

How Effective Gentle Teachers Build Relationships

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Relationship

- Definition – The way two or more people, talk to, behave toward, and deal with each other.

Five Important Aspects of a Positive Relationship

- Trust – If there's no trust, then the relationship is probably not a healthy and stable relationship.
- Honesty – Being honest leads to good communication, which can strengthen many aspects of a relationship.

Five Important Aspects of a Positive Relationship

- Communication – The Key to a good relationship. You need to express feelings, concerns, ideas, expectations, and resolve conflicts.
- Safety – If the person that you are working with doesn't feel safe with you, then you don't have a good relationship.
- Respect – Show regard for the feelings, wishes, rights, culture, or traditions of others.

Relationships

- If you fail to develop a relationship with whom you are working with, you will be unable to gain cooperation, participation, and/or accomplish goals or carry out plans. In addition, you are likely to encounter challenging behaviors from person(s) that you are working with.

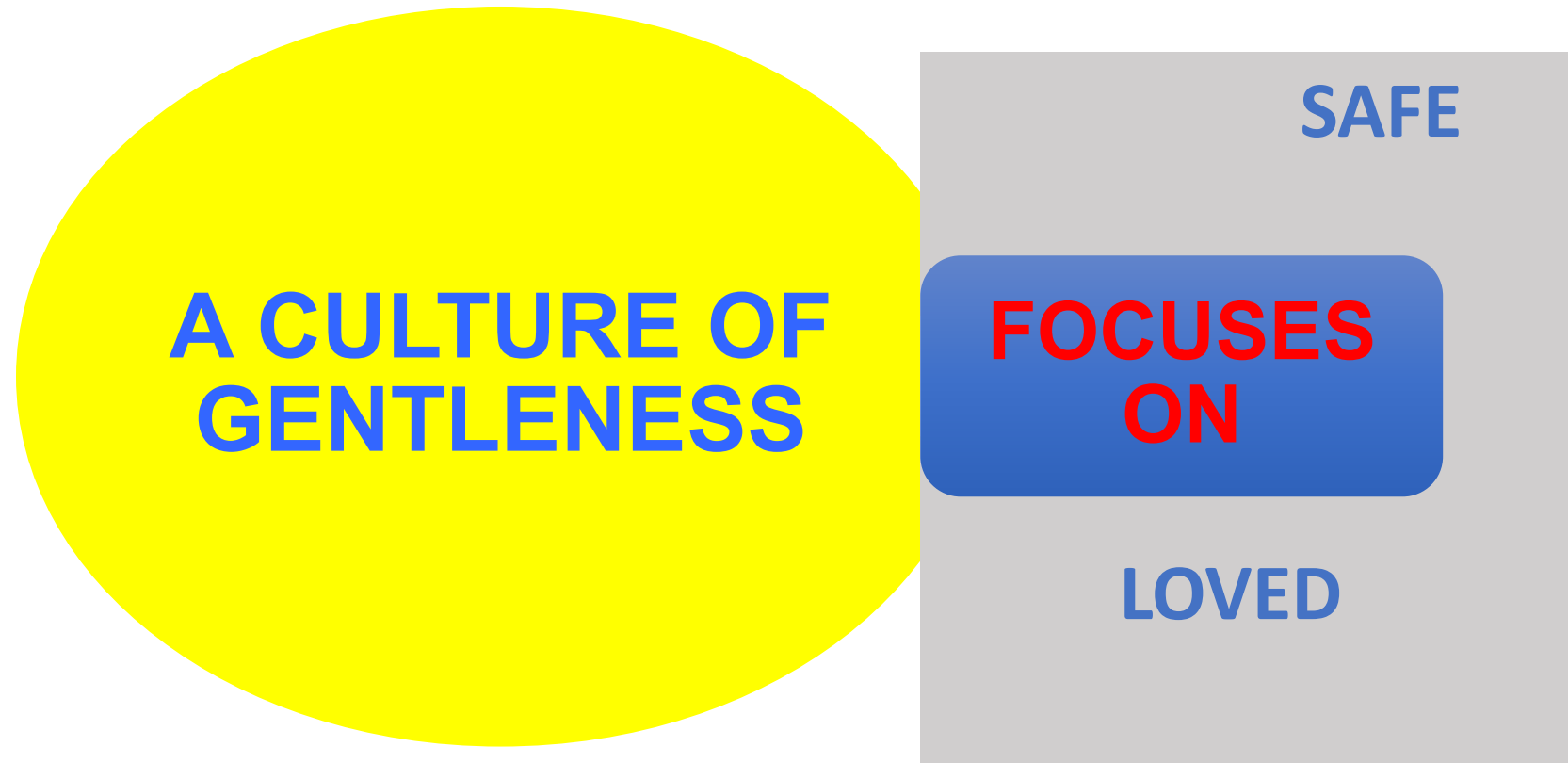
How GT Aids in Developing & Maintaining Positive Relationships

