



HOW TO TALK TO CHILDREN AND ADULTS ABOUT CRISIS

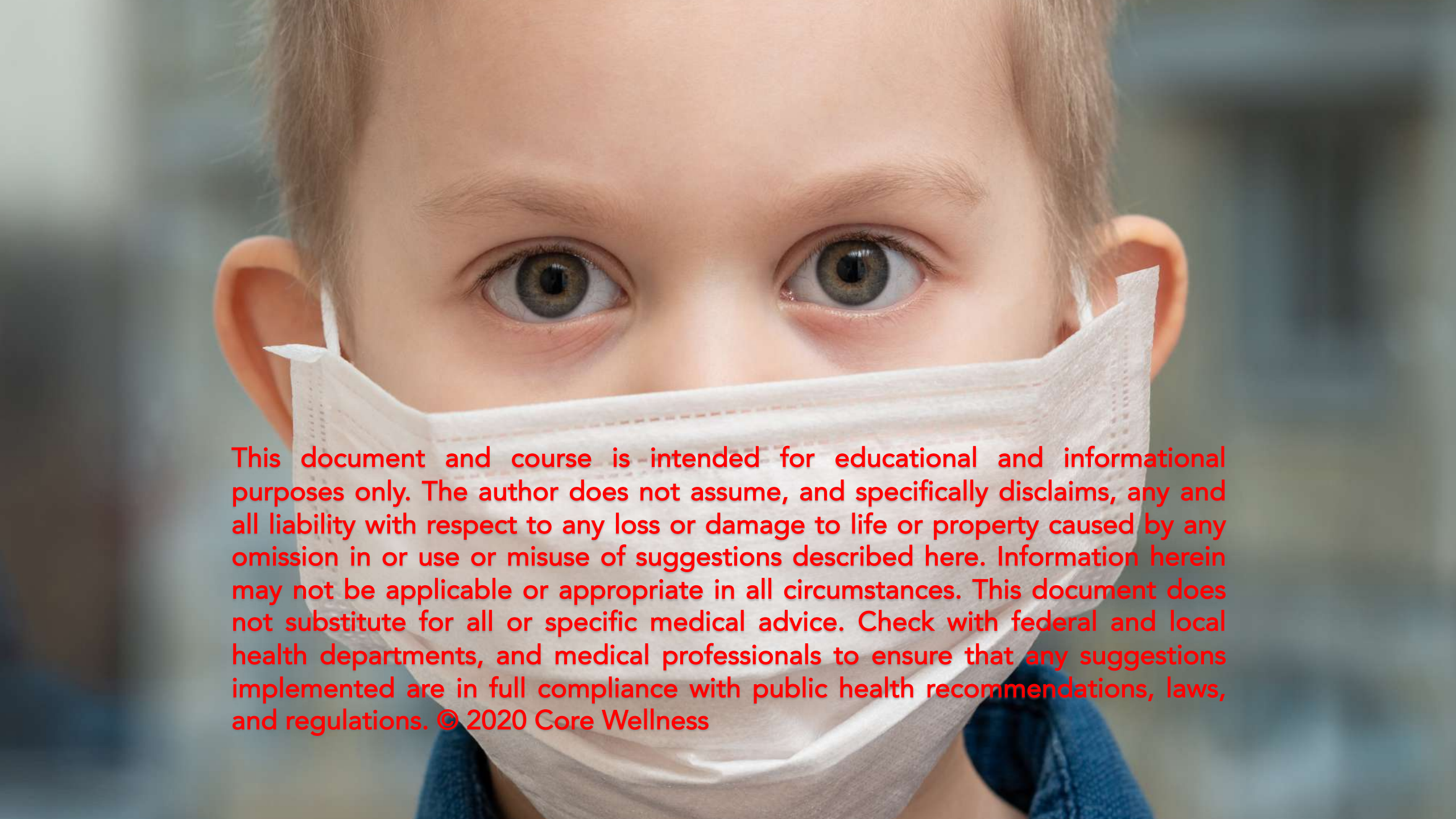
1 CE Workshop

Presentation by:
Joseph Tropper
MS, LCPC, CCTP



CORE WELLNESS

corewellceu.com



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CORE WELLNESS

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About the Presenter

Joseph Tropper, MS, LCPC holds a Master's degree in mental health counseling and is a highly sought-after trauma therapist, trainer & business consultant. As a Certified EMDR Therapist and Certified Clinical Trauma Professional (IATP) Joseph brings the art ad skills of trauma counseling and client motivation to life in his unique upbeat, hands-on approach that will engage, inspire and empower you as a therapist. Joseph is a full-time clinical supervisor and director and sees clients part time.



