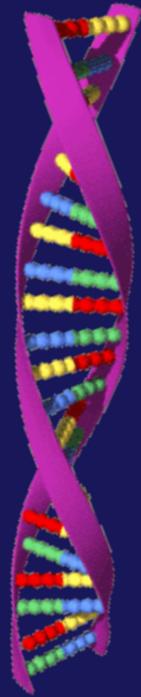
And, 84% of our genes affect the brain.

Chromosomes
contain DNA with
20,000 genes.





Twenty-three pairs of chromosomes are packed in the nucleus of virtually all of our 20 trillion body cells.



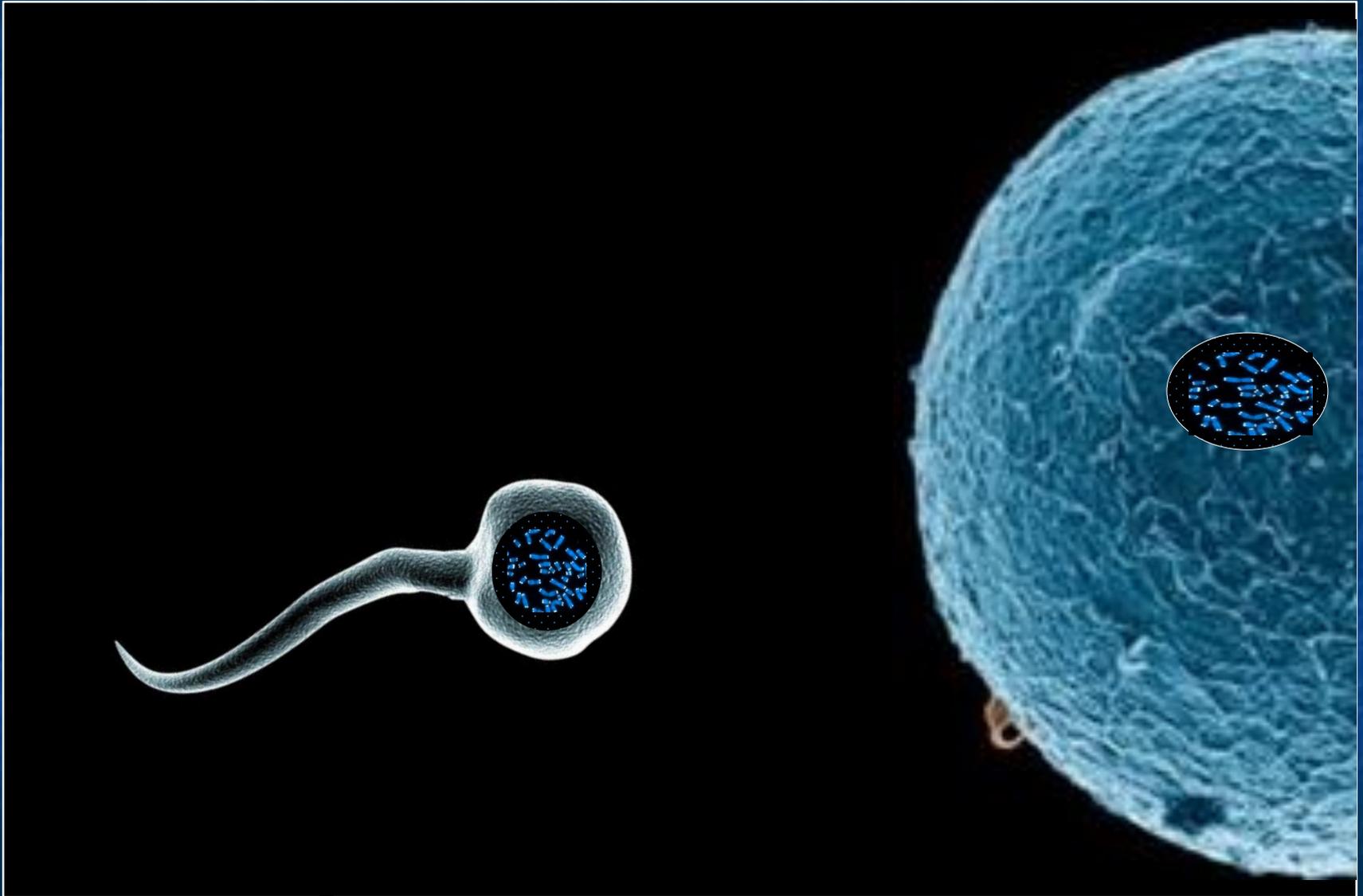
Watson and Crick first described the double helix chromosome in 1953.

But genes only make up 5% of the DNA. Crick called the rest “Junk DNA.”

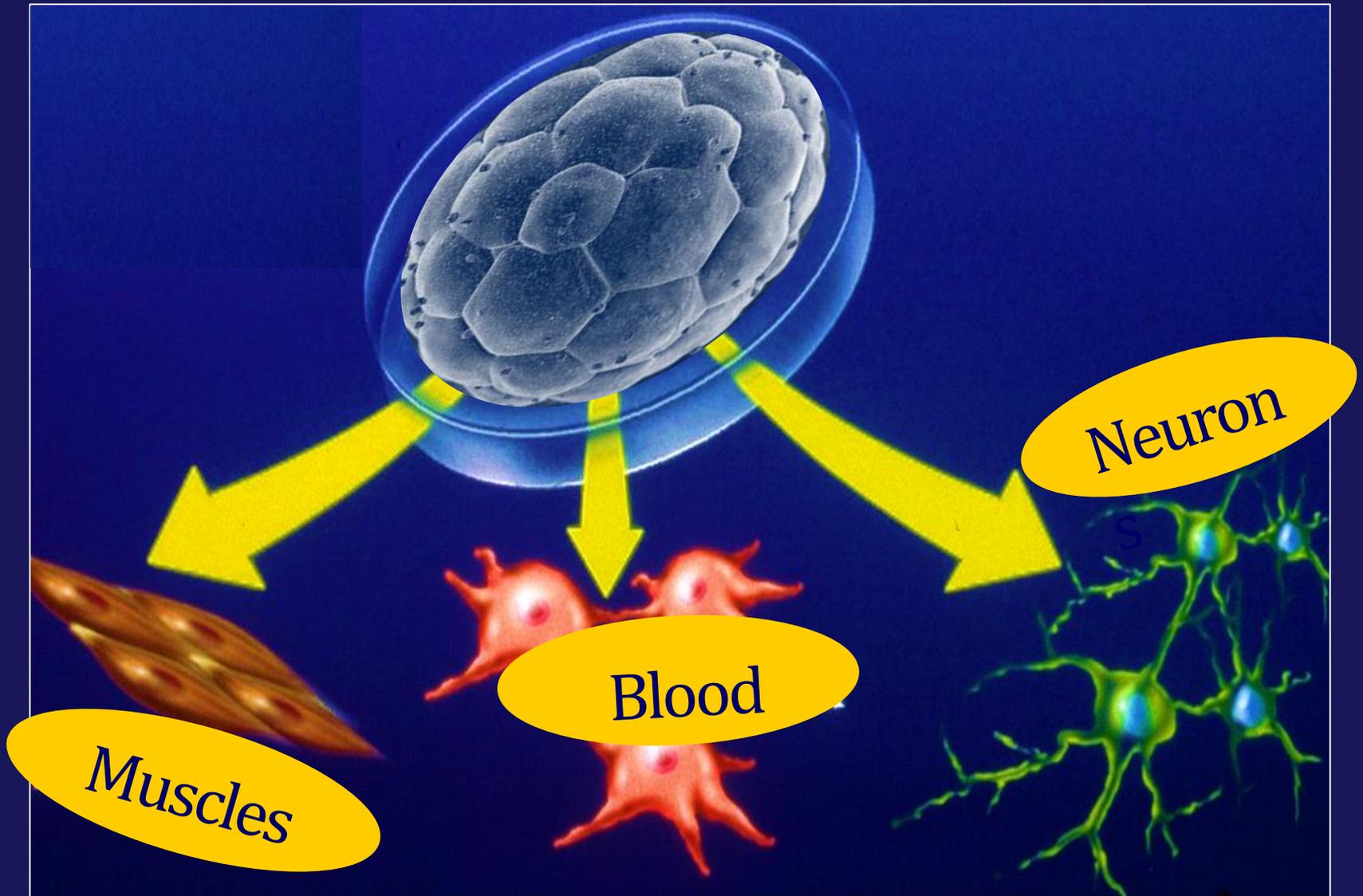


So-called “Junk DNA” actually contains four million *epigenetic switches* that can turn genes on and off.

The sperm and egg each bring 23 chromosomes.



Embryonic Stem Cells Specialize into over 200 Types of Cells



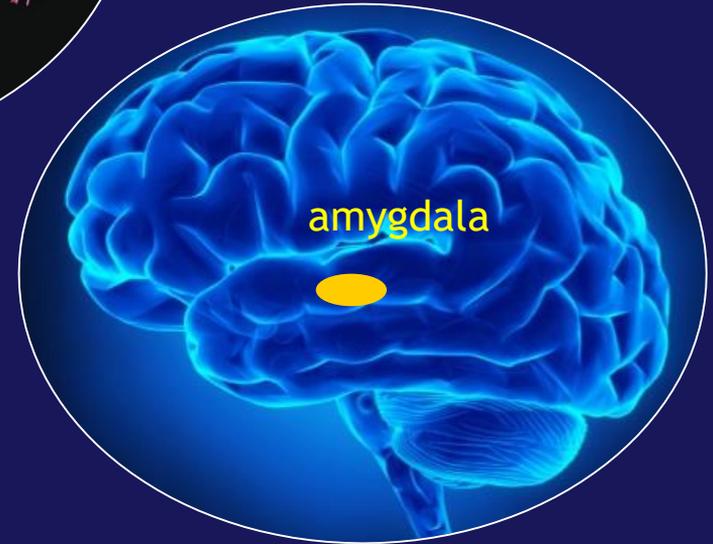
Epigenetic effects can be brief or long term.