- Gentle Teachers are unconditional: Regardless of how they are treated, they continue to be and show concern, respect, trustworthiness, honesty, ensure safety & welfare, while making a genuine effort to communicate.
- Gentle Teachers Embrace A Culture of Gentleness (John McGee)

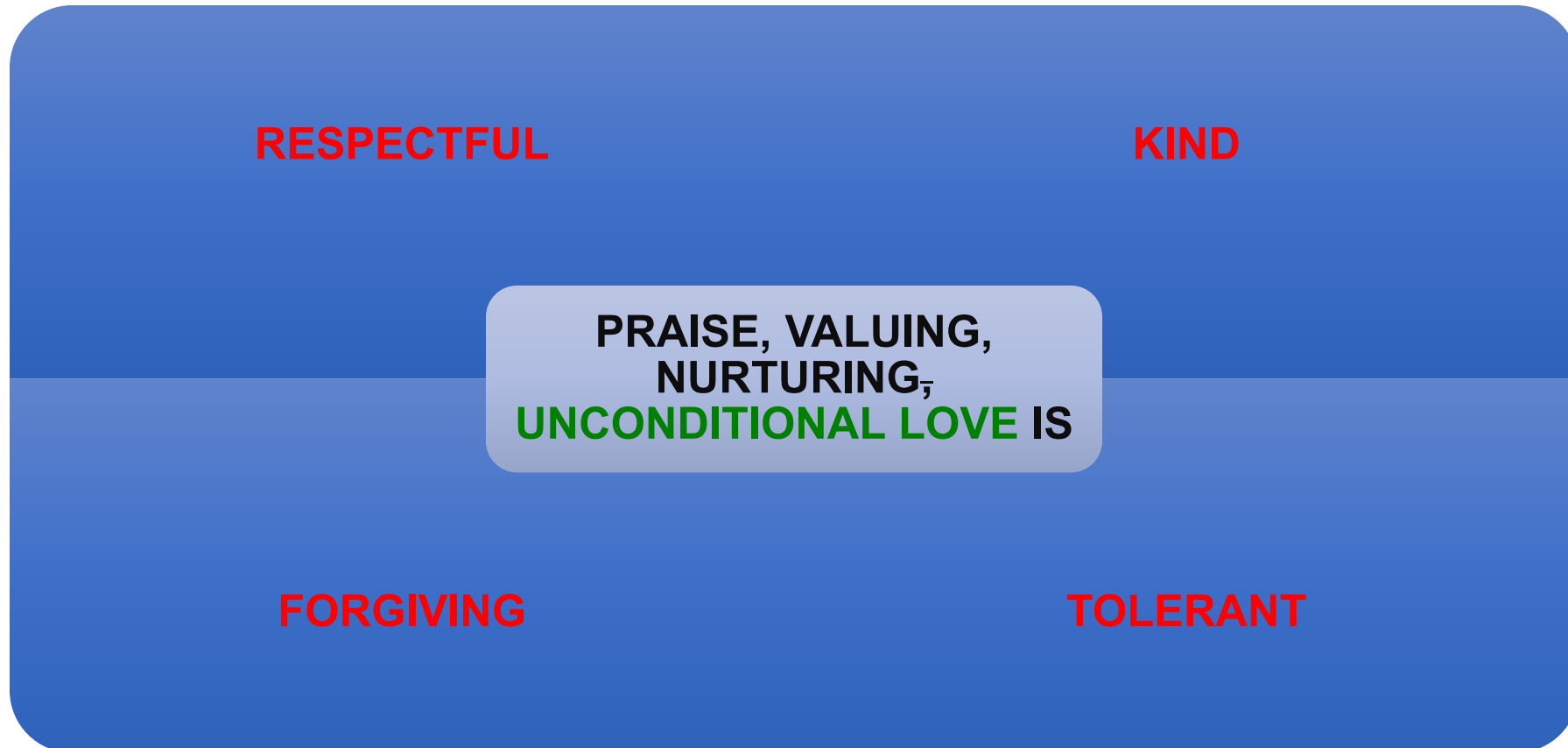
EMBRACING A CULTURE OF GENTLENESS



GENTLE CARE **GIVING** IS...



