



Academy of Creative Living

SHARON M. BARNES, MSSW, LCSW

THERAPIST FOR SENSITIVE AND GIFTED



presents

SEVEN STEPS To Building Emotional Core Strength & Emotional Resilience

Helping HSP, GT & 2E kids become
RESILIENT & STRONG ON THE INSIDE

@2016 Sharon M. Barnes, LCSW, PLLC · www.TherapistForSensitiveAndGifted.com



Have You Had This at Home or School?



©2016 Sharon M. Barnes, LCSW PLLC ·
www.TherapistForSensitiveAndGifted.com



Overexcitabilities

- Intellectual
- Imaginational
- Sensual
- Psychomotor
- Emotional



Sensitive, Gifted & 2E or 2X = C.A.S.I.G.Y.s™ ?

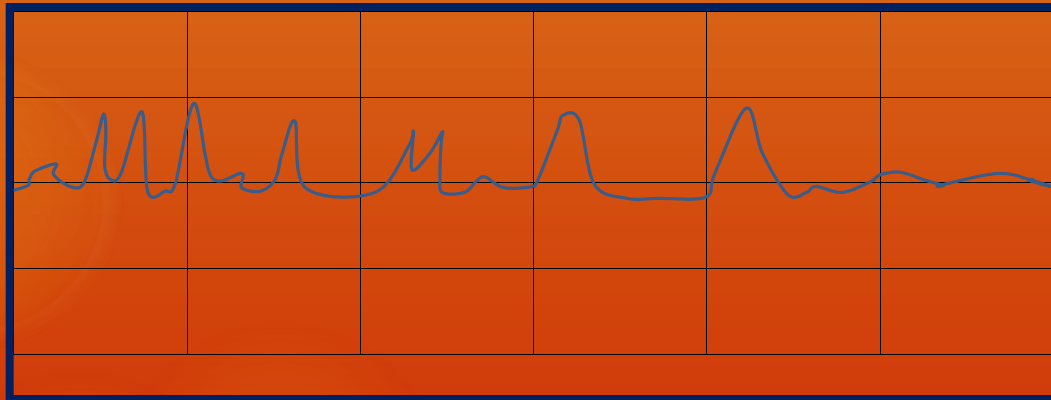
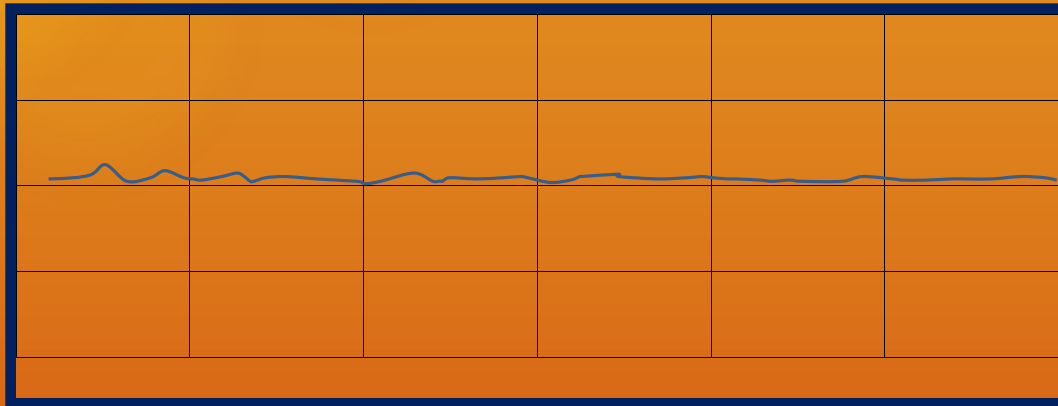
- Creative, Curious, Complex
- Acutely Aware
- Super-Sensitive
- Intense, Introverted and/or
- Gifted
- Your Kid(s) or You ??

www.TherapistForSensitiveAndGifted.com/CASIGY



Sensory Over-excitabilities

Sympathetic System Responses –
Typical vs. Over-Responsive (Miller)



Response Exceeds Capacity



Common C.A.S.I.G.Y.™ Children's Behavior Problems



1. Emotional meltdowns
2. Verbal Outbursts
3. Hitting, kicking, punching
4. Going silent
5. Decline in performance
6. ???
7. ???