Resetting your circadian clock in a new time zone



Connecting neurons for long-term learning

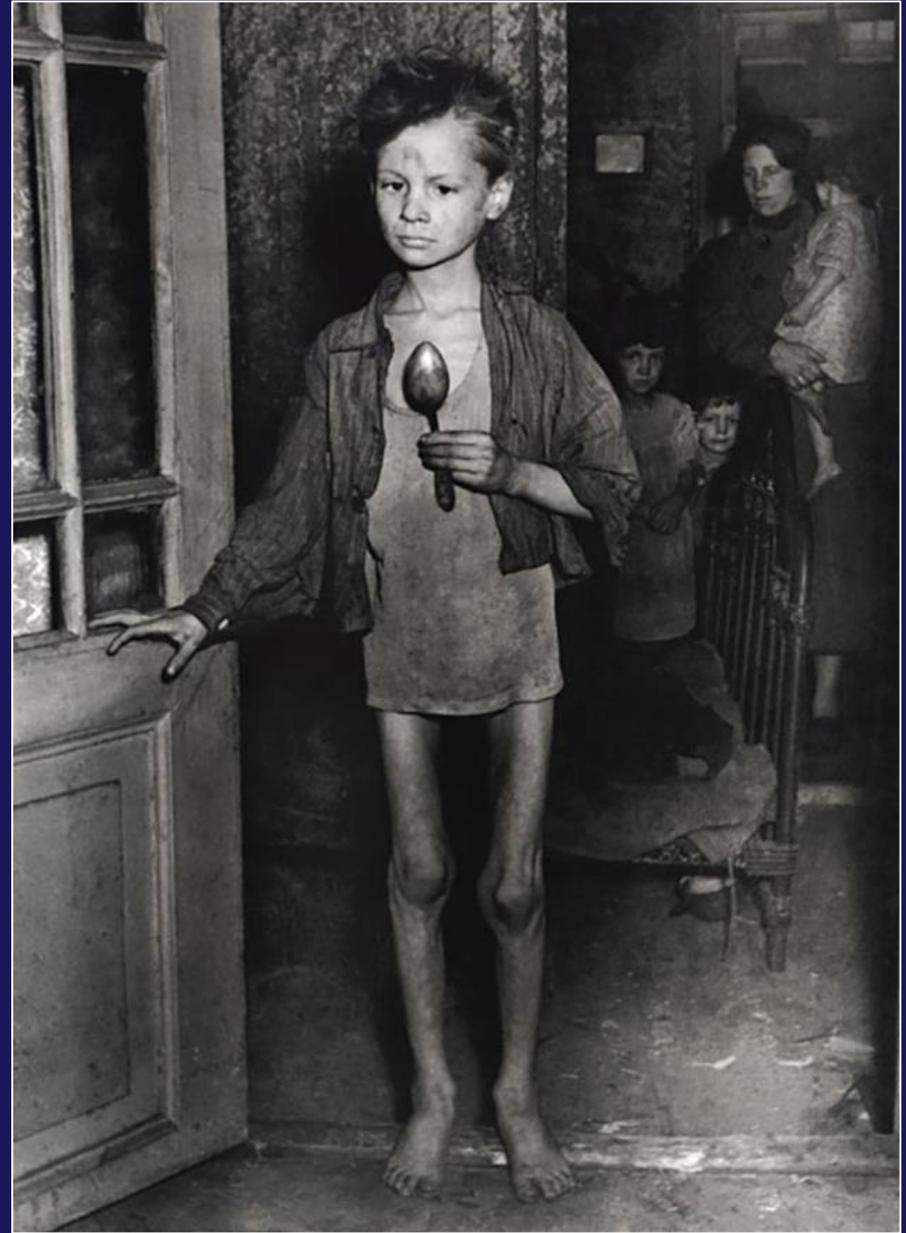


Passing trauma effects to future generations

The Dutch Hunger Winter (1944-45)

Children conceived in this famine were tiny but stored fat to survive. Following the war, they became obese.

Children and grandchildren in later generations were small at birth and likely to become obese and diabetic.



Skink Lizards Alter Genes to Defend Against Snakes

Vulnerable to
Predators:

Small
Short tails



Mothers who smell a predatory snake during pregnancy produce offspring that grow larger with longer tails.

Neglectful Mothering



Nurturing Mothering



Michael Meaney
McGill University



REACTIVE

Fearful

Avoidant

Dysregulated



RESILIENT

Social

Curious

Intelligent

Epigenetics has Potent Parental Effects



Stress System
Personality

Neuroplasticity
Intelligence

Immune System
Health

Metabolism
Growth

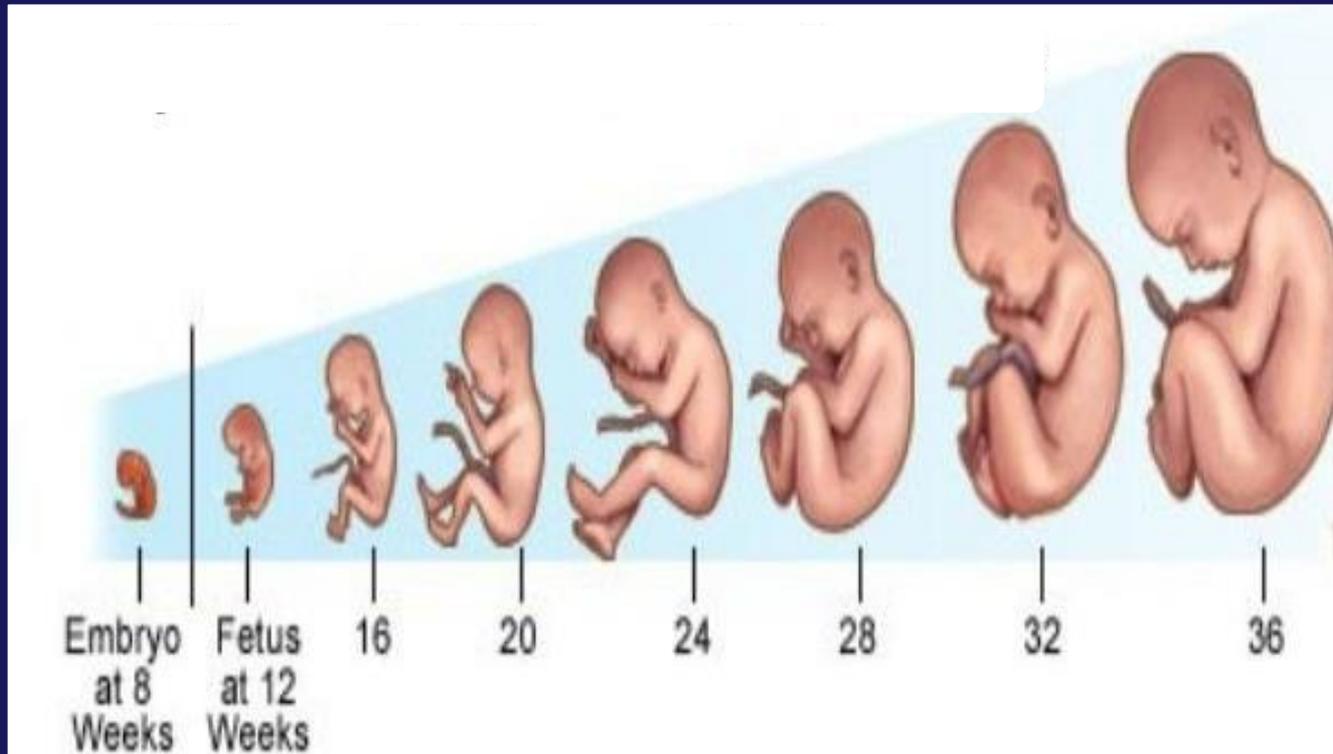


Boys who smoke before puberty can produce harmful epigenetic changes in male offspring.

Bisphenol A



Mother and daughter—which is which?



Epigenetics is most potent during the fetal stage when an average of 250,000 new neurons are created each minute throughout pregnancy.



Fetal Epigenetics

Diet

Drugs

Poverty

Smoking

Pollution

Cultural Trauma



Cultural and racial trauma can
affect up to four generations.
(Kuzawa & Sweet, 2009)



Epigenetics and Aboriginal Health

Obesity

Diabetes

Hypertension

Kidney Disease

Heart Problems

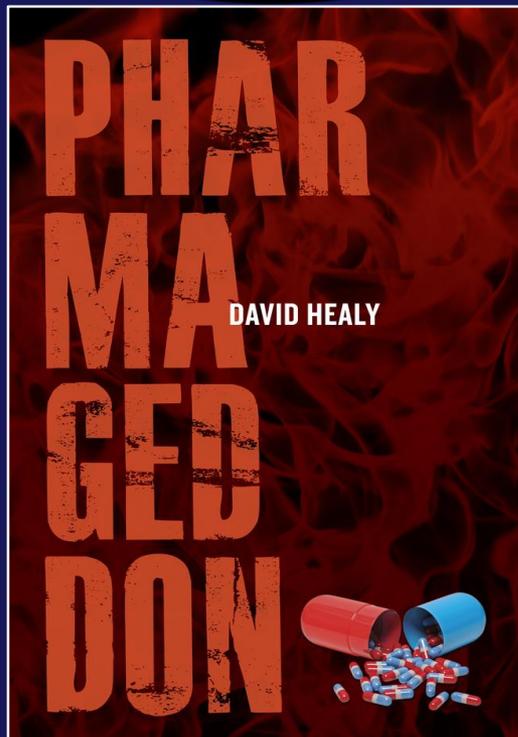
Reduced Life Span



Technology has produced 83,000 substances not natural in human history. Exposure can affect health and growth and is related to autism, aggressiveness, and learning problems.

Grandjean & Landrigan

Each capsule contains your medication plus a treatment for each of its side effects.



These drugs do not just have the action we are told about but often have much greater effects throughout the body.

David Healy
University of Cardiff, UK



Drugs and Autism

John has little speech and flaps his hands while Sam uses his iPad. Drugs used during surgery at 3 months made the difference.



Bold: Low Reactive

T
E
M
P
E
R
A
M
E
N
T



Timid: High Reactive

Differences in amygdala reactivity make some children bold and others timid. Highly reactive children are more influenced by the quality of caregiving.

Jerome Kagan

Positive

OUTCOME

Negative



Low Reactive Temperament

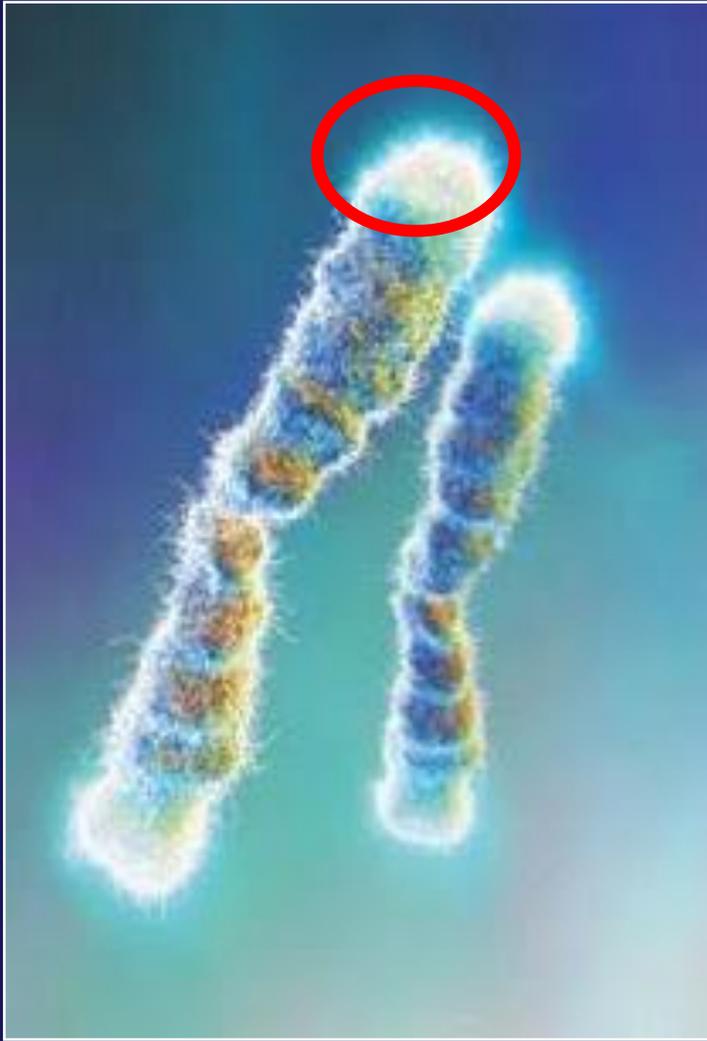
High Reactive Temperament



Negative

ENVIRONMENT

Positive



Telomeres: Our Human Aging Clock

These are protective caps on chromosomes which shorten with age.

When telomeres wear away, the cell becomes cancerous or dies.



Extreme Stress Erodes Telomeres

Children exposed to domestic violence, physical abuse, or frequent bullying show significantly more telomere loss between ages 5 and 10.



