



COURSE SYLLABUS

I. General Information

Course Title: *Love and Logic: Adults Supporting Youth with Challenging Pasts™*

Course Facilitator: _____

Course Credit: _____

Target Audience: Parents with children of all ages, mental health professionals, and educators working with families focusing on youth with histories of trauma.

II. Course Goals

This course has been designed to help participants learn skills for:

- building relationships that foster emotional safety
- creating environments that stimulate responsibility, resiliency, and academic achievement
- understanding misbehavior in the context of trauma
- avoiding power struggles while setting limits
- avoiding punitive and wrathful responses
- teaching healthy problem-solving skills to traumatized youth
- staying calm in stressful situations
- helping children become prepared to resist drugs, alcohol, violence, and other unsafe behaviors

III. Course Description

This course follows the training program titled *Love and Logic: Adults Supporting Youth with Challenging Pasts™*

This program consists of six separate sessions, each of which teaches a different subset of skills. Each of these skill subsets is taught through the following media:

- Video presentations by Charles Fay, Ph.D., discussing, modeling, and providing examples of each skill
- Readings
- Structured group exercises and discussions

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IV. Course Outline and Objectives

Session One: Introduction & Attachment Relationships

Participants will learn:

- The value of nurturing relationships
- How to set healthy expectations in the form of limits
- The basics of the Love and Logic approach
- The first year of life and the Trust Cycle
- The second year of life and the Trust Cycle
- Success opportunities that build self-esteem
- Success opportunities that build resilience

Session Two: Dealing with Defiance & Other Difficult Behaviors

Participants will learn:

- How to diffuse emotion and buy time before handling misbehavior
- Why consequences provided *without* empathy and love are counterproductive
- Practical tips for remaining calm and empathetic when children do things that upset us
- The benefits of teaching youth through positive attitudes and natural consequences
- The Hope Cycle

Session Three: Nothing Works Without Sincere Empathy

Participants will learn:

- How empathy helps seal the lessons of consequences
- How relationships help kids learn from their mistakes
- How we can lead with our calm rather than react to their dysregulation
- Practice expressing sincere empathy

Session Four: Setting Limits While Minimizing Power Struggles

Participants will learn:

- The art of enforceable statements
- Neutralizing arguing
- About perceived control as a basic human emotional need
- The strategic use of choices
- Rules for the appropriate sharing of control

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Session Five: Supporting Learning & Achievement at School

Participants will learn:

- The root causes of underachievement
- How learning happens only after basic needs are met
- How to rebuild the foundations of achievement
- The importance of ending control battles
- Practical steps for reaching underachievers

Session Six: Empowering Youth Toward Success in Life

Participants will learn:

- Ideas for combatting entitlement and building true self-esteem
- The connection between chores, responsibility, self-esteem, and academic achievement motivation
- A process for helping youth own and solve their own problems
- Steps for getting contributions completed
- Conclusion and thanks

V. Evaluation

Between each session, participants will complete a Reaction/Experimentation Sheet, detailing what they believe to be the most valuable skill they learned in the previous session, how they experimented with this skill at home or on the job, and the results of their experiment.

A final exam will be administered after the last session.

VI. Bibliography

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