GENTLE CARE **GIVING** IS ABOUT NURTURING, SUPPORTING, UNCONDITIONAL LOVE...



UNCONDITIONAL LOVE IS

WARM

HELPFUL

ABOUT BEING

SUPPORTIVE

PREVENTIVE

OUR APPROACH IS ABOUT “I AND THOU”

- **OUR GIVING**
- **OUR PATIENCE**
- **OUR TENDERNESS**
- **OUR LOVING ENCOUNTERS DURING
GOOD MOMENTS & BAD**
- **BEING IN THE MOMENT**

4 PEDAGOGICAL INSTRUMENTS

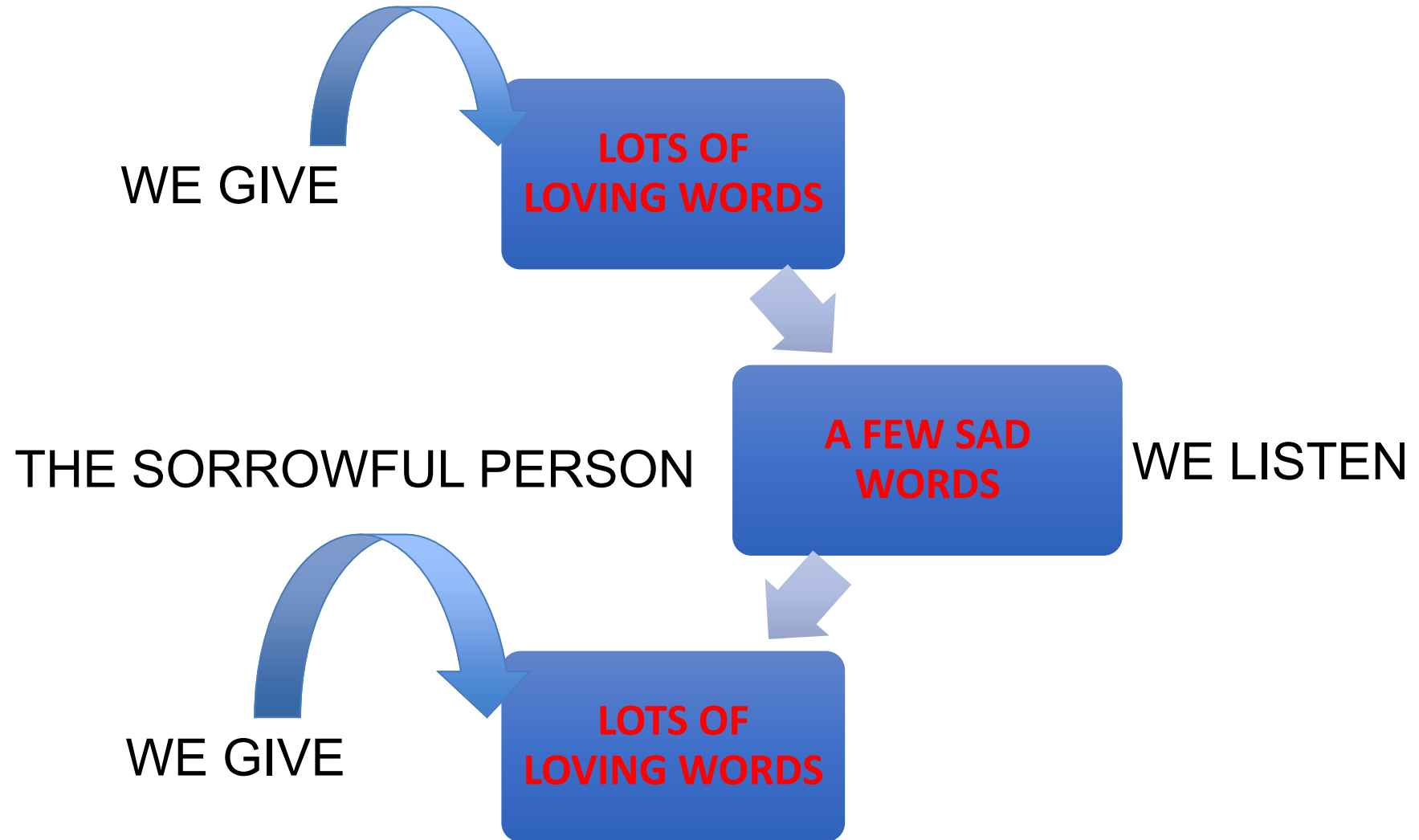
1. PRE ZEN CE **OUR PRESENCE BRINGING PEACE**