But supportive relationships can heal trauma.

The Good News: Genes are Not Destiny



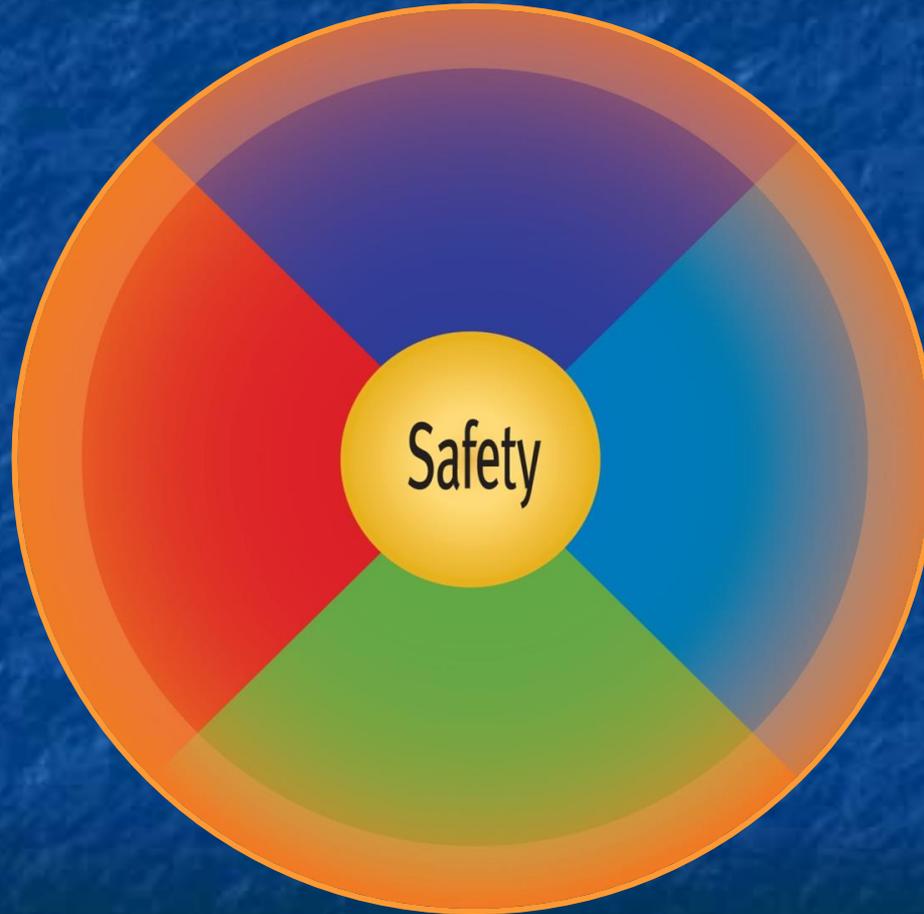
Epigenetic problems are potentially reversible.

Meeting growth needs builds resilient brains.

The Resilience Compass



The Drive to Thrive



UNSAFE

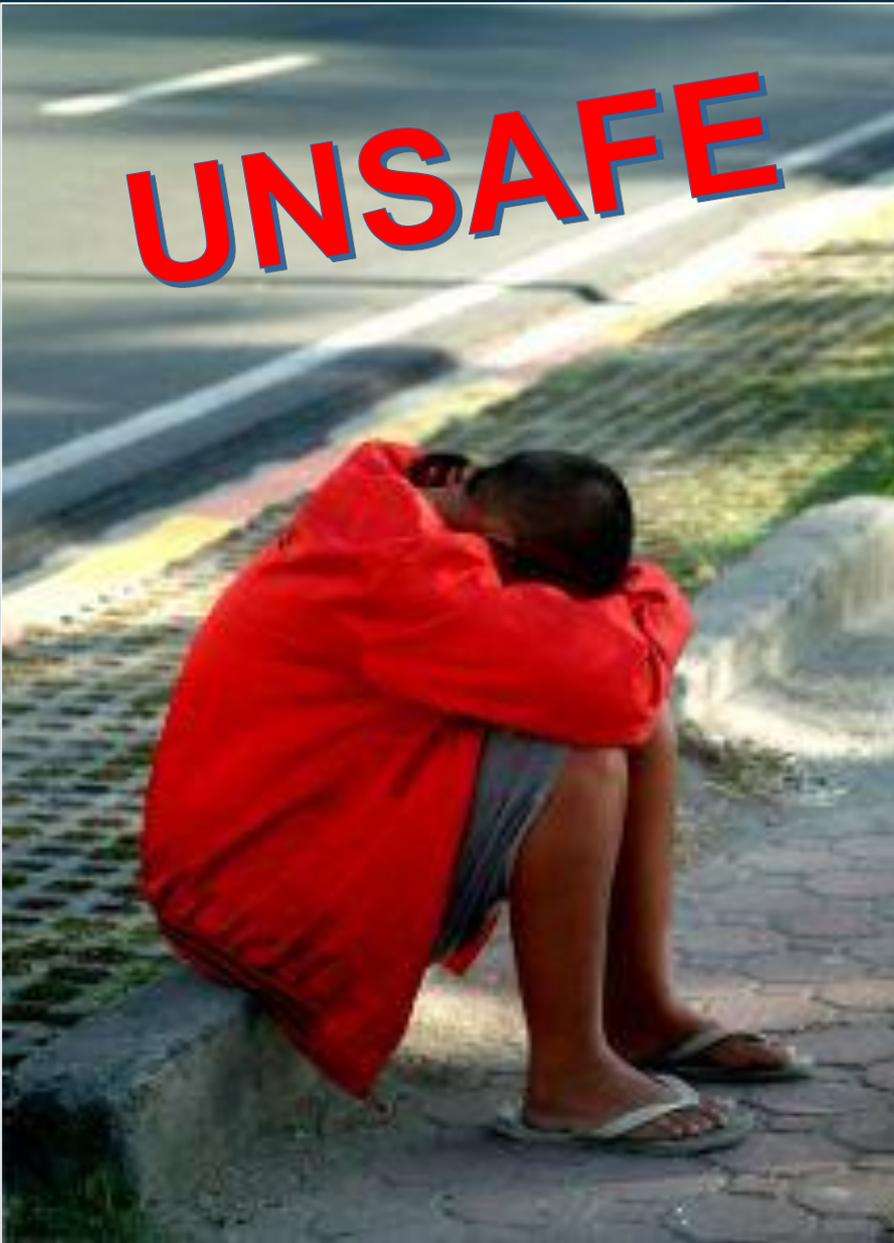
Trauma Reactions

Threatened and helpless

- Bessel van der Kolk

Fear, terror, helplessness

- Bruce Perry



TRAUMA

Panic



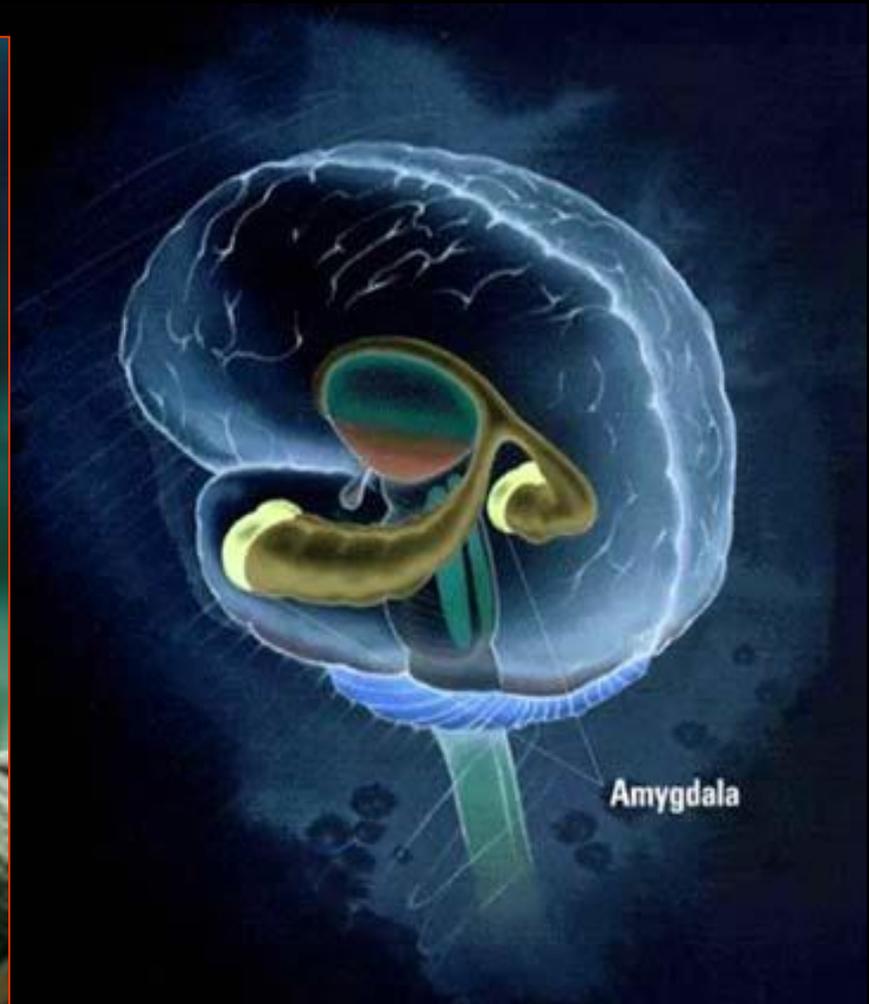
LOSS

Grief

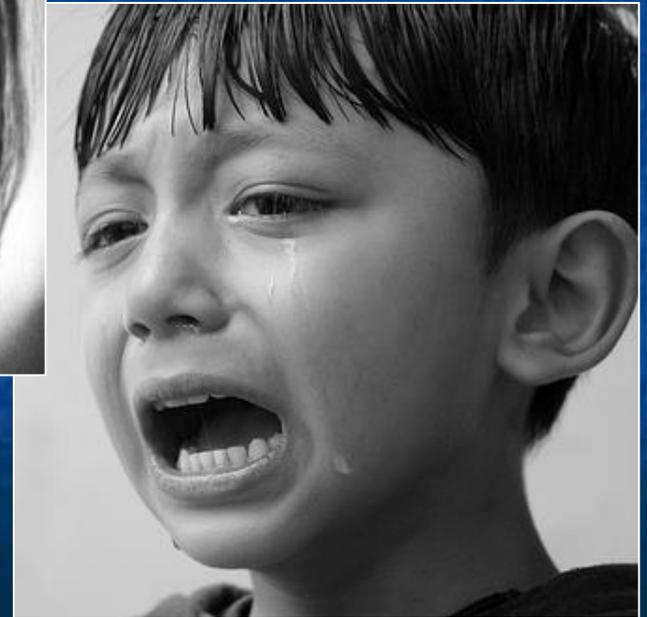
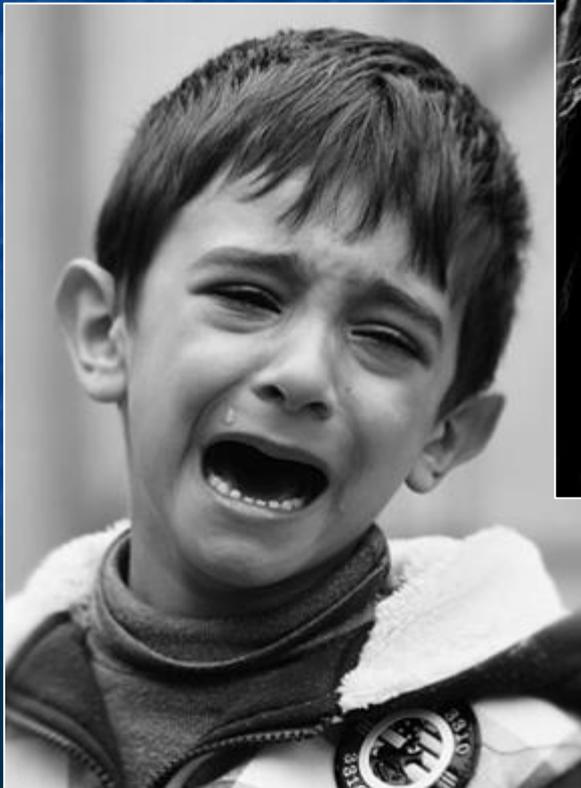