About the Presenter

Joseph Tropper, MS, LCPC, CCTP

- *Master's degree in mental health counseling*
- *LCPC Clinician and Supervisor*
- *Director of Operations of RCC and Core Wellness*
- *Sought-after trauma therapist and trainer*
- *Certified EMDR Therapist (EMDRIA)*
- *Certified Clinical Trauma Professional (IATP)*
- *Certified Hypnotherapist and Professional Coach*
- *Training in Somatic Experiencing, Sensorimotor Psychotherapy*
- *Training in Gottman, EFT, Imago and IFS modalities*
- *Director of Operations of Group Practice*



Course Schedule

How To Talk to Children and Adults about Crisis

Part 1: The Psychology of Panic and Crisis:
Developmental Overview

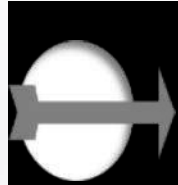
Part 2: 5 Step Sharing; 3 Grounding Techniques



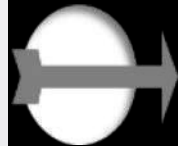
Think and Share

Take a moment to consider your experiences and kindly share them with us.

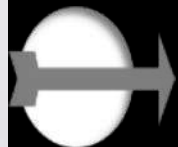
3 Goals for Today



Learn about developmentally appropriate methods for sharing crisis information.



Learn a five-step evidence-based model for giving over potentially alarming news and talking with children and adults.



Learn how to self-regulate and teach clients three effective grounding techniques.

Course Schedule

How To Talk to Children and Adults about Crisis

Part 1: The Psychology of Panic and Crisis:
Developmental Overview



1) The Survival Instinct

Our brains are wired for survival and part of survival is :

1. Independence

2. Dependency

Thus, we respond strongly to both.



FARMERS & MECHANICS
SAVINGS BANK.

2- Media Exposure



Media Exposure

15 American passengers on Diamond Princess cruise

Weeks apart from friends and family

Cut off from work and daily activities

Spread

Panic

Hoarding/Stockpiling

Good story

Politics/blame game

Quick Facts

updated: a few seconds ago

(NOTE: Not all countries update at the same time)

✓ **219,287**

Total Confirmed Cases

☠ **8,925**

Total Deceased

🏠 **6,593**

Total Serious

♥ **84,801**

Total Recovered

🌐 **148/195**

Total Countries Infected

Global

RECOVERED:  39%

REGION	CONFIRMED	DECEASED	RECOVERED	SERIOUS
TOTAL	219,287	8,925	84,801	6,593
China	80,928	3,245	70,420	3,610
Italy	35,713	2,978	4,025	2,257
Iran	17,361	1,135	5,710	0
Spain	14,769	638	1,081	774
Germany	12,327	28	105	0
France	9,134	264	602	921
United States	8,862	137	8	60
South Korea	8,565	91	1,947	0
Switzerland	3,028	33	4	0
United Kingdom	2,626	104	65	20
Netherlands	2,051	58	2	45
Austria	1,646	4	9	0
Belgium	1,486	14	31	100

Europe

RECOVERED:  7%

REGION	CONFIRMED	DECEASED	RECOVERED	SERIOUS
TOTAL	86,343	4,136	6,017	4,114

USA

RECOVERED:  1%

REGION	CONFIRMED	DECEASED	RECOVERED	SERIOUS
TOTAL	8,862	137	8	60
New York	2,914	20	0	60
Washington	1,187	66	1	0
California	723	13	1	0
New Jersey	427	5	0	0
Florida	322	7	0	0
Illinois	288	1	2	0
Louisiana	280	4	0	0
Massachusetts	256	0	0	0
Colorado	216	2	0	0
Georgia	197	3	0	0
Pennsylvania	133	1	0	0
Michigan	110	1	0	0
Texas	108	2	0	0

China

RECOVERED:  88%

REGION	CONFIRMED	DECEASED	RECOVERED	SERIOUS
TOTAL	80,928	3,245	70,420	3,557

**WHO declared:
"Infodemic"**



3) Loss of control – fear of unknown



4) Isolation



Developmentally appropriate practice (DAP) is a perspective within early childhood education whereby a teacher or child caregiver nurtures a child's social/emotional, physical, and cognitive development by basing all practices on:

- (1) theories of child development,
- (2) individually identified strengths and needs of each child
- (3) child's cultural background as defined by his community, family history, and family structure.

infant (ages 4 weeks – 1 year) – say nothing
toddler (ages 12 months-24 months) – “wash your hands”

preschooler (ages 2–5 years)

school-aged child (ages 6–12 years);

adolescent (ages 13–18)

Adults (18 and older)