Common C.A.S.I.G.Y. Emotional Problems



1. **Super-sensitivity**
2. **Anxiety**
3. **Depression**
4. **Feeling out of sync/
like an alien**
5. **Anger/Resentment**
6. **???**
7. **???**



C.A.S.I.G.Y.'s Mascot

**Here's Help
& Hope!**

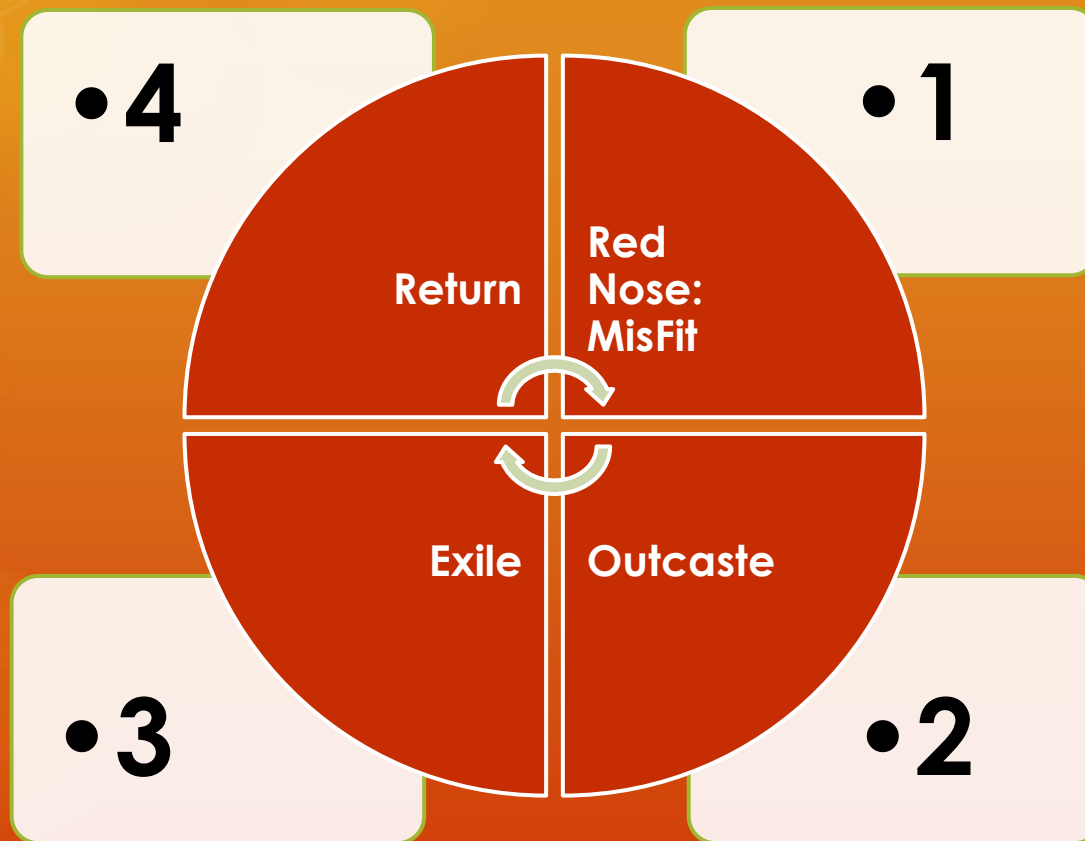
- He was DIFFERENT
- He was ridiculed
- He was excluded
- He was shunned
- He was shamed
- He was ostracized
- He was banished into exile
- *All because of his RED NOSE*
- Later, He 'Saved the Day' for everyone
 - *Also because of his RED NOSE*



He's the RED-Nosed MisFit!