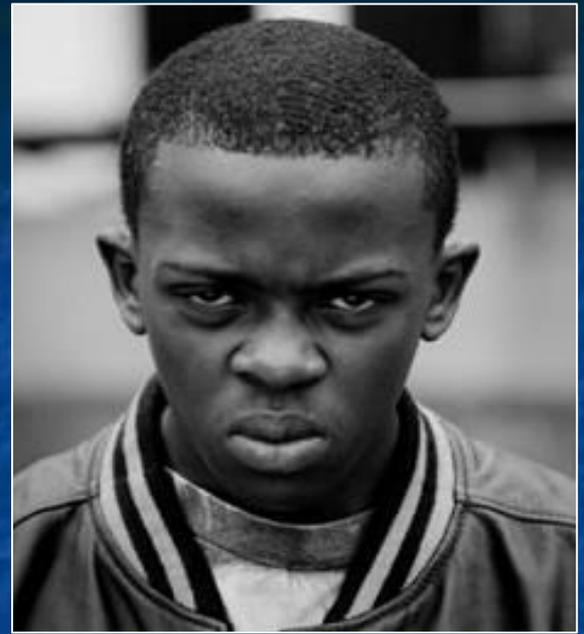
Pain Based Behavior

- James Anglin



Physical and social pain use the same deep brain circuits.





PUNISHMENT

comes from the
Latin word *poena*
which means

PAIN





Touch, the most elementary tool we have to calm down, is proscribed from most therapeutic practices.

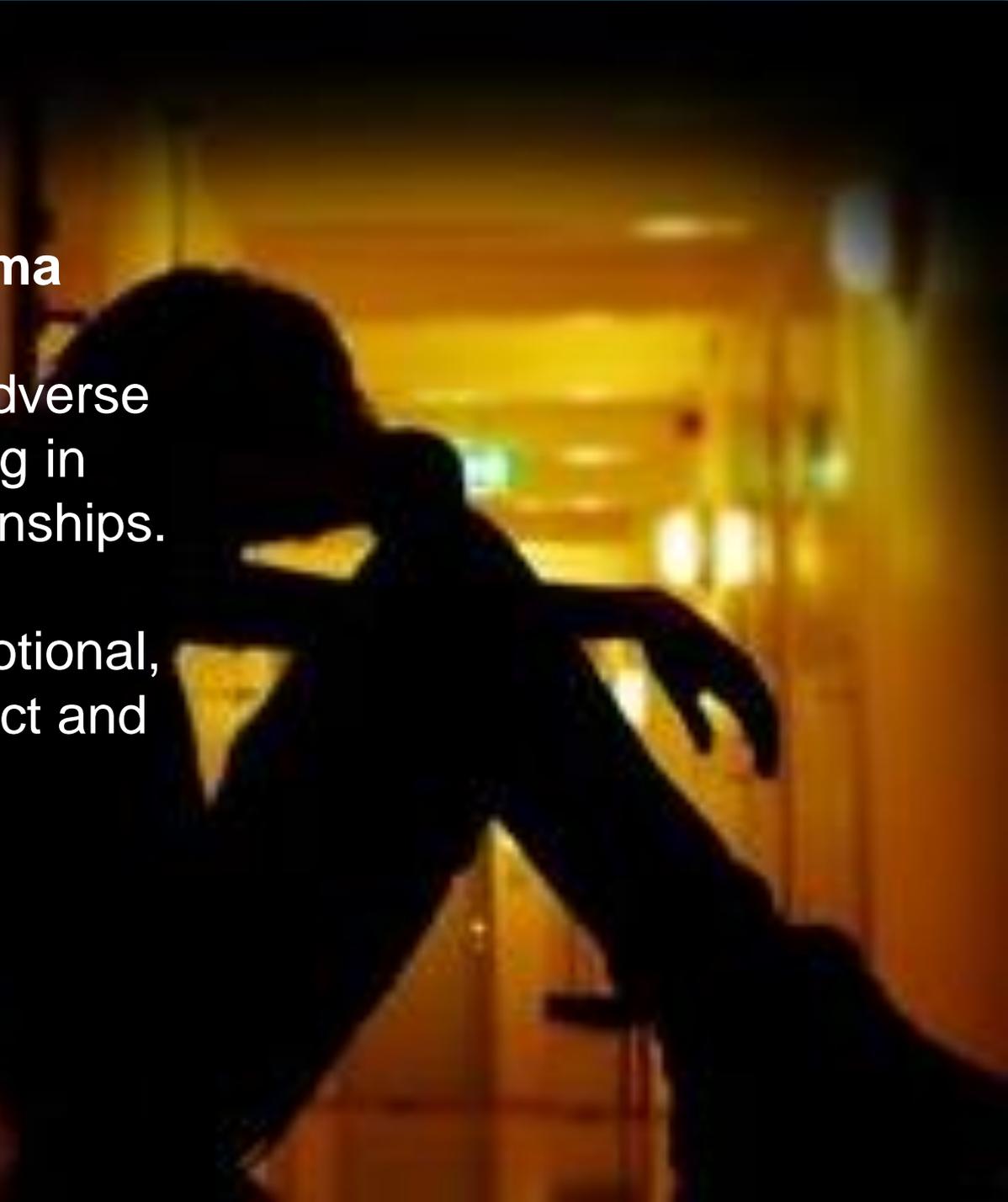
Bessel van der Kolk

Developmental Trauma

Multiple, prolonged, adverse events, often beginning in early childhood relationships.

Includes physical, emotional, and educational neglect and maltreatment.

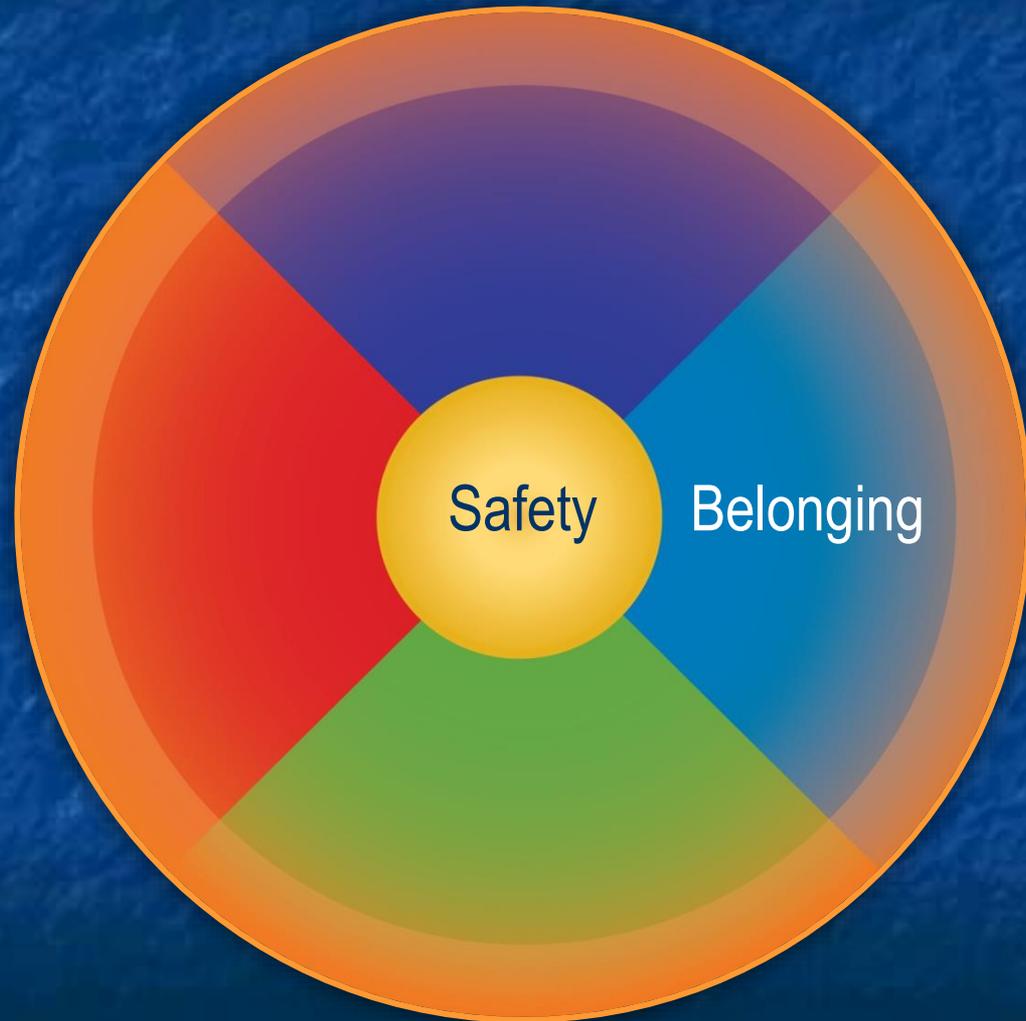
Bessel van der Kolk



Protecting Our Children



The Drive to Thrive





BELONGING



Every child needs at least one adult who is irrationally crazy about him or her.

Urie Bronfenbrenner



Bids
to Connect

A close-up photograph of a young boy with dark, curly hair. He is wearing a dark, textured sweater. His right arm is a prosthetic, appearing as a light-colored, segmented limb. He is looking off to the right with a serious, contemplative expression. The background is blurred, suggesting an outdoor setting with other people.

Trust? Like?

The kids who need the most love will
ask for it in the most unloving of ways.