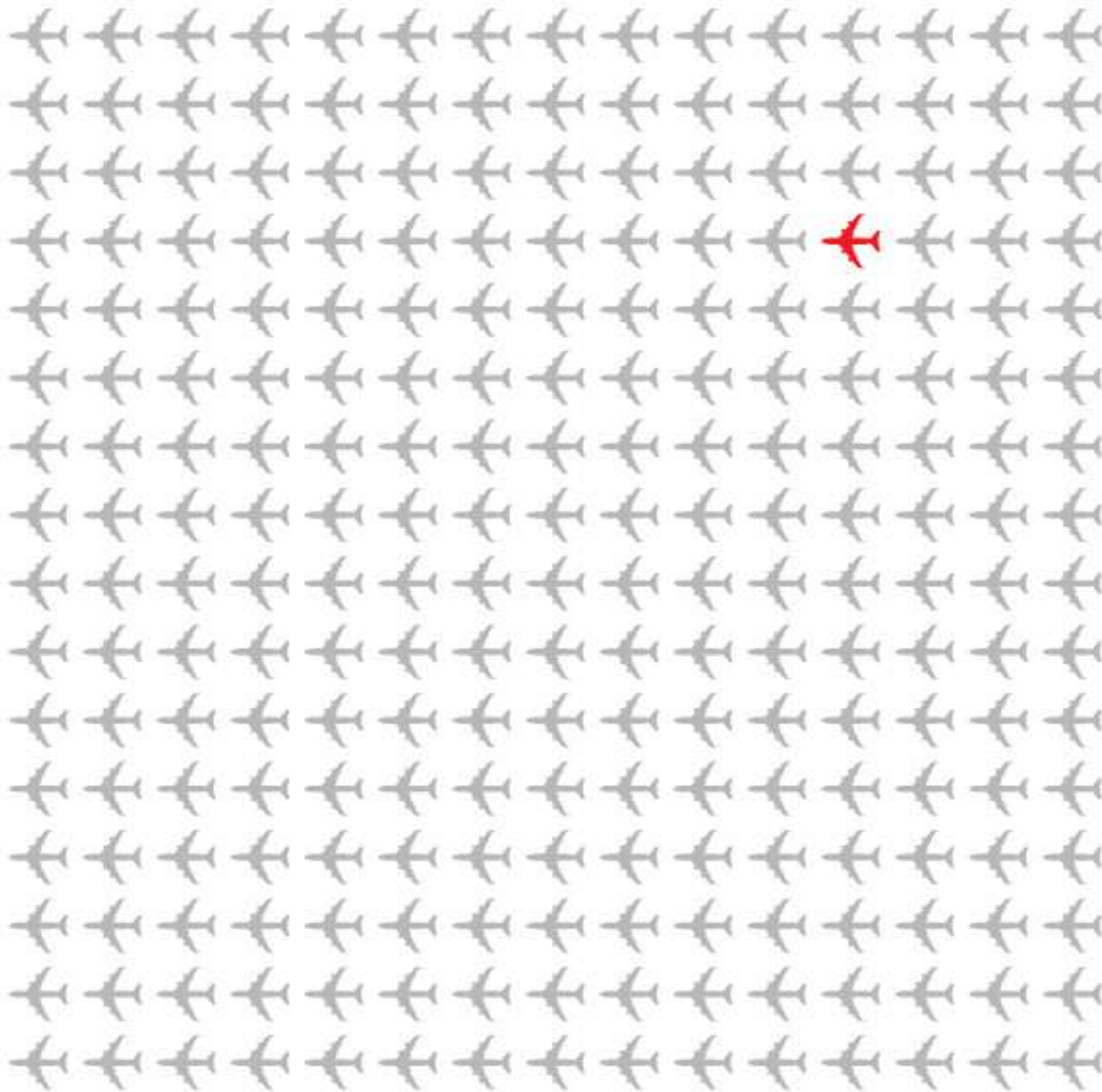
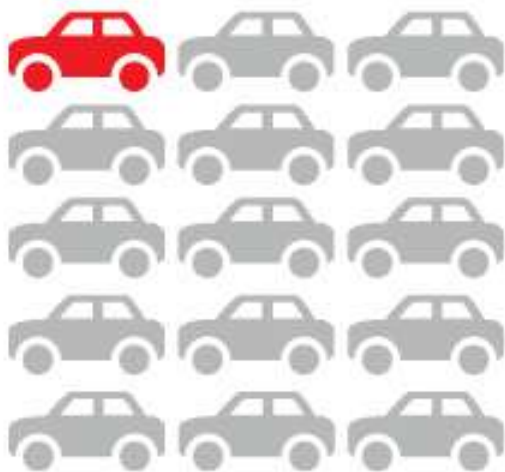
Elderly (65 and older)

Your odds of dying in a car accident are

1 in 114.

