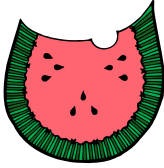


CBTS NEWSLETTER

JULY 2010



AVOIDING POWER STRUGGLES

by JAMES LEHMAN, MSW

"How do you know when you are entering into a power struggle with your child? Any time you're asking your child to do something and he's refusing to comply - when you find him 'pushing back' against the request you've set down - you're in a struggle. If the push for power is appropriate, you should be able to sit down with your child and talk about it in a fairly reasonable way. If it escalates into an argument or fight, you are in a defiant power struggle. Defiant power struggles between parents and children have become more common in recent years. As a result, we see a lot of kids who don't know how to solve social or functional problems constructively. A social problem is 'How do I get along with others?' And a functional problem is, 'How do I meet my responsibilities without getting into trouble?' So if your child hasn't learned to solve these types of problems, he'll refuse to do his chores by throwing tantrums, saying mean things to you, telling you it's none of your business when you ask him to comply with a family rule, etc.

If your child is trying to draw you into these kinds of defiant power struggles, realize that he needs to develop more appropriate problem solving skills as soon as possible. Kids who use this type of behavior to get their way are headed down a dangerous path that only leads to serious difficulties later in life. The good news is, there are real and effective things you can do besides going to war with your child.

Avoid the Fight: Don't Attend Every Fight You're Invited To

A key skills parents can use when confronted with a child who wants to drag them into a fight is the technique of 'Avoidance.' Think of it this way: when you engage in an argument with your child, you're just giving them more power. In effect, you're increasing your child's perception that they have the power to challenge you. The more powerful they think they are - and the more defiant behavior gets them what they want - the more they will use it as shortcut to solve their problems.

Genuine empowerment comes from the development of appropriate life skills, such as communication and learning how to meet responsibilities and developing age-appropriate problem-solving skills. As a parent, it's easy to slip into a fight with your child over small and large issues: power struggles can occur over everything from refusal to pick up dirty laundry to how late your child is allowed to stay out on the weekends.

But parents don't have to attend every fight they're invited to. You can just declare victory and walk away. Next time your child tries to draw you into a defiant power struggle, just say, 'We've discussed what is going to happen. I don't want to talk about it anymore,' and leave the room. When you leave, you take all of the power with you. The more you engage your child in an argument, the more power you're giving him. So again, just walk away and declare victory.

(cont.)

(Avoiding Power Struggles cont.)

Give Your Child a Choice

Give your child choices around their responsibilities when possible. If there's an issue around doing chores, for example, a good way to avoid a power struggle is to offer some options. That's when you put the responsibility on your child to make choices about how they're going to spend their time.

Teach Them How to Negotiate

Remember, with every increase in autonomy for your child, there should be an increase in responsibility and accountability. For instance, let's say your child wants to stay up till ten o'clock instead of nine o'clock. You decide that staying up an hour later isn't going to interfere with their need for sleep and that he's old enough to handle the later bedtime. So you both reach a compromise of 9:30 p.m. to see how that goes.

Most parents think the case is closed at this point - but if you leave it there, you haven't done enough to teach them how to solve problems. You need to make clear to your child how you expect increased responsibility with increased autonomy. The end of any conversation that centers around a change or an increase in power has to include these four questions:

1. How will we know it's working? (We'll know staying up later is working if you still get up on time in the morning.)
2. How do we know it's not working? (If you have a hard time getting up on time and don't have energy during the day.)
3. What will we do if it's not working? (We'll go back to the old time.)
4. What will we do if it is working? (We'll continue with this new bedtime.)

If it's not working you can say, 'We're going back to bedtime at nine o'clock and then in 30 days, let's sit down and talk about it again. That's how negotiations are supposed to go. All these gradual gains in power for your child are really rungs on a ladder that leads to independent functioning, or adulthood.



Remember - even though it's quite possibly the most difficult balance we have to maintain as a parent, we don't want power struggles to go away. We don't want limits and limit testing to go away. Rather, it's the way kids push that's important. What we want to focus on are the techniques they should use.