Russell Barkley



Adversarial Encounters

Distrust

Conflict

Alienation



Positive Alliances

Trust

Cooperation

Attachment

Connecting in Crisis

The Three R's

Relate

Reflect

Restore



Relate



Connecting
in Safety
and Trust

Reflect

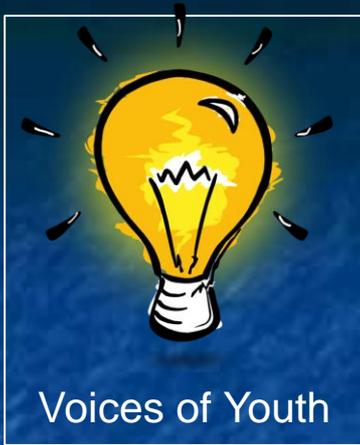


Clarifying
Challenging
Events

Restore



Building
Strengths and
Supports

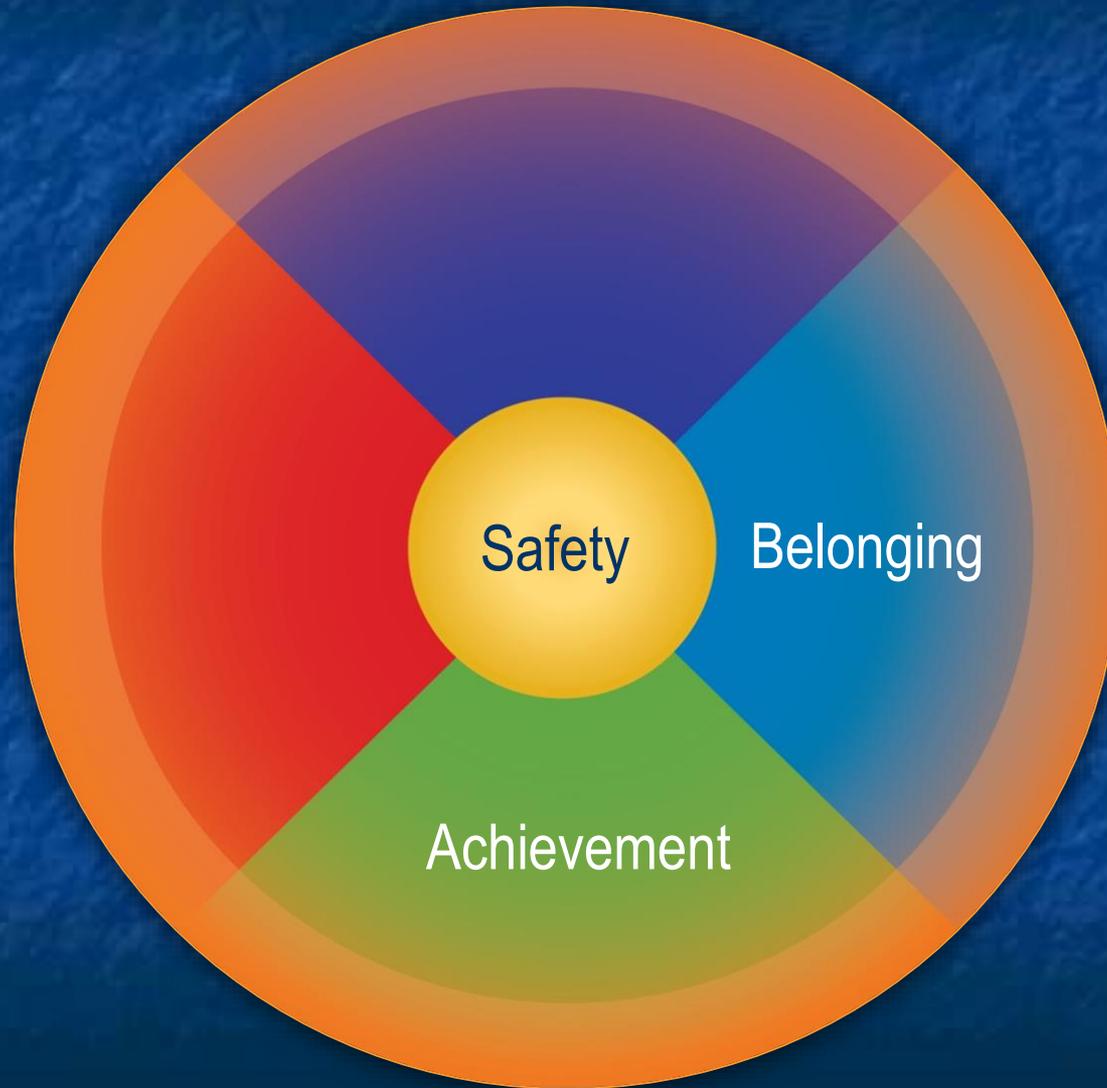


You can tell the staff here really like their jobs because they want to help kids.

They constantly are thinking about us – how to meet our needs, how this can be a better place to make us successful.



The Drive to Thrive



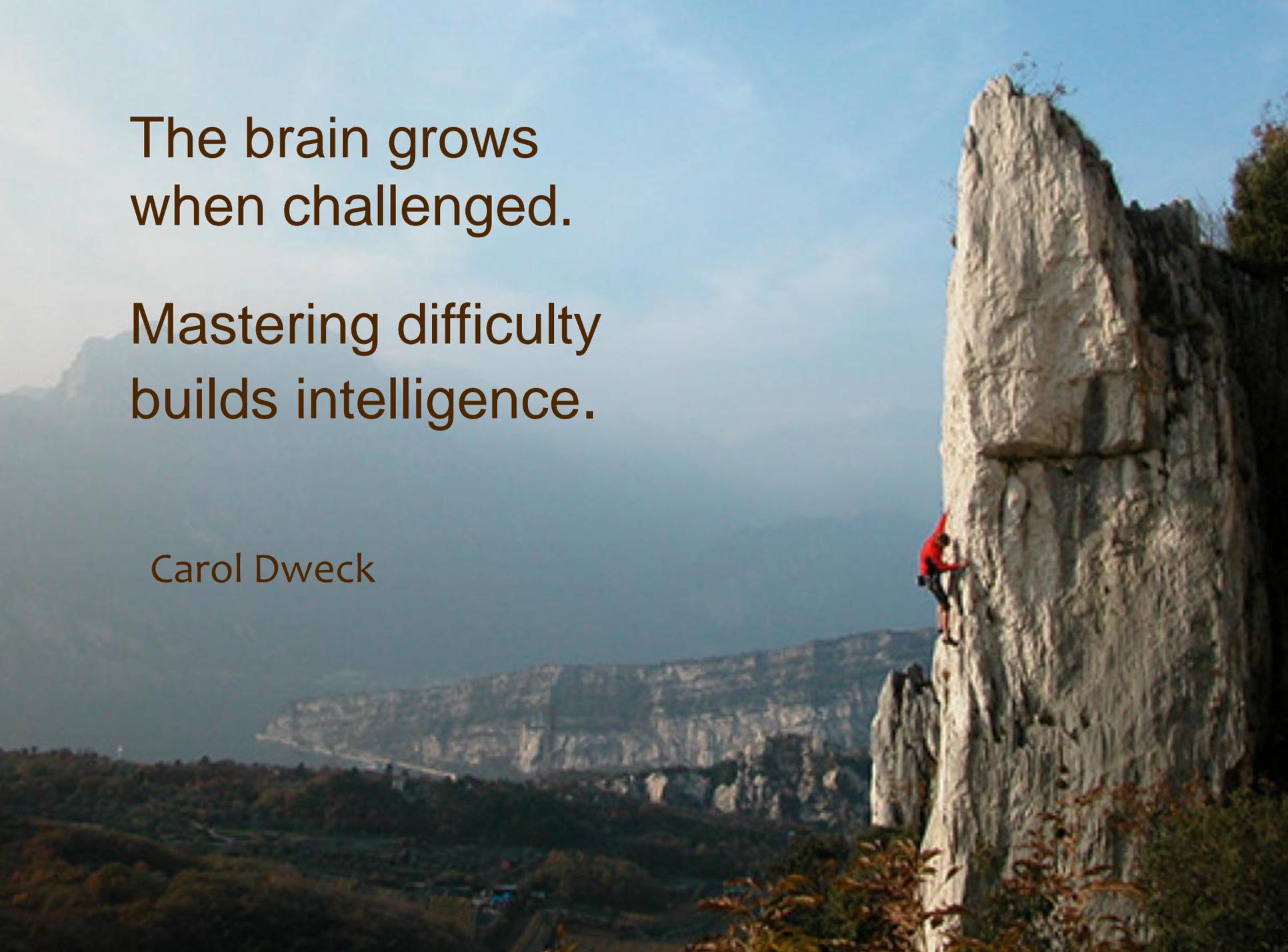


Achievement

The brain grows
when challenged.

Mastering difficulty
builds intelligence.

Carol Dweck





Creativity

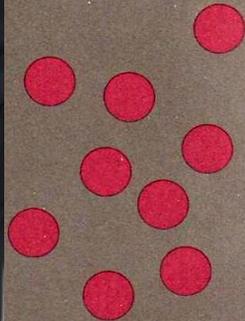
The mind of the child is like a volcano with two spouts – destructiveness and creativeness.

Sylvia Ashton Warner
1908-1984

Expelled to a Friendlier Place

A Study of Effective
Alternative Schools

Martin Gold
David W. Mann



Reconnecting Students

Teachers who connect with
students who distrust teachers.

Teachers who help struggling
students achieve success.



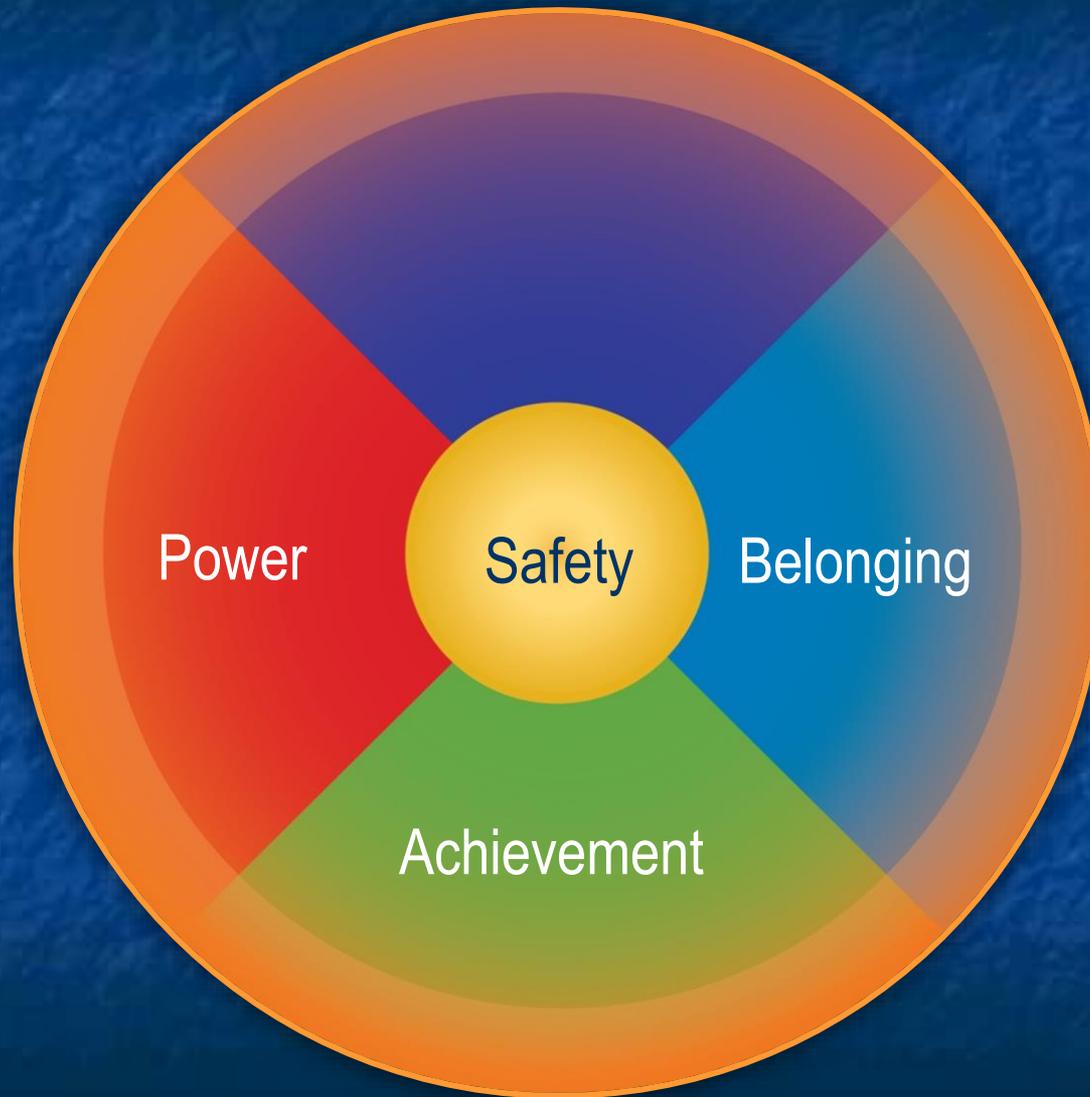
Intelligence Equals Resilience

intelligence (noun)

A person's ability to respond successfully to challenges and to learn from such experience.