Your odds of dying in a plane crash are

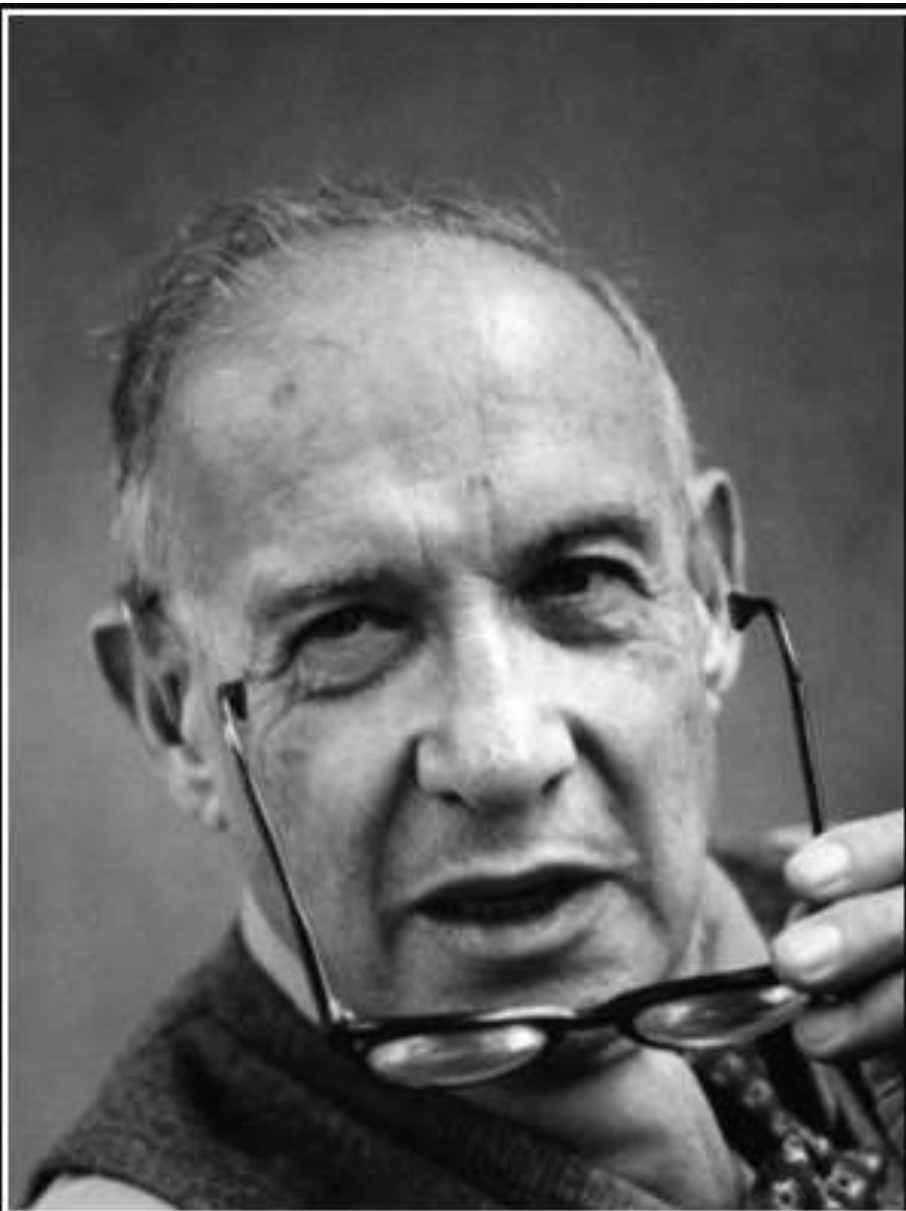
1 in 9,821.



Airline Announcements:

Assurance and Preparation





The greatest danger in times of turbulence is not the turbulence; it is to act with yesterday's logic.

— *Peter Drucker* —

AZ QUOTES

Early Childhood
autonomy vs. shame and doubt

Preschool
initiative vs. guilt

Infancy
trust
vs.
mistrust

School Age
industry
vs.
inferiority

**Stages of Psychosocial
Development**

Maturity
ego integrity
vs.
despair

Adolescence
identity
vs.
role confusion

Middle Adulthood
generativity vs. stagnation

Young Adulthood
intimacy vs. isolation



The Six Stages of a Crisis

Stage One: The Warning Phase

Robert C. Chandler, Ph.D. Director, Nicholson School of Communication and Principal Researcher at the Center for Crisis Communication at UCF



COMMUNICATION DURING A CRISIS

**IT'S NOT WHAT
YOU SAY, IT'S HOW
YOU SAY IT.**



Body Language
Tone
Facial Expressions
Emotions (mirror neurons)

A man in a dark suit is shown from the back, with his right hand raised palm forward in a 'stop' gesture and his left hand pointing behind him. The text 'Beware of False Promises' is overlaid in red on his back.

