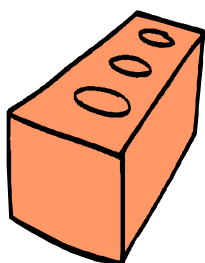
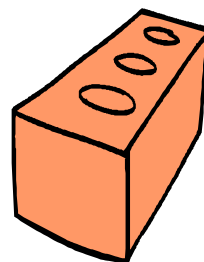


No Such Thing As a Bad Kid

Key Principles and Techniques for Working
with Troubled Children and Youth

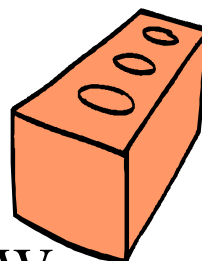
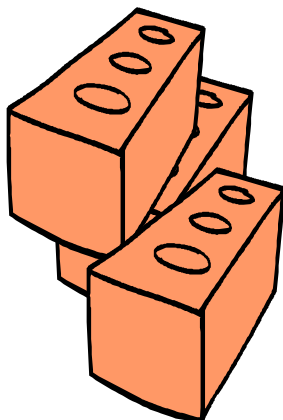


The DVD & Video Series
Part II



Managing Number One First & Putting in the Bricks

*How to Control Your Emotions
And Make a Difference
in the Lives of
Troubled Children & Youth*



Charlie Appelstein, M.S.W

charlieap@comcast.net

www.charliea.com

Copyright 2005, Charles Appelstein



Understanding, Normalizing, and Learning from our Feelings

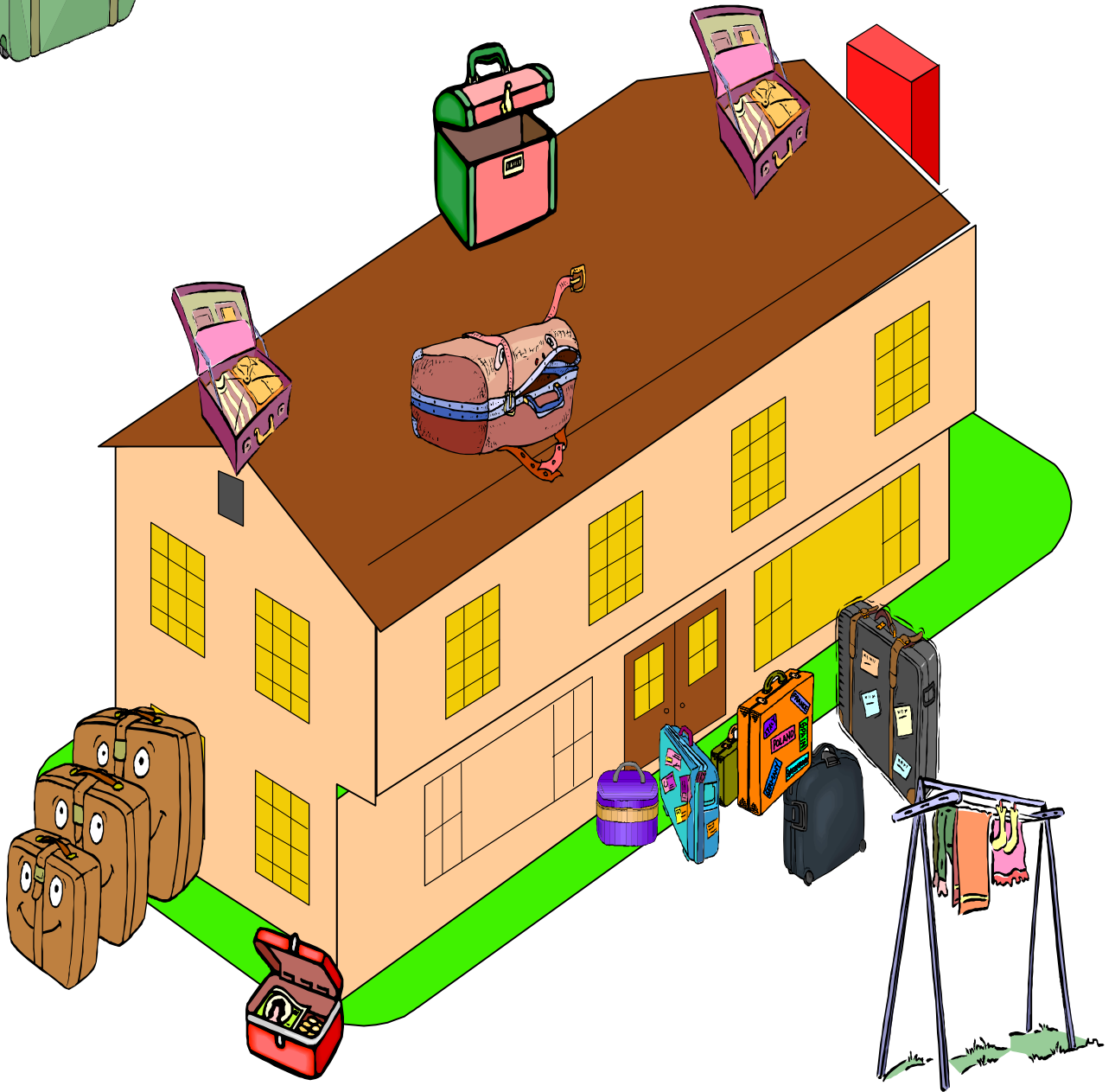
Typical Feelings and/or Traps

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.