2. EYE CON **OUR EYES TOUCHING THE HEART**

3. DIA² LOG **OUR WORDS EMBRACING TENDERLY**

4. TOUCH TALK **OUR HANDS SPEAKING KINDLY**

CREATING NEW MEMORIES



4 ASSUMPTIONS TO AVOID

FOCUSING ON THE
PERSON JUST
MAKING BAD
CHOICES

BUYING INTO THE
CYNICISM OF
MANIPULATION

THE STEREOTYPE
THAT THE PERSON
KNOWS BETTER

ACCEPTING THE
ASSUMPTION THAT
HE/SHE JUST WANTS
ATTENTION

4 ASSUMPTIONS TO REFLECT ON

**FOCUSING
ON THE
PERSON AS
GOOD**

**BEING
PREVENTIVE**

**FOCUSING
ON
MEMORIY
MAKING**

**MAKING
CHANCES TO
MAKE
MEMORY**

DEFINITION OF NEW MEMORIES

- ◆ **MEMORIES UNDER MEMORIES**
- ◆ **A MAPPING OF WHO “WE” AND “OTHERS” ARE**
- ◆ **LIKE ARCHITECTURAL DRAWINGS THAT GUIDE US**
- ◆ **REPRESENTATIONS THAT BECOME GENERALIZED**

DIMENSIONS OF MORAL MEMORIES



AS MORAL MEMORIES EMERGE... IT IS GOOD...

- 1 • BEING WTH YOU
- 2 • BEING NEAR YOU
- 3 • BEING WITH OTHERS

MORE MORAL MEMORIES...