Beware of False Promises

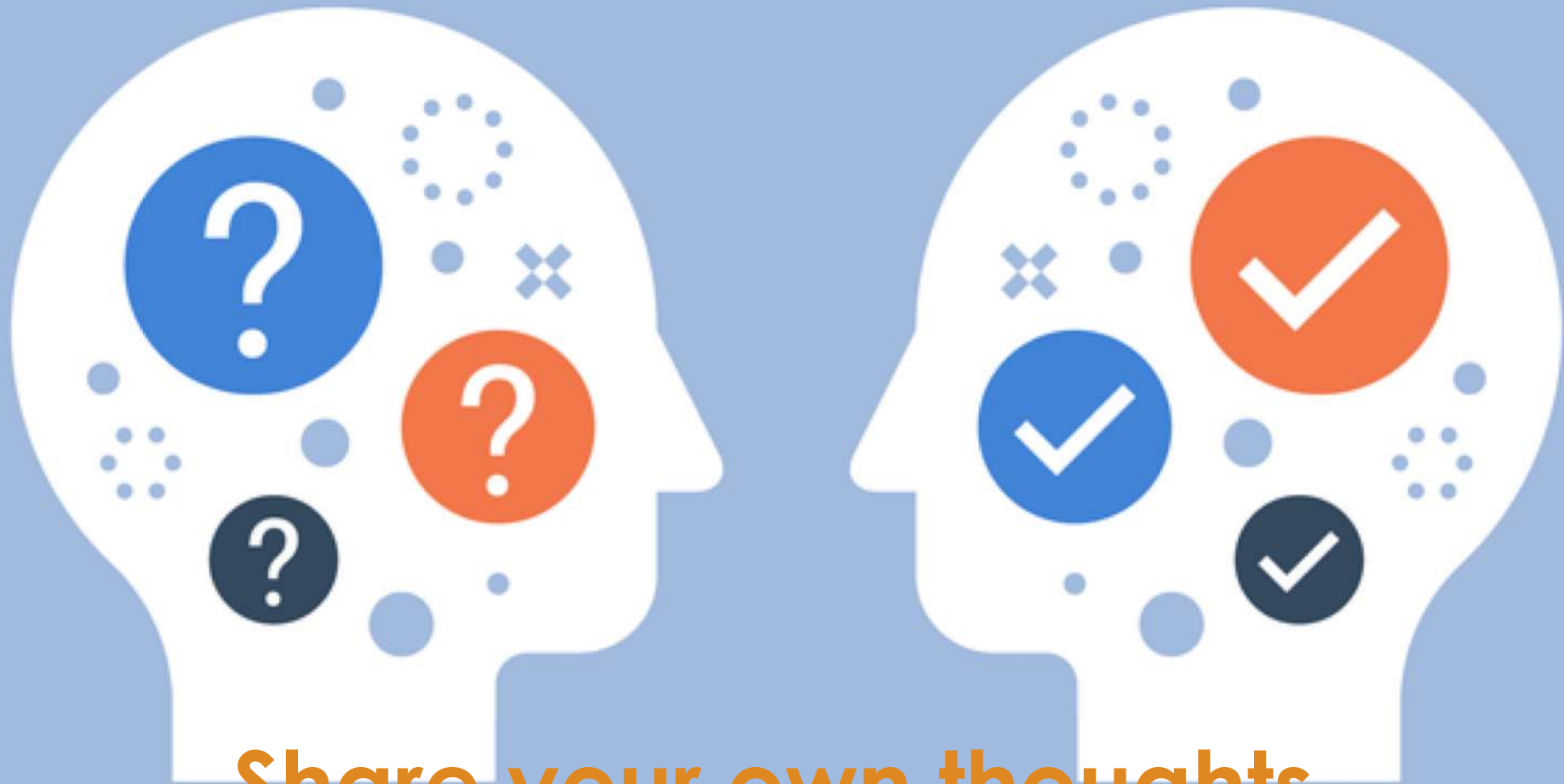
Ever changing?
What is accurate?
Reliable?
Adapting skills



Know what's appropriate and what's not
Little kids don't understand rare



Big kids don't
understand danger



**Share your own thoughts
and feelings reasonably
Invite and Answer Questions**



Respect authority
while questioning it.