The expectation is for parents to be willing to sit down with their kids and talk about it. Nothing ensures a power struggle like your child's belief that he can't talk to you reasonably about something. It's important for parents to sit down and say, 'When you don't agree with me, this is how we should handle it.' Invite them to talk to you about it. At the end of that conversation remember to say, 'Whatever decision is reached, it's going to have to be acceptable. I'm not going to keep arguing with you. I'm just going to walk away.'

Tips for Avoiding Power Struggles with Your Teen

While the occasional power struggle is a natural part of parenting, setting up a pattern of bargaining can set the stage for a contentious parent-child relationship during high school and beyond. The following are a few suggestions for avoiding power struggles with your teen:

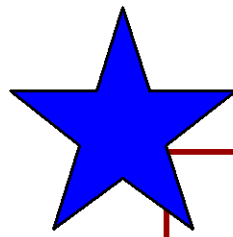
1. Decide which rules or topics are non-negotiable. Talk with your spouse to make sure both of you are on the same page and are prepared to present a united front to your teen.
2. Inform your child that these particular items are no longer up for negotiation and that when you, the parent, says "no" or that a topic is not up for discussion, you are exercising your legal authority to make decisions in the best interest of your child.
3. Inform your child which areas are open for discussion and possible negotiation.
4. Recognize that a child who has negotiated before will try to negotiate again – and this time, she'll press even harder, hoping that you will give in. Parental responses to these pleas for negotiation should be neutral but firm, such as :
 - "Nevertheless, you will not be going to Sarah's house for an overnight."
 - "I'm sorry you're disappointed, but that is my final word."
 - "This is not negotiable. I am not comfortable with you going to Brandon's house for the reasons we have already discussed."
 - "If you continue to push this, I will have to ... (ground you for the evening for not accepting my decision, take away your cell phone for 24 hours, etc.)."
5. Understand that if you have allowed your child to negotiate in the past and are trying to regain your personal power in the relationship, the process takes time. You may have to set multiple boundaries and have the same discussion several times. Teenagers will test every rule. For example, "Can I go to Jenny's house?" "No." "Can I go to the mall with Jenny?" "No." "Can I study with Jenny and Sarah?" "No."
6. Do not get stuck in an argument. Too many words are usually a sign that you are negotiating. The longer the conversation continues, the more your teen feels she can change your mind.
7. Always listen to your children. You can validate their feelings without necessarily agreeing. For example, you may want to say, "I understand that you feel left out because everyone else is going to the party. Nevertheless, I am not comfortable with you going."

"The one thing children wear out faster than shoes is parents."

John J. Plomp

"The thing that impresses me most about America is the way parents obey their children."

Edward, Duke of Windsor



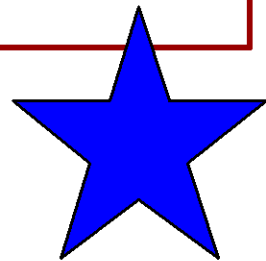
F.Y.I.

Beginning July 1, 2010 we will be under our new Department of Human Services, Division of Child and Family Services, Division of Juvenile Justice Services and Medicaid contract. Under the old contract the daily rate for personal needs for the youth was \$2.03/day. Out of that amount the minimum monthly portion required for their clothing allowance was \$40.25. The new contract daily rate for personal needs is \$2.00/day and out of that amount the minimum monthly portion required for clothing allowance is \$47.00. This change will be effective beginning with the clothing/youth allowance paid on July 15, 2010. This means youth allowance on a 30 day month will be \$13.00 and on a 31 day month it will be \$15.00.

The new contract has new training requirements for proctor parents. Youth placed in your home should now have similar treatment needs and you will be required to have training specific to those needs. It is mandatory that you receive this training.

Also, due to the legislative cuts effective July 1, 2010, we took a significant daily rate decrease totaling \$12.87/day.

It is our hope we will be able to survive this cut without making major adjustments. Our main purpose is and always will be to serve the youth in our care and meet their needs the best we can. If we all work together, we can get through this and not fall short of that goal!



CBTS PROCTOR TRAINING

Wednesday, July 21, 2010

5:30 p.m.

220 East 3900 South

Presenter: Nanon Talley, LCSW
Establishing Boundaries/Limits

PROCTOR PARENTS NEEDED

If you refer someone to be a proctor and they complete the licensing process and remain with CBTS for at least 3 months - you will receive a \$100.00 bonus check!