(Sylwester, 2005, p. 78)

The Drive to Thrive



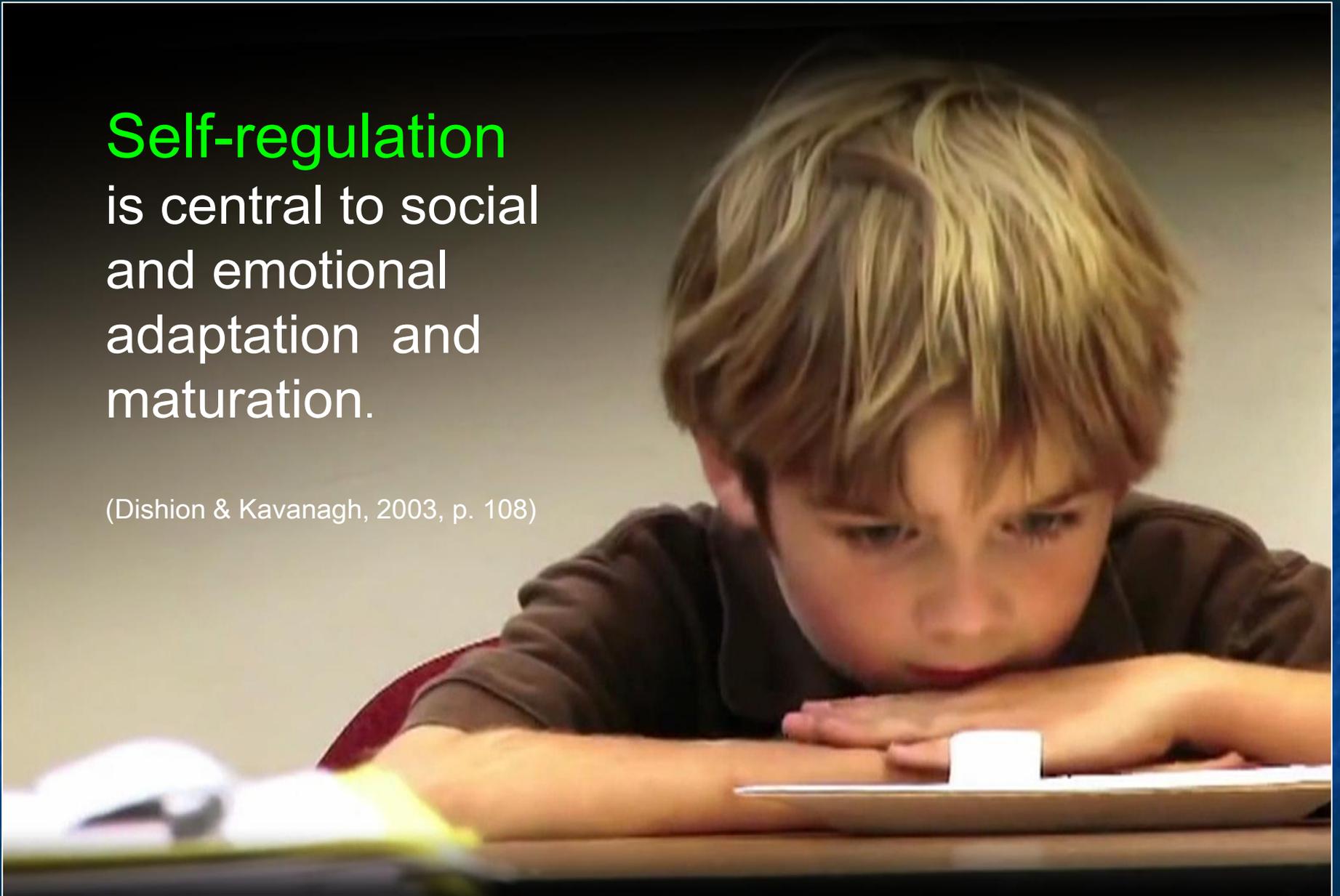
Power



Self-regulation

is central to social and emotional adaptation and maturation.

(Dishion & Kavanagh, 2003, p. 108)





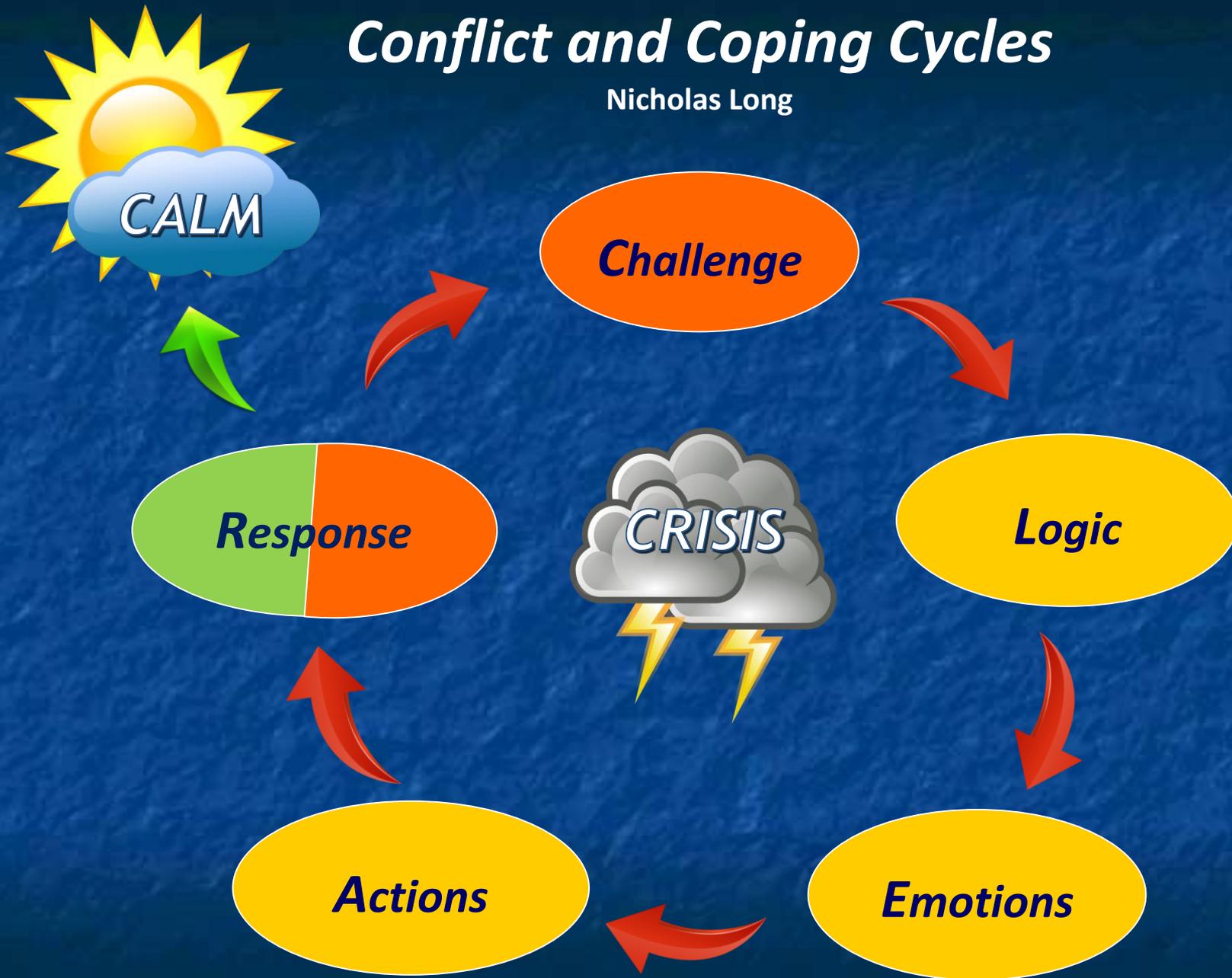
Self-Efficacy

Belief in one's power to cope with challenges.

Albert Bandura

Conflict and Coping Cycles

Nicholas Long



Three Types of Discipline

Martin Hoffman



Power Assertion



Love Withdrawal



Problem Solving

The Drive to Thrive

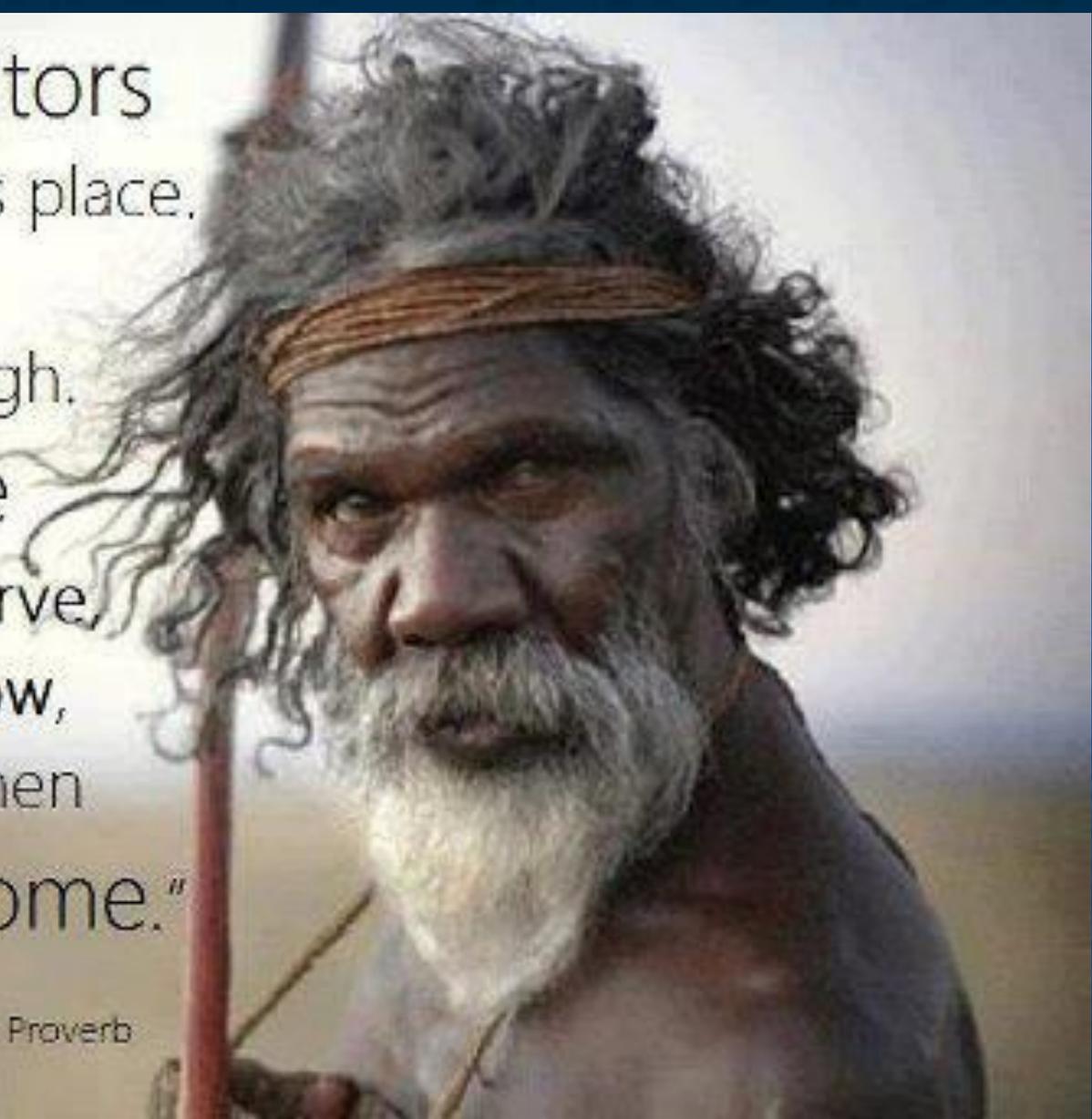


"We are all visitors
to this time, this place.