Randy Pausch

Course Schedule

How To Talk to Children and Adults about Crisis

Part 2: 5 Step Sharing; 3 Grounding Techniques

5 Step Process:

- 1. Don't delay – ask kids to talk and show them you are ready and present**
- 2. Decide what you are telling and what you're omitting**
- 3. Stop to answer questions**
- 4. Give comfort and reassurance. Here's the family safety plan**
- 5. Get on with life routine with precautions and compassion.**

Kid worries:

Dad, you're old, will you be okay?

Are grandma and grandpa safe?

Can my dog catch it?

Can I watch TV?

What are the symptoms?

Fever, Cough, Shortness for breath, for some just a cold

Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle

Little Star slowly takes about 20 seconds).

Can I still kiss anyone?



Toddlers: “Adults are working hard to keep you safe.”

Elementary kids: teach them how to separate reality from rumor and fantasy.

Middle school and high school students show them appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

Adults – teach them relaxation techniques

Elderly and immunocompromised – give them up to date info to follow and be present to give support.



“Talk to your children in a manner that empowers them to feel safe and secure while also educating them about self-care and healthy precautions. This way, we are teaching them an invaluable life skill as opposed to fueling further hysteria and insecurity.”

Joseph Tropper, MS, LCPC

Children and adults with preexisting vulnerability:

Depression

Anxiety

OCD

IAD

Don't panic: calm down—if not for yourself—then for your kids.

Engage in stress-relief activities that are fun for you and your children: play their favorite music, take walks in nature, and welcome a rescue pet.

Explain that coronavirus is like a cold or the flu—
with rest and proper treatment, most people get well soon.

Use coronavirus as a teaching tool, to teach kids good health habits like:
wash your hands, eat nutritious food, take vitamins, get enough sleep and exercise,
cover your mouth when you cough and nose when you sneeze.

Limit kids' exposure to fear-mongering news stories and tell them to check with you
about scary things they may have heard from classmates.

If you or your child have a health condition, speak to your doctor.

Grounding 1: Emotion Coaching

What is Emotion Coaching? Emotion Coaching is a research-based tool developed by Dr. John Gottman that can help you learn to value your child's range of emotions, such as happiness about an upcoming birthday party or sadness over a lost toy. It is a five-step method for guiding your child in how to respond to her feelings. Becoming an Emotion Coach for your child will improve your relationship and teach her how to respond to emotions – valuable skills that will last a lifetime

The Five Steps of Emotion Coaching

Step 1: Be Aware of Emotions

Step 2: Connect with your Child

Step 3: Listen to your Child

Research shows that it is important to understand the emotion before you give advice on the behavior.

Step 4: Name Emotions

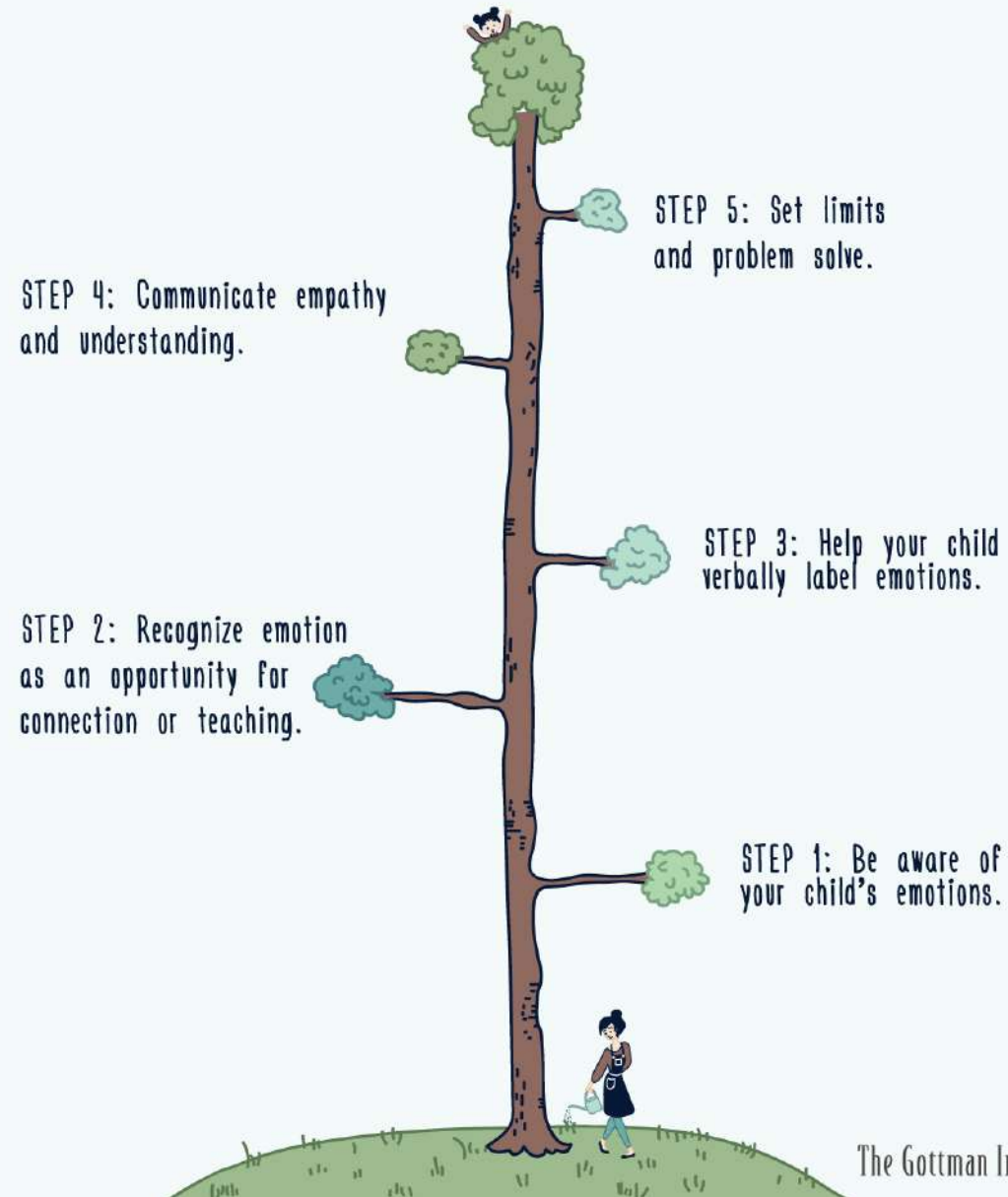
Model identifying your own emotions – children learn by watching and copying what adults do.