We are in need of additional individuals, couples and/or families. Interested parties can contact Lori to set up the initial interview.



I'M A VICTIM, SO THE RULES DON'T APPLY TO ME!

Whenever an adolescent doesn't want to take responsibility, it's very likely they'll present themselves as a victim. When you child says, "You don't understand me," that's playing the victim, because what they're really saying is, "I'm a victim of your misunderstanding." When they say, "My teacher is mean. That's why I didn't do my homework," that is victim thinking, because they're blaming their teacher for not having completed their work. You'll see excuse-making, blaming and justification all contained within this kind of thought process.

At the core of victim thinking is the belief that if you're a victim of something, then the rules don't apply to you. To put this another way, if you're a victim, you're not responsible for the results of your actions. Consequently, if you're not responsible, then you don't have to change anything: it's somebody else's fault. If you're a victim of a bad childhood, an accepted belief is that you're not totally responsible for your wrongdoings. That kind of thinking has led to the type of society that we see around us today, in which no one takes responsibility for anything and everyone is a victim of some perceived injustice.



Teens and Victim Thinking: "You Just Don't Understand Me!"

One reason why it's so common for teens to fall into the trap of victim thinking is because it's part of the way they try to individuate from their parents. So, instead of seeing themselves as protected by their parents, they start to see themselves as the victim of their parents. They feel victimized by household rules, limits and expectations from their parents.

When you child says: "You don't understand me," he's inviting you to a fight. Don't fight that fight. All you have to say is, "Well, maybe I don't understand you. But I do understand this: you have to do your homework and there will be electronics until you get it done." Another thing you can say is, "Maybe I don't understand you, but it's important that you understand what I expect you to do." Don't argue with your child or get sidetracked into fights about who understands whom, or who loves whom. Be firm and don't let yourself get pulled into that.

Why Seeing Yourself as a Victim is a "Thinking Error"

Victim thinking is actually part of a broader range of what we call 'thinking errors.' There are errors in thinking just like there are errors in math and spelling. Someone may spell a word or solve a math problem a certain way and get the wrong answer. But while they're doing it, they believe it's right. In the same way, people use thinking errors and get the wrong answer to life. The sad part is, while they're doing it they think it's the right answer. Some of the thinking errors adolescents use are dishonesty, justification, making excuses, blaming others, and playing the victim. Allowing your child to use thinking errors in order to avoid taking responsibility is a very dangerous thing, because it will not prepare him for adult life and decision-making.



Kids are Only Victims When You Allow Them To Be Victims

In order for your child to be a victim, you have to accept their excuses or their blame. Challenge your child's thinking by saying things like:

"Making excuses is not going to solve the problem of you having to mow the lawn...and I expect you to do it."

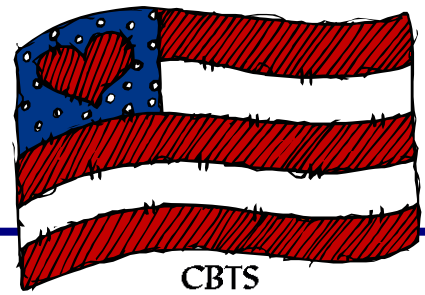
"Blaming your teacher is not going to solve the problem of getting your homework done."

Challenge the thinking error right at its source. When you're a victim you can always find a way to be a victim. Remember, although your child is going to develop thinking errors automatically, it's up to us as parents to challenge that victim thinking and hold our children accountable.

How many of these sound all too familiar??

Thinking Errors List

- 1- Blaming/Making Excuses Putting your problem off on someone else. Saying things like " But - she made me mad" or "But - he was flirting with me".
- 2- Smoke Screen (Side Tracking) This Thinking Error is used when someone is trying to talk to you about something you don't want to hear - so you change the subject.
- 3- Denial Saying "I didn't do it" or "It wasn't me" when you know you did.
- 4- I'm Slick Thinking you can get away with negative behavior and not get consequences. Many times this involves sneaky behavior and lies.
- 5- I'm Special When an offender plays the I'm Special game, he thinks rules do not apply to him, or rules are not for him. He also thinks he should not get consequences for his behavior.
- 6- Playing Dumb Saying "I don't know" when you really do know and don't want to try. Not trying hard enough to find the answer.
- 7- I've Got A Secret. Keeping secrets because you think it is fun. Sometimes you might keep a secret because you want to be friends with that person. Making your victim keep a secret.
- 8- Poor Me (Victim Stance) When you use this Thinking Error, you want people to feel sorry for you. You might do this when you are trying to not get consequences.
- 9- I Want It Now (Entitlement) Thinking you should get something without working for it. Asking for something over and over again instead of waiting patiently.
- 10- I don't care about you (No Empathy). Not caring about other people. Only caring about yourself. Not caring about the things you do to other people and how it hurts them.
- 11- It's no big deal (Minimizing) Thinking like something is not a big deal when it really is. Using words like ONLY or JUST when talking about your behavior.