C.A.S.I.G.Y.s' Cycle of Discouragement

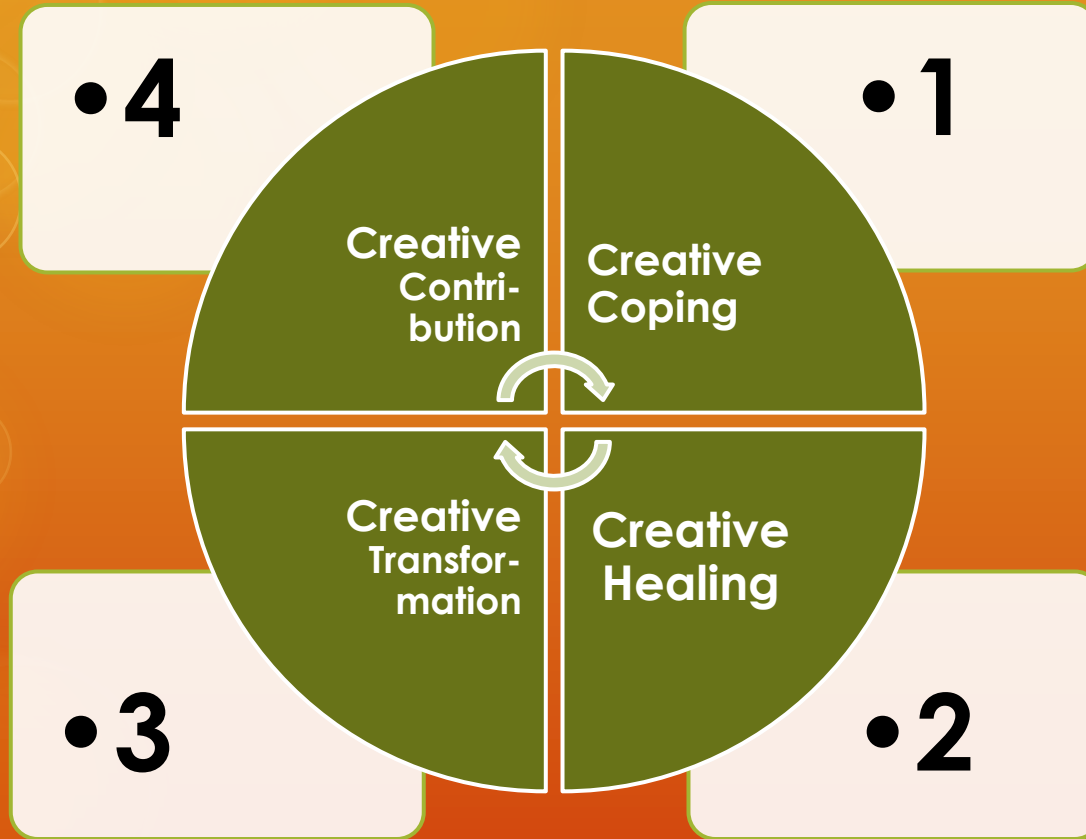


You're Not Defective; *You're Different by Design!*

Who Am I?