Step 5: Find Solutions

When children misbehave, explain why their behavior was inappropriate or hurtful. Encourage emotional expression, but set limits on behavior. Help children think through possible solutions.

Five Steps of Emotion Coaching

Dr. John Gottman



Emotion Coaching Phrases For Parents



1. It's okay to be upset -- it's good to let it out.



2. I hear you -- I'm here for you -- I'll stay with you.



3. It's okay to feel how you feel. It is not okay to _____."



4. How you feel right now won't last forever. It's okay to feel how you are feeling. It will pass and you will feel better again soon.



5. Let's take a breath, take a break, sit down, pause for a minute...



6. You are good and kind.



7. I'll be over here when you need me.



8. Let's have a Do-over!



9. What can we learn from this? What is the lesson in this? What is the emotion trying to tell us?



10. You'll Remember Next Time.

Grounding 2: Instant Mindfulness

6 STEPS TO MINDFULLY DEAL WITH DIFFICULT EMOTIONS



1

Turn toward your emotions with **acceptance**

Become aware of the emotion and identify where you sense it in your body.

Identify and label the emotion

To stay mindful, say to yourself, "This is anger" or "This is anxiety."

2



3

Accept your emotions

Don't deny the emotion. Acknowledge and accept that it is there.

Realize the **impermanence** of your emotions

Even if the emotion feels overwhelming, remember that it will pass.

4



5

Inquire and investigate

Ask yourself, "What triggered me? Why do I feel this way?"

Let go of the need to control your emotions

Be open to the outcome of your emotions and what unfolds.

6



The Gottman Institute



LEMONADE

Grounding 3: Lemonade Stand

- 1. Using life's lemons**
- 2. Family project/challenges**
- 3. Lessons**
- 4. Innovation & Creativity**



Write down your worries. This clears your mind and give you a place to dump its content. Once out, things gradually become less stressful.

Create an anxiety and worry-free period. The basic level of this is to just decide, hey, from 9 AM until 10 AM each day I just don't think about anything anxiety provoking. You will fight to make this happen, but will slowly build up resistance.

Sleep, exercise and healthy food. What we eat and how we treat our bodies makes a big difference, especially in this time of serious pandemic.

Read a book, listen to music or engage in other relaxation, especially breathing. Distractions work, they buy time and allow us to calm our inner world and rejuvenate.

Practice NAP Mindfulness Exercise. Notice, Accept, (let it) Pass.

Enjoy the moment. Take the time to think about all that you are learning and the positive outcomes that you are experiencing.

Address Social and Emotional Distancing

**Let's face it, being on top of one
another can bring about stress.**


Hey Joe, Do you have time for an emergency session ASAP?


Healthy Routines

Eating, exercising, bonding and daily schedule

Separate work space away from living space



Family Meeting


Physical:


Emotional:


Social:


Spiritual:

 
Questions/Ideas.