We are just
passing through.

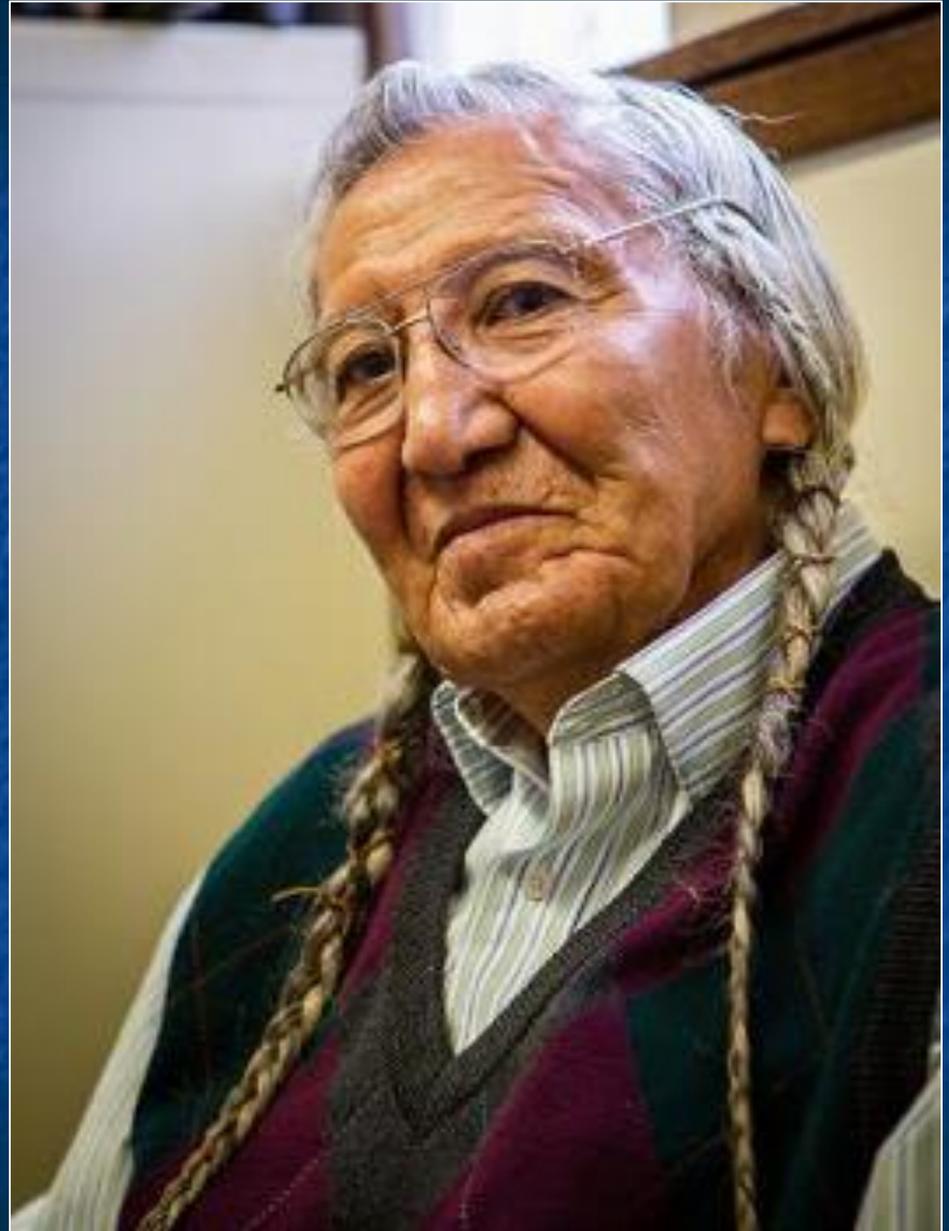
Our purpose
here is to observe,
to learn, to grow,
to love... and then
we return home."

- Australian Aboriginal Proverb



Grandfather, what is
the purpose of life?

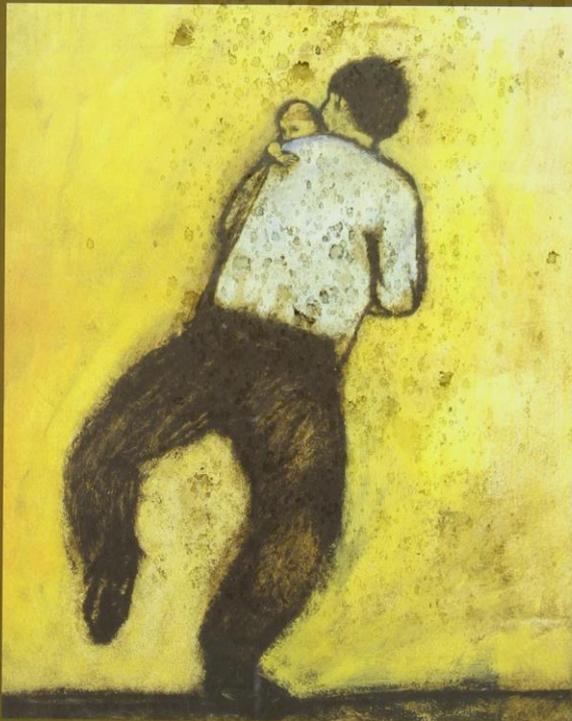
Eddie Bellerose
Four Skies Consulting,
Edmonton, Alberta



A Report to the Nation from
the Commission on Children at Risk

Hardwired to Connect

The New Scientific Case for Authoritative
Communities



YMCA of the USA
Dartmouth Medical School
Institute for American Values

Children are biologically hardwired, not only for close connections to others but also for “deep connections to moral and spiritual meaning.”

Commission on Children at Risk,
2003, p. 5.

Research on compassion in small children.





Being Mean is Not in Genes

Both identical twins
and fraternal twins
are similar in showing
compassion or
disregard to a person
showing distress.

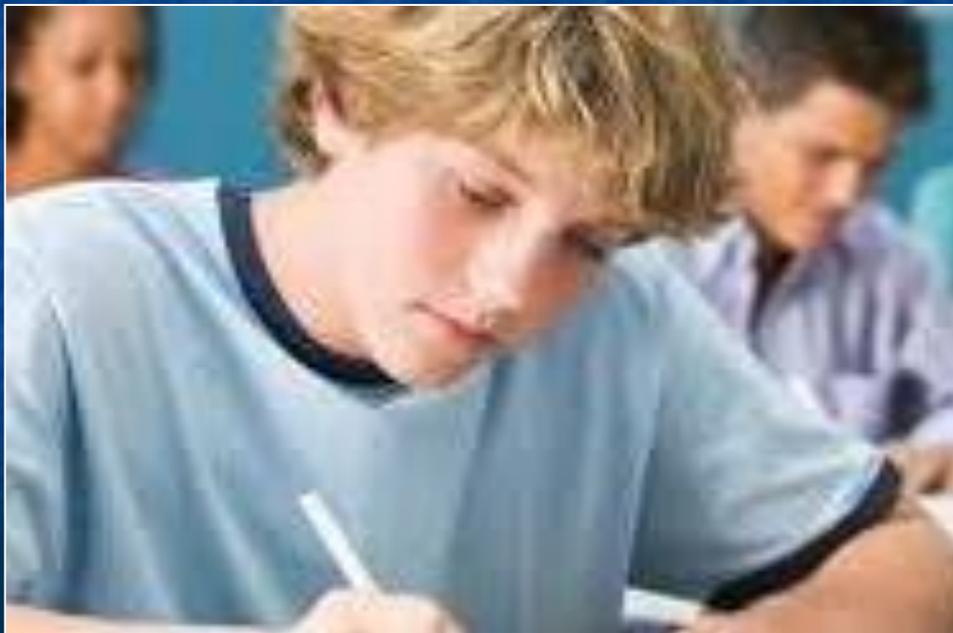
(Rhee et al., 2013)





True or False?

Helping, sharing,
and consoling in
third grade ...



Predicts achieving
in eighth grade

(Caprara, Barbaranelli,
Pastorelli, Bandura, & Zimbardo,
2000)



Helping gives
proof of one's
worth – being of
value to others.

The Drive to Thrive





SAFETY
Security
Predictability



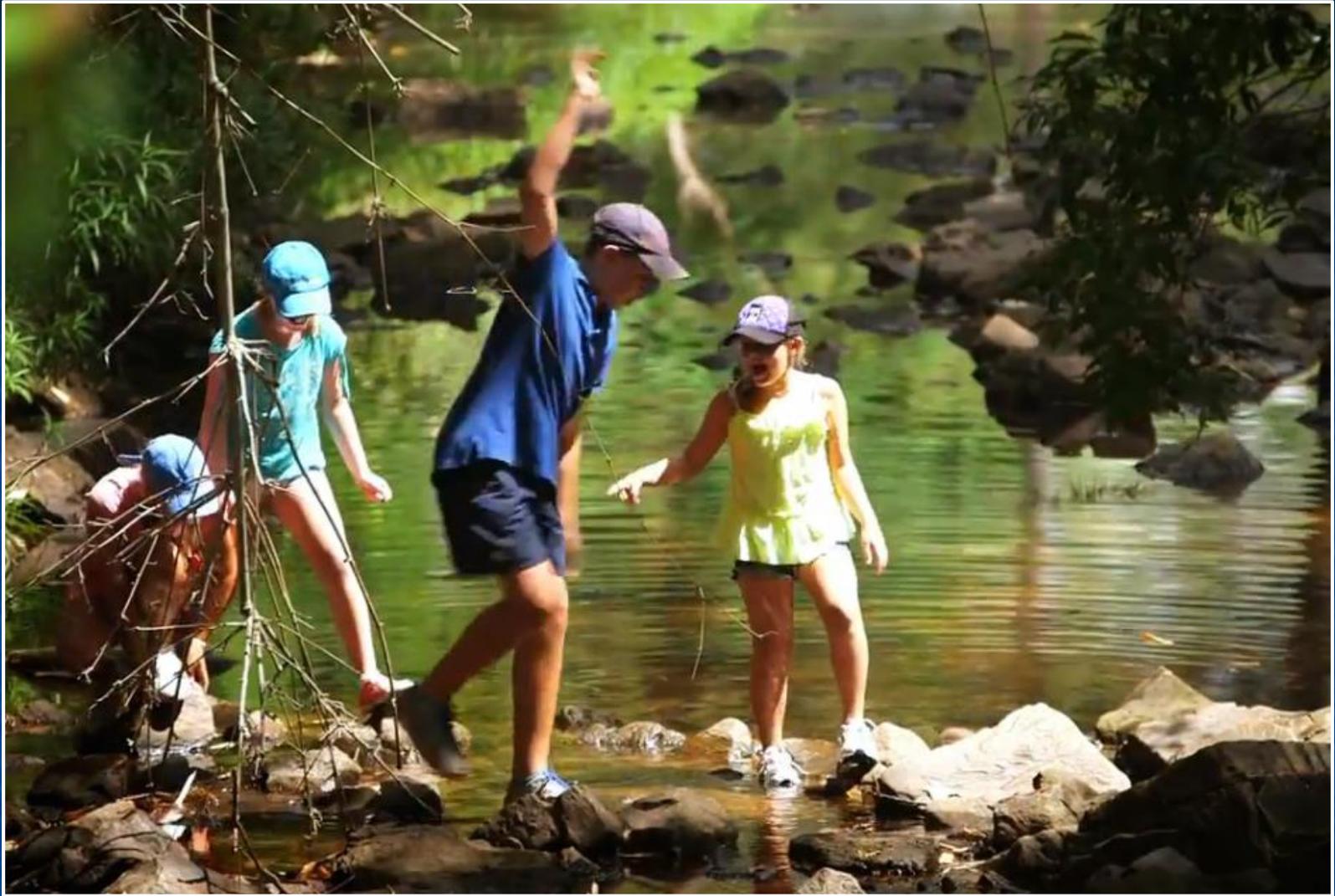
ADVENTURE
Risk
Novelty



Healthy risk taking develops resilience.