4

- **SHARING**
- **GIVING**

5

- **WANTING TO MAKE CAREGIVER PROUD OF YOU**
- **IMITATING CAREGIVERS**

6

- **TAKING TURNS**
- **RESPECTING OTHERS**

FOUR TOOLS FOR MAKING MEMORIES

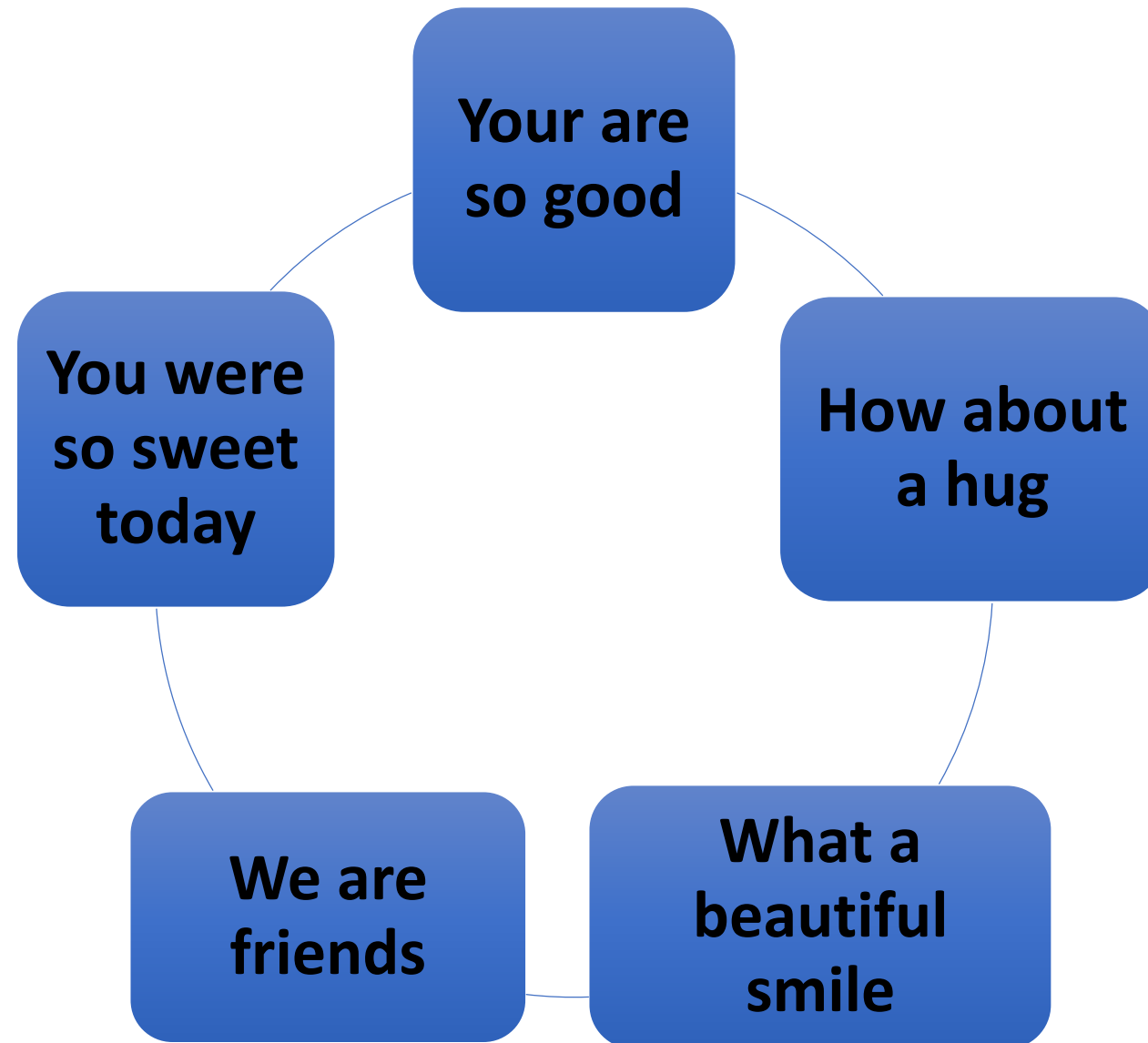
1. THE ON-GOING EXAMPLE OF OUR PRESENCE

2. A FLOW OF LOVING & SUPPORTIVE WORD PICTURES

3. GAZES THAT PENETRATE THE HEART

4. PHYSICAL CONTACT THAT GIVES A CONCRETE
EXPRESSION OF SAFE & LOVED

DEVELOPING NEW MEMORIES



THE CARE GIVING MOMENT

THE HERE AND NOW

DO NOT WORRY ABOUT THE FUTURE, NOT
EVEN THE NEXT MOMENT... WORRY
ABOUT RIGHT NOW... THIS MOMENT...



BE IN THE MOMENT...

- **Not a moment before**
- **Not a moment after**
- **Just in the now**

NEW MEMORIES OCCUR IN A SERIES OF MOMENTS

EVERY MOMENT YOU MEET A PERSON YOU HAVE THE CHANCE TO DEEPEN A MEMORY OF

- **BEING SAFE AND LOVED**
- **BECOMING AN ACTIVE PARTICIPANT**

YOUR CHALLENGE AS A CAREGIVER

OLD WAY FOCUSES ON:

- GETTING RID OF BEHAVIOR
- FINDING CONSEQUENCES
- WRITING PROGRAMS
- CARRYING OUT PROGRAMS
- TAKING DATA
- OBJECTIVITY
- MEETINGS ABOUT THE PERSON

NEW WAY FOCUSES ON:

- CAREGIVER-PERSON RELATIONSHIP
- COMPANIONSHIP AND COMMUNITY
- SAFE & LOVED
- IN THE MOMENT
- MUTUAL CHANGE THROUGH A CHAIN OF MOMENTS
- MEMORY UNDERNEATH A MEMORY

WHEN YOU SPEND MOMENTS WITH ANYONE

**EACH MOMENT IS JUST A SMALL AMOUNT
OF TIME BUT PROVIDES SEEDS OF
PERSONAL AND SOCIAL CHANGE**

**If the moment is sad, mean, or a putdown, the
person is brought down and these pile up**

- **When the moment is beautiful, warm, and loving,
the person is lifted up and these take the person
upward**

FILL EACH MOMENT

- **THROUGH YOUR SMILES, KIND WORDS, WARM GAZE, LOVING CONTACT, AND DAILY RITUALS SUCH AS HUGS OR HOLDING HANDS...**

ISSUES THAT MAKE IT HARD TO MAKE LOVING MOMENTS: HEARING VOICES, SEEING NIGHTMARES, BEING DRIVEN, BEING DEEPLY SAD, BEING ANGRY, FEELING ALONE AND HOPELESS, HAVING SCARY FLASHBACKS, BEING UNABLE TO EXPLAIN FEARS AND FEELINGS...

EVERYTIME YOU COME INTO CONTACT...