GENERAL WELLNESS PRACTICES

Optimizing your general health is always important and, obviously even more so now. The following are important steps to take to ensure good health and to support a healthy immune response:



Get plenty of sleep at regular hours



Lower your stress level through deep breathing, meditation, and positive thoughts



Control your blood pressure



Take a multivitamin



Avoid excessive alcohol consumption



Maintain a healthy weight



Eat a balanced diet high in fruit, vegetables, and whole grains



Stay hydrated



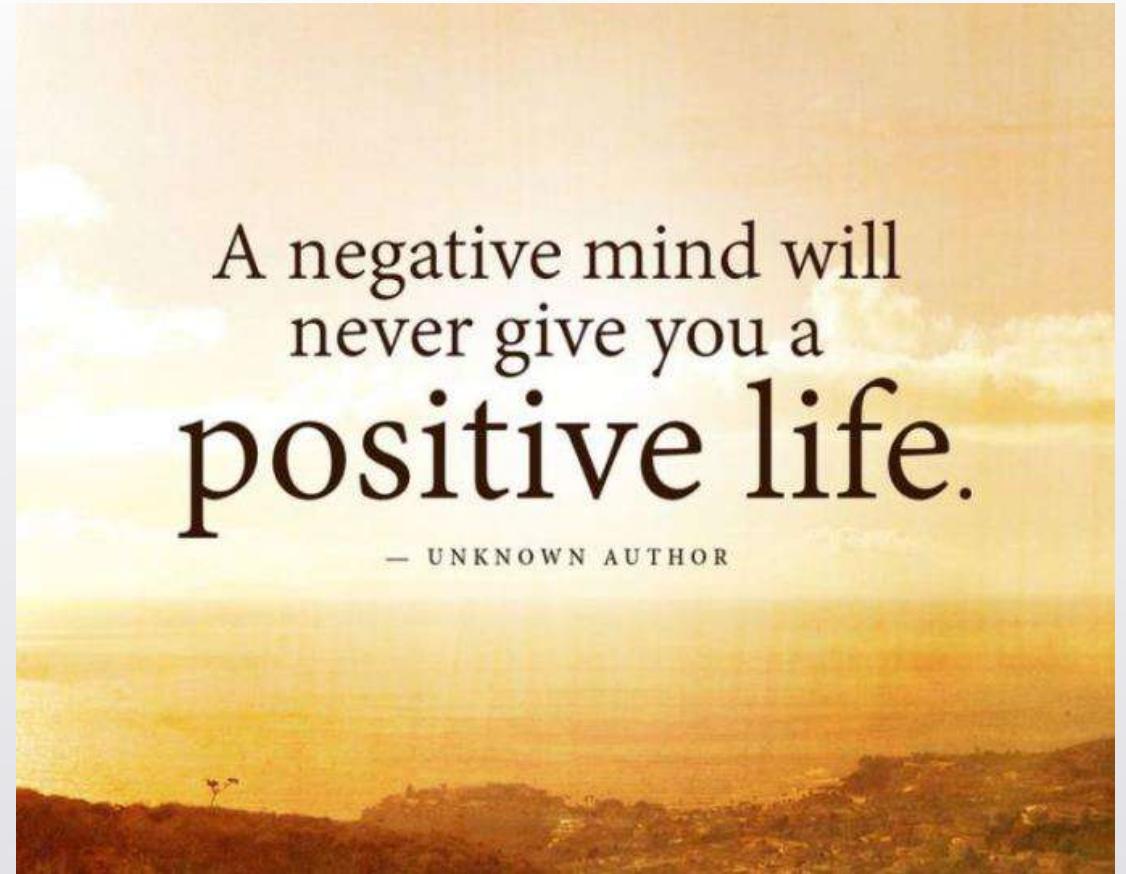
Exercise regularly



Eliminate smoking

Focus on Strengths and Lessons

Kindness is contagious
Prayer and faith
Resilience
Creativity





Dear Optimist, Pessimist
and Realist. While you
guys were arguing about
the glass of water being
half full or half empty.

I drank it.

~The opportunist



It will pass and better days are to come.

Stay safe and well, to you and yours.



Resources

Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience (2008) by Peter A. Levine Ph.D. and Maggie Kline

Crisis Intervention Strategies 8th Edition (2016) by [Richard K. James](#) and [Burl E. Gilliland](#)

Pocket Guide to Crisis Intervention (2009) by [Albert R Roberts](#) and [Kenneth R Yeager](#)

Raising An Emotionally Intelligent Child The Heart of Parenting (1998) by John Gottman

Gottman Website. 2020. <https://www.gottman.com/about/research/parenting/>



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