Antidotes to Discouragement

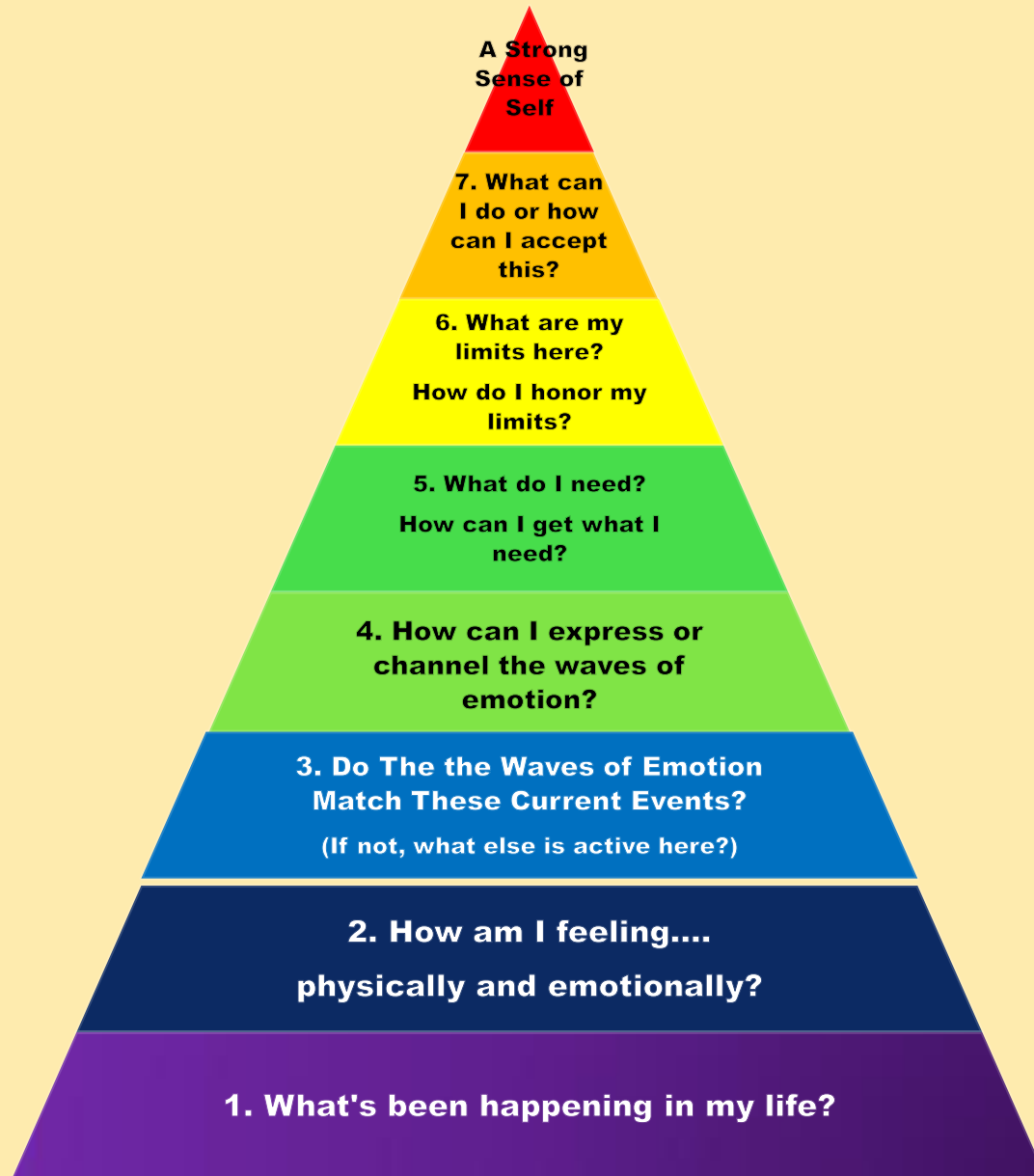


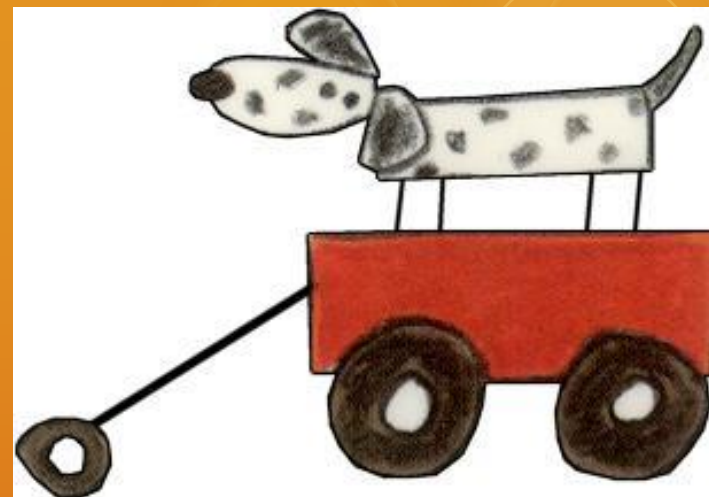
Emotional Core Strength



How to Develop a Strong Sense of Self: Climb the Personal Power Pyramid

Seven Steps to Building Resilience





1. What's been happening in my life?





2. How am I feeling.... physically and emotionally?





3. Do The the Waves of Emotion Match These Current Events? (If not, what else is active here?)

Emotions Are Like Ocean Waves

- Ever present whether we like it or not
- Respond to the weather, moon, earth's movement
- Can be fun; may be dangerous
- Learn to respect them & you can be safe
- Learn to understand them & you can RIDE them



CASIGY™ Toolbox: Daily TNT™ (Tune-iN Tool)		
DAY	What's happening?	What/how am I feeling? <small>(Body sensations and/or emotions)</small>
1	1	1
	2	2
	3	3
2	1	1
	2	2
	3	3

4. How can I express or channel the waves of emotion?

- Daily TNT
- Punching bag
- Ice cubes
- Nerf balls
- Talking – I feel _____
- Drawing/painting/coloring
- Physical tasks/chores

Catch & Release



**5. What do I need?
How can I get what I
need?**

“I’ve decided to outsource my emotional needs”



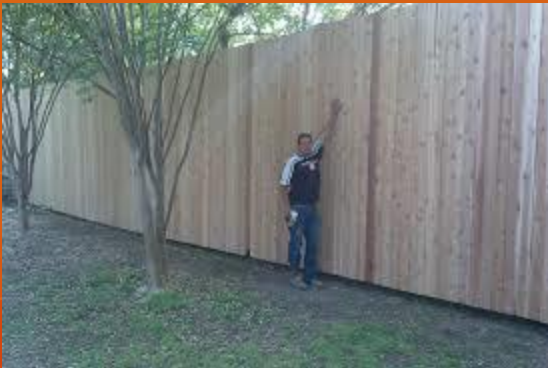
Goals of Problem Behaviors (Dreikurs)

Problem Behavior	Adult's Inner Response	Child's Hidden Goal	Effective Intervention
Breaks Rules	Annoyance/go away/leave me alone	Attention	Ignore Preventive attention
Breaks Rules	Anger/ Fight vs Give In	Power	Power Struggle Give Choices & Consequences
Is Angry, does mean things	Hurt, Wants revenge	Revenge	Discover the hurt & heal it
Refuses to do assignments	Feels helpless	Display of Inadequacy	Encourage, show problem solving



**6. What are my
limits here?
How do I honor my
limits?**

We all need fences



How to Develop a Strong Sense of Self: Climb the Personal Power Pyramid Seven Steps to Building Resilience



Thank You for your participation!

**Please complete our Feedback Sheets
and Choose your Thank You Gift!**