CBTS

220 East 3900 South #16
SLC UT 84107
(801) 268-4044
Fax (801) 263-0926
www.cbtsutah.com

Lori Nadeau, C.F.O./Co-Owner
mobile: 801-634-5379
cbts@xmission.com

Carlos Serna, C.O.O./Co-Owner
mobile: 801-558-4845
cserna@xmission.com

Kim Ontiveros, Proctor Program Supervisor
mobile: 801-557-9023
kontiver@xmission.com

Liz Mavor, Proctor Specialist
mobile: 801-558-5668
emavor@xmission.com

Adam Miller, Proctor Specialist
mobile: 801-557-6327
amiller@xmission.com

Kim Sorensen, LCSW/Clinical Director
mobile: 801-949-8067
ksorensen@xmission.com

FREE JULY ACTIVITIES



- July 1-3  West Jordan Independence Day Festival New West Jordan Main Park
 July 1-2 from 4:00 - 11:00 p.m. July 3 10:30 a.m.- 11:00 p.m.
 Carnival, entertainment, parade, car show, movie, fireworks
- July 3 Murray Park Independence Day 11:00 a.m. - 11:00 p.m. Games, rides, car show, fireworks
- July 3 Sandy Celebration 10000 So. 175 W. 10:00 a.m. - 10:00 p.m.
 Youth Arts Festival, crafts, face painting, fire safety demonstrations, SWAT & K9
 demonstrations, rides, entertainment 
- July 7 Draper Idol Competition Summit Academy Jr. High School 1285 E. 13200 So.
 5:00 - 7:00 p.m.
- July 10, 17, 24, 31 Farmers Market Pionner Park 300 South 300 West 8:00 a.m. - 1:00 p.m.
- July 14 Draper Days Carnival/Pool Party Treehouse Athletic Club 1101 E. Draper Parkway
 6:30 - 8:30 p.m. Games, Activities, Prizes
- July 14 Pioneer Heritage Festival Sandy Amphitheater 1245 E. 9400 So. 8:00 - 10:00 p.m.
 Pioneer demonstrations & music by the Clive Romney Trio
- July 16 "Harry Potter & the Half Blood Prince" Jordan Ridge Park 9500 So. 2500 W. Dusk
 Bring your own blankets and/or chairs
- July 16 "Madagascar" Ron Wood Baseball Complex 6000 W. New Bingham Highway 8:45
 p.m. Bring your own blankets and/or chairs
- July 16-17 Draper Days Celebration Draper Park 12500 So. 1300 E. 6:00 - 10:00 p.m. on Friday
 10:00 a.m. - 10:00 p.m. on Saturday games with prizes, fireworks, car show,
 entertainment Collin Raye (16th) Beatlemania (17th)
- July 21  "Monsters Vs. Aliens" High Pointe Park in Sandy 8:30 p.m. Bring blankets and/or chairs
- July 23-28 Samoan Heritage Festival Centennial Park 3100 So. 5600 W. Music, entertainment, exhibits
- July 24 Red Butte Garden - free admission all day
- July 24 Pioneer Day Parade 9:00 a.m. - 12:00 Starts at Main Street & So. Temple - ends at Liberty
 Park 
- July 24 Native American Celebration at Liberty Park 900 So. 500 E.
- July 30 "Hotel For Dogs" 11235 So. 900 W. Starts at dusk Bring blankets and/or chairs
- July 31  Farmers Market So. Jordan Towne Center 10610 S. Redwood Road 8:00 a.m. - 2:00 p.m.