“Check Your Baggage at the Door!”



**The No Bad Kid Group
Home**



“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?

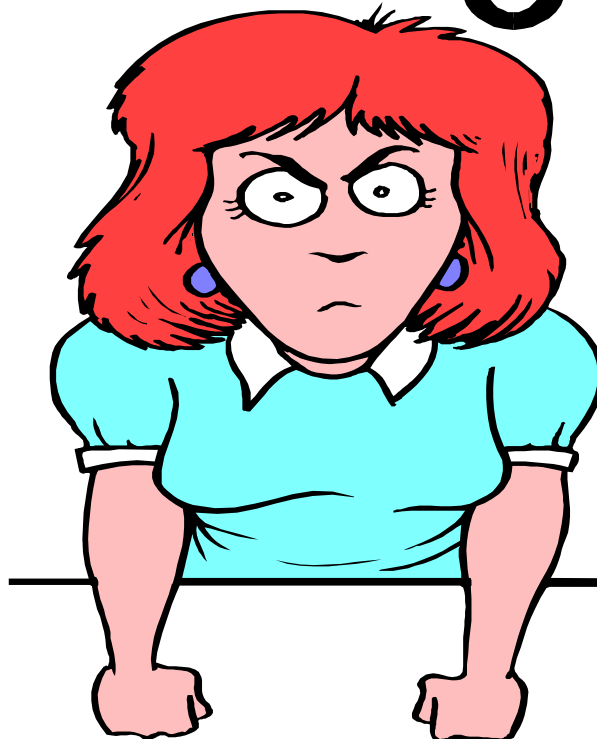
What should come through?

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!

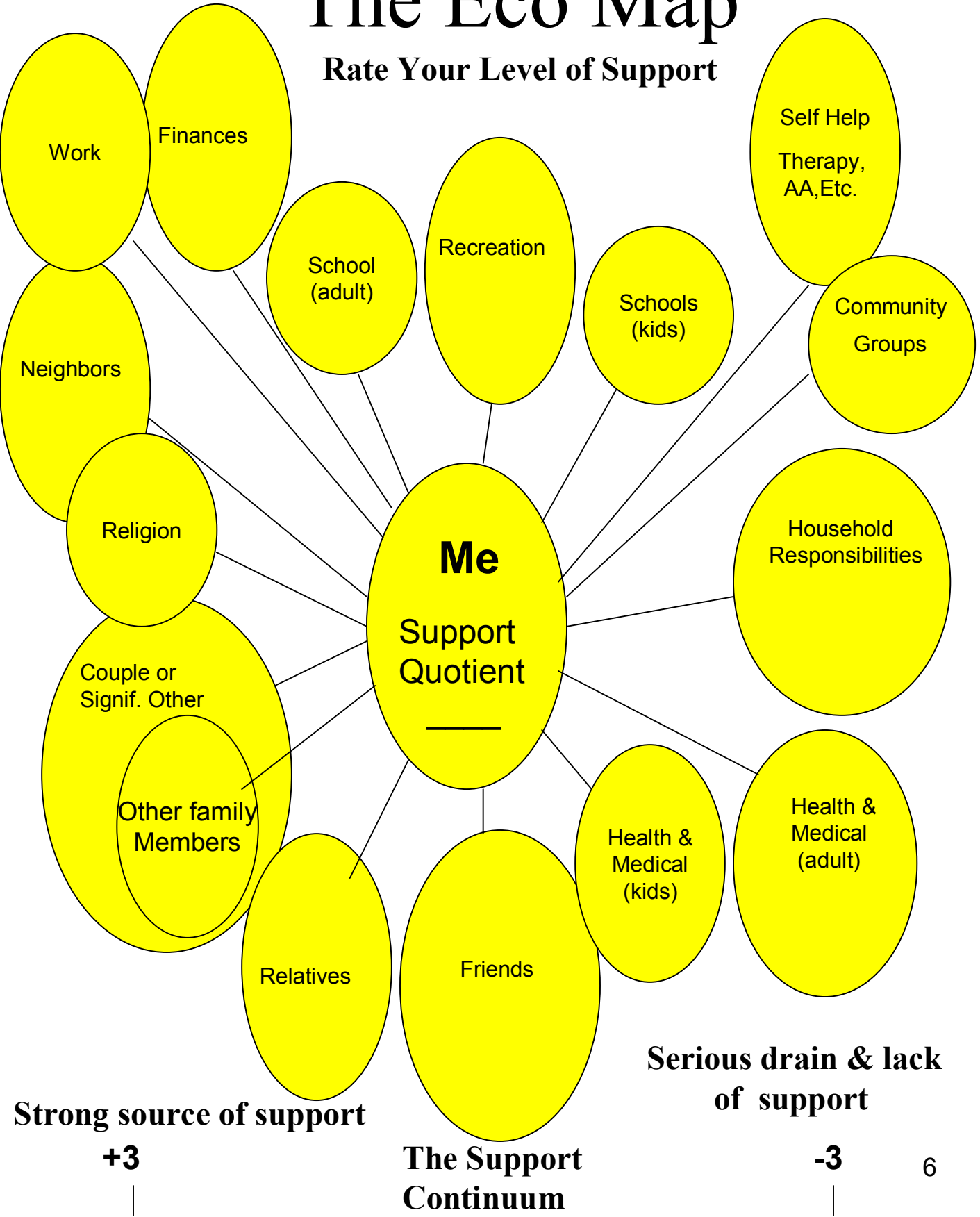
...I mean, Luke.”