All social animals engage in play.
Jaak Pankskepp



Nature Deficit Disorder: Excessive screen time is replacing exploration of nature with friends.

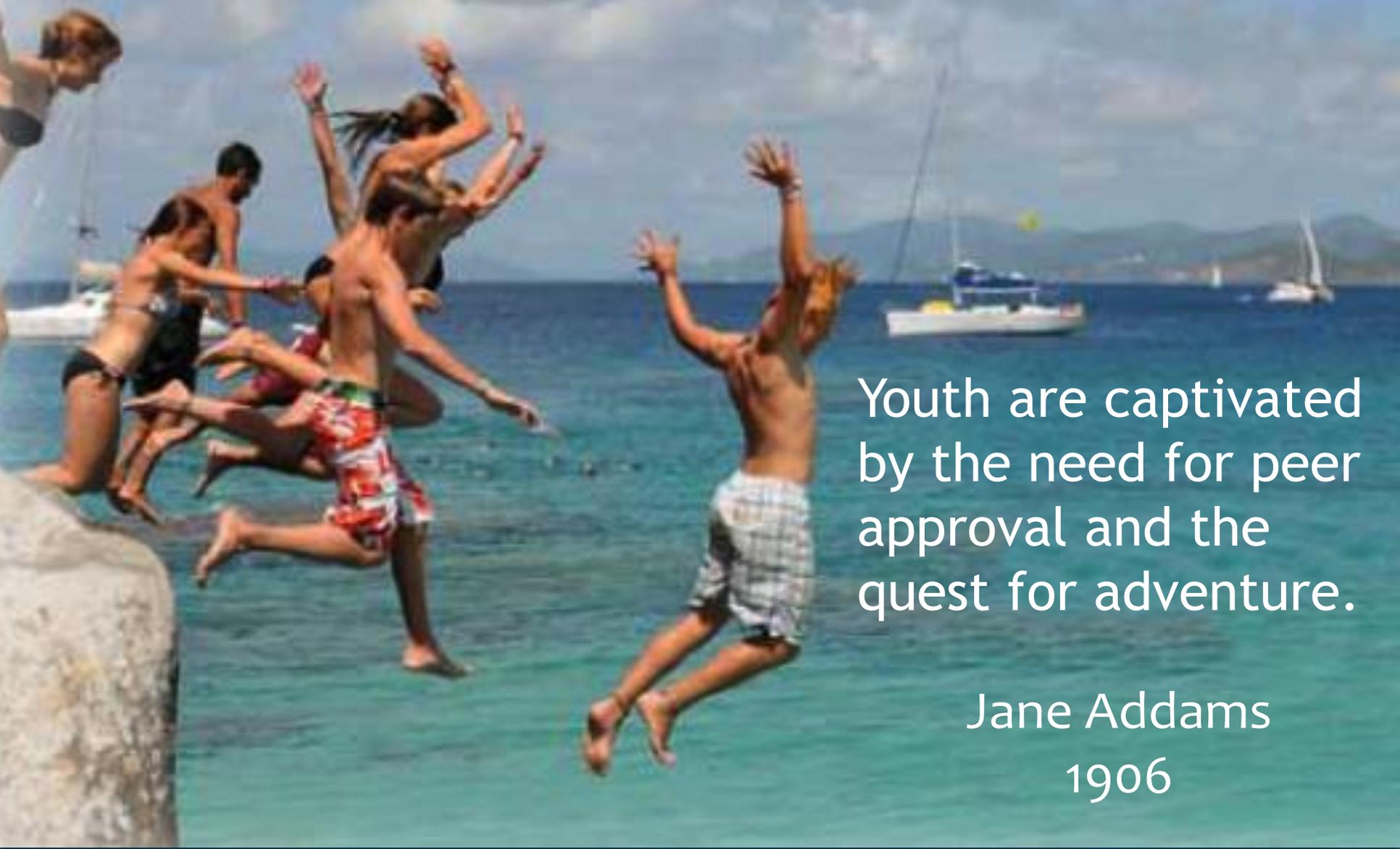


Enchanted with Chemicals

Substances can be substitutes for joyful relationships.

JC Chambers

The Spirit of Youth



Youth are captivated by the need for peer approval and the quest for adventure.

Jane Addams
1906

NATIONAL BESTSELLER

Last Child *in the* Woods

SAVING OUR CHILDREN FROM
NATURE-DEFICIT DISORDER

UPDATED
AND
EXPANDED



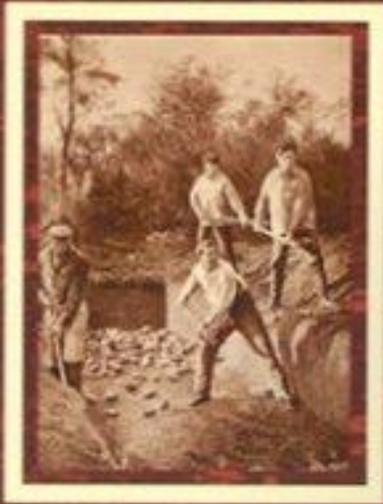
RICHARD LOUV

RECIPIENT OF THE 2008 AUDUBON MEDAL

A culture of fear and litigation favors “safe” regimented activities over imaginative play.

The Road To Life

An Epic of Education



By
Anton Semyonovich Makarenko



JOY

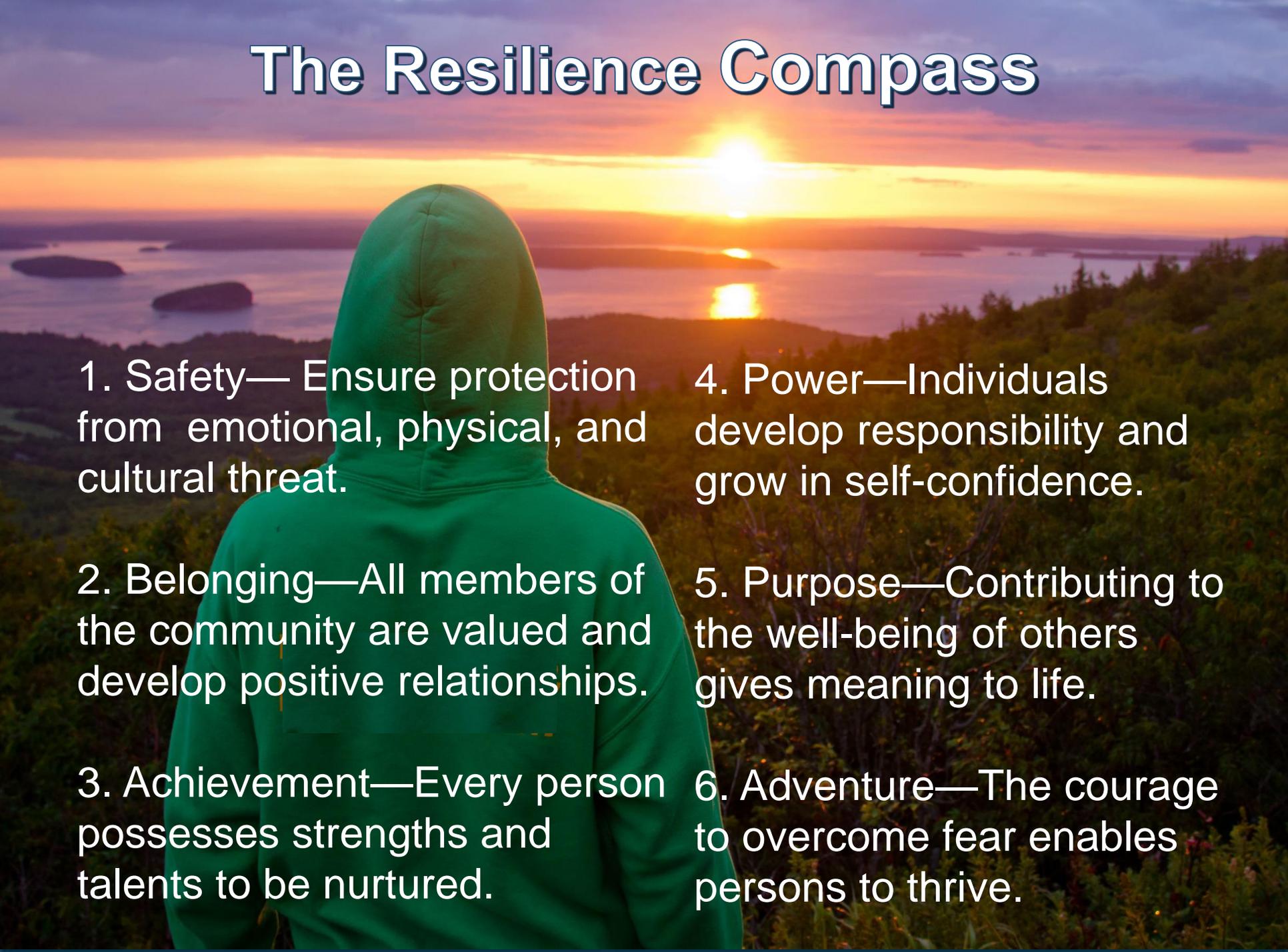
In growing up, a child should know some joy in each day and look forward to some joyous event for the morrow.



We must look at children in need not as Problems but as individuals with potential.

Desmond Tutu in *Reclaiming Youth at Risk*

The Resilience Compass

A person wearing a green hoodie is seen from behind, looking out over a scenic landscape at sunset. The sun is low on the horizon, casting a warm orange glow over a body of water with several islands. The sky is a mix of orange, yellow, and purple. The person's hoodie is a vibrant green color.

1. Safety— Ensure protection from emotional, physical, and cultural threat.

2. Belonging—All members of the community are valued and develop positive relationships.

3. Achievement—Every person possesses strengths and talents to be nurtured.

4. Power—Individuals develop responsibility and grow in self-confidence.

5. Purpose—Contributing to the well-being of others gives meaning to life.

6. Adventure—The courage to overcome fear enables persons to thrive.



achievement



adventure



Let us build a country in which our children and youth
can learn to care for and respect others.

Nelson Mandela

The Dynamic Circle of Courage

Mt. Richmond Special School

Auckland, New Zealand

Larry K. Brendtro, PhD



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