

The Great Behaviour Breakdown

A parenting model by Bryan Post

The Great Behaviour Breakdown is a ground-breaking parenting approach that has helped even the most difficult of family situations find stability and healing. Be supported by a group of parents/carers who understand how difficult parenting can be! The 'Great Behaviour Breakdown' and 'Beyond Consequences' technique has helped families find the strategies that they have been looking for after years of 'trying everything and nothing worked'...

Overall Goals of the Training

Adoptive / foster parents or parents whose children have suffered abuse and/or trauma require specialist knowledge and skills in order to parent successfully and maintain their own and their children's emotional and physical well-being. This training will help families shift away from anger and blame, frustration, and/or hopelessness into a place of understanding, compassion and love. It focusses on the parent-child relationship and helps parents/carers create environments for their children which are safe and conducive to building strong love-based attachment relationships.

Learning objectives include:

- To understand the strength of conditioned patterns and beliefs and how they influence how we parent.
- To learn what it means to be present and regulated with a child and how this helps to shift a dys-regulated child into a state of regulation (positive feedback loop).
- To distinguish the difference between control and influence.
- To understand what it means to have a small window of stress tolerance and how to increase your window (and your child's window) of stress tolerance.
- To begin to understand how the key principles of the stress model are applied to parenting.
- To understand the relationship between trauma, stress and the brain.
- To understand how children's behaviour can be re-enactments of past trauma and how your child's behaviour can trigger your own stress responses.
- To help parents identify ways to resource themselves through managing their own stress and through self-care.
- To equip parents to see and respond to the emotions and feelings behind the behaviour and to calm the child's stress
- To understand that defiance and aggression are responses to feeling threatened and overwhelmed by fear.
- To understand that all challenging behaviours are fear-based, triggered when feeling stressed or threatened.
- To understand that transitions can be very frightening for children and learn some strategies for you and your children to manage transitions such as bed-times, bath times and going to school.
- To equip parents to identify their own fear reactions when children are acting out or aggressive.
- To identify techniques that can be used to create safety for parent and child and decrease the creation of more stress and aggression.
- To help parents learn how to process and repair with the child once the child is calm and regulated.
- To learn how some behaviours are habits and how it is necessary to practice and practice different ways of responding to children in order to rewire their brains and help them form new ways of relating.
- To learn how many behaviours e.g. stealing and self-harm are addictive behaviours and help a child to self-soothe and learn how to help the child learn new ways of regulation through the parent-child relationship.

Behaviour covered:

Particular behaviours will be thought about in the context of the stress model and strategies will be modelled and rehearsed through discussion, video clips and role-play. These will include: lying, stealing, hoarding/gorging/food issues, aggression, defiance, transitions/bedtimes/bath times, lack of eye contact/conscience and social skills, sexualised behaviours and self-harm.