**Respond =
The Golden Rule**

The Eco Map

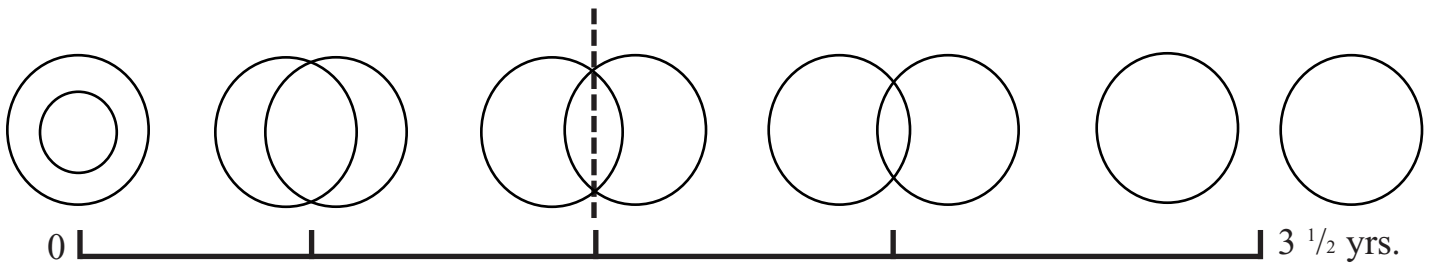
Rate Your Level of Support



THE HOLDING ENVIRONMENT

“A Total Environment Provision”

TASK: “good enough parenting”



Sociopathic

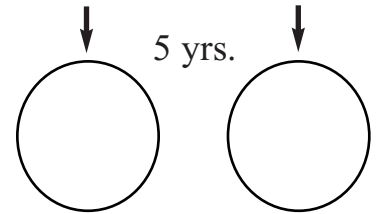
Borderline
“Terrible Twos”
Separation-Individuation

3 1/2 yrs.

OBJECT
CONSTANCY
cohesive self
sense of self

SPLITTING MECHANISM
Good mother/Bad mother

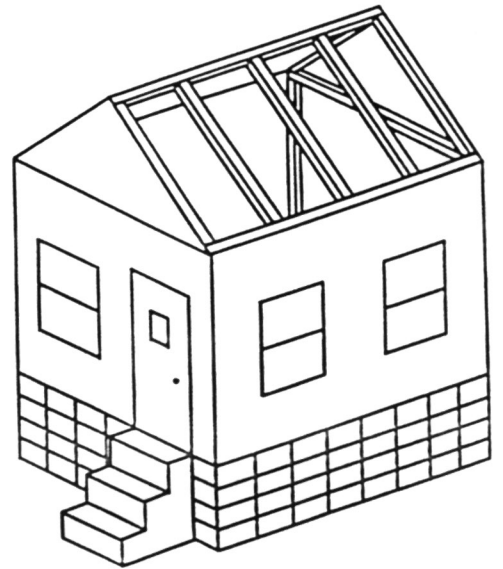
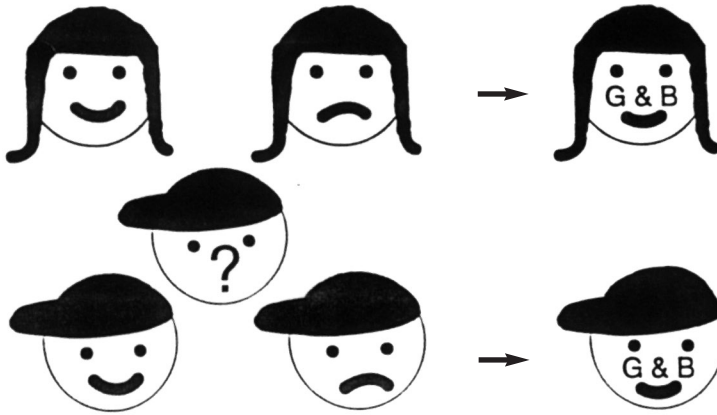
5 yrs.



Social Accommodation
Social Subordination

TASK:

merge the good
and bad introjects



Foundation

FILLERS VS. TALKERS
DEFICITS VS. CONFLICT

Effect of Separation

GOAL:

Filling in the emptiness

