



BEHAVIOR AND RELATIONSHIP

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Behavior Has Purpose

All humans have purpose behind that behavior. Whether we think it is appropriate or not, behavior typically is used to illicit feedback, gain control, or get needs met. If we think about all of the unproductive things we've done as youth, and I mean truly reflect, you may find your ability to make decisions was impaired...though it felt strong.

Remember!

1. Expect "Madness, Badness, and No Easy Rides!"
2. Adults must be "stronger" and healthier!
3. Beware of Memory Contagion
4. Choose Your Battles
5. Youth are Similar yet Different

Contact Info

Here are all the ways you can contact me:

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Relationship Matters!

Youth in Foster Care have had their most significant attachment figures removed from their lives. We cannot expect, and we are not entitled to, their trust and their "good behavior".

- A dysregulated adult cannot regulate a dysregulated youth.
- A dysregulated adult can dysregulate a regulated youth.
- A regulated adult can regulate a dysregulated youth.