- **BE INTENSE AND AUTHENTIC**
- **KEEP THE FOCUS ON “SAFE AND LOVED”**
- **THESE MOMENTS BECOME LIKE LINKS IN A CHAIN AND GAIN STRENGTH, and forming a new memory**

YOU HAVE TO REALIZE HOW HARD IT IS...

- **THE PAST CASTS A HEAVY SHADOW**

- MENTAL ILLNESS
- LOW SELF-ESTEEM
- OPPRESSIVE PROGRAMS

- **BUT YOU BRING HOPE**

- MOMENTS FILLED WITH UNCONDITIONAL LOVE
- COMPANIONSHIP AND COMMUNITY
- CAREGIVERS BEING IN THE MOMENT THE PERSON

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ALL OF YOUR LOVING MOMENTS...

- **START TO ADD UP AS BIG “PIECES” IN A NEW MORAL MEMORY**
- **THESE ARE LIKE THE BUILDING BLOCKS OF A NEW MEMORY THAT GIVE THE PERSON A NEW MORAL IDENTITY--“I AM GOOD BECAUSE YOU HAVE TAUGHT ME TO FEEL SAFE AND LOVED. I AM GOOD BECAUSE YOU SAY THAT I AM GOOD.”**

BOUNDARIES IN A WORLD WITHOUT FEELING SAFE &
LOVED HAVE NO MEANING... THEY EMERGE WITH
TRUST...

SLOWLY, GENTLY, SOFTLY, ALMOST WITHOUT NOTICE...

**THE FOUNDATION OF BOUNDARY SETTING IS FOUND
IN FEELING SAFE AND LOVED... THAT CREATES TRUST
& THEN LOVING BOUNDARIES... "I WILL FOLLOW
YOU..."**

STRETCHING

- SELF-CONTROL TAKES TIME... IN THE BEGINNING WE ARE THE “EXTERNAL CONTROL...”
- IT STARTS WITH OUR GENTLE LIMIT SETTING
- AT FIRST WITH VERY BROAD BOUNDARIES... OUR PREVENTING PROBLEMS... SLOWLY & DELICATELY SAYING THINGS LIKE, “IN JUST A SECOND...” BUT ALWAYS AVOIDING ANGER...
- SELF-CONTROL EMERGES OUT OF OUR INITIAL TENDER & NURTURING “CONTROL...”

YOU TEACH A FEELING OF COMPANIONSHIP AND EVENTUALLY COMMUNITY...

- **YOU PUT WORDS ON THESE NEW FEELINGS: A SMILE, A KIND ACT, A HUG, WARM WORDS...**

- **YOU RECOGNIZE BOTH SAD AND GOOD FEELINGS, AND ALWAYS FOCUS ON SAFE AND LOVED**

THE CAREGIVER HAS TO...

- **READ THE INTENTIONS AND FEELINGS OF THE PERSON**
 - **GIVING CONSISTENCY AND PREDICTABILITY**
- **MAINTAIN OR RE-ESTABLISH SELF-IDENTITY AND SELF-ESTEEM**
- **BRING OTHERS INTO THE CAREGIVER-PERSON RELATIONSHIP**
- **CENTER ON COMPNIONSHIPAND COMMUNITY**

THROUGH THIS CHAIN OF MOMENTS... SAFE AND LOVED ARE...

- **EMOTIONALLY GRASPED**
- **THROUGH REPEATED MOMENTS OF LOVE**
- **FELT IN A NEW MORAL MEMORY, “WITH YOU AND WITH THEM I AM SAFE AND LOVED...”**
- **IT IS KNOWN IN FEELINGS MORE THAN WORDS**

BECOMING AN ACTIVE BEING...

IN THESE MOMENTS YOU ALSO TEACH THAT IT IS GOOD:

- 1. TO BE WITH ME**

- 1. TO DO THINGS WITH ME**

- 1. TO DO THINGS FOR ME**

- 1. TO DO THINGS FOR OTHERS**

THROUGH THESE MOMENTS YOU CREATE A
NEW MORAL MEMORY...

- **A MEMORY BENEATH A MEMORY**
- **LIKE A ROADMAP**
- **BOTH YOU AND THE PERSON FEEL
COMPANIONSHIP AND
COMMUNITY**



References

- Dr. John McGee
- Dr. Charles W. Woodard
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(561) 628-3323
- Self-Talk: Sign of Sanity, Insanity, or the Key to Self-Empowerment
[amazon.com](https://www.amazon.com), Barnes & Nobles

