

## **Assembling Your Clinical Tool Box**

### **The Power of Words Relationships Change and Personal Development**

#### **The 3 R's: Reframe Replace and Rewire**

##### Reframe

- See and feel things from a new perspective
- State the positive or neutral
- Be compassionate, open minded & appreciative
- Encourage flexibility

##### Replace

- Self-respecting behaviors
- Behaviors respecting others
- Healthy behaviors
- Validate & honor old habits
- Replacement vs. extinction
- Repetition and frequency

##### Rewire

- Habit and the body
- Satiation
- Feel, think & act
- Biochemical & neurological

### **The Power of Words**

#### Framing

- Conscious choice of words which present an alternate or desired way of viewing and internalizing an experience, situation, or interpersonal interaction

#### Scripts

- Prepare what to say to your child
- Have child prepare for new or difficult situation
- Social integration
- Build confidence and comfort

#### Being Specific - Say What You Mean

- Specific
- Concise
- Clear
- Descriptive
- Following Instructions
- Praise
- Giving Constructive Criticism

Being Firm - Mean What You Say  
    Accepting No  
        Say ok  
        Eye contact  
        Calmly move on  
Cooperation & Avoiding Power Struggles  
    Accepting Criticism  
    “When/Then” Statement  
    Catch Them Being Good  
    Kid-Oriented Rationales  
    Laying Down the Blankets  
    Redirection

Respectfully Disagree

Three Voices  
    Demander  
    Stimulator  
    Soother

## **Relationships**

Give What You’ve Got: Healthy Activities  
Embracing Ambivalence  
“I Feel” Statements  
Attunement

“The child becomes largely what he is taught, hence we must watch what we teach and how we live.” Jane Addams

Listening and Problem Solving  
    Active Listening  
    Set positive environment  
    Small menu of choices  
    Identifiable format  
    Set up review time

## **Change and Personal Development**

Appreciating & Valuing Change  
Liking Your Own Skin  
Visual Guides, Aids, & Documentation  
Home Agreements  
    Strength based  
    Clear expectations for all  
    Set boundaries  
    Focus on their interests and talents  
    Mutual respect