The Nurtured Heart Approach for Beginners

Presented by
Jimmie Heags, Jr., LPSC
Doris Moylan, MSW, LICSW
Outline

• Background Info. (Jimmie—3 min.)
• Intro. To NHA (Jimmie—5 min.)
• Stand One (Doris—3 min.)
• Stand Two (Doris—3 min.)
• Stand Three (Doris—3 min.)
• First Two of Four Techniques (Jimmie—5 min.)
• Let’s Practice/Activity (Jimmie—7 min.)
• Second Two of Four Techniques (Doris—5 min.)
• Let’s Practice (Doris—7 min.)
• “A Day in the Life of Julio” Activity (15 min.)
• Inner Wealth (5 min.)
• Wrap Up/Q&A (Jimmie—5 min.)
BACKGROUND INFORMATION

The Nurtured Heart Approach (NHA)

- An approach created by Howard Glasser in the early 1990’s
- Therapist working with families with intense children
- Used in a variety of settings such as schools, homes, foster homes, churches, etc.
STAND ONE
ABSOLUTELY NO!

- Crucial Stand #1: I REFUSE to be drawn into accidentally energizing or rewarding negativity
- Make the response to acting-out and rule-breaking predictably boring
- Don’t water the weeds
- [https://www.youtube.com/watch?v=ZI0ae4MHutE](https://www.youtube.com/watch?v=ZI0ae4MHutE)
- Example from EEC with teacher and students in cafeteria.
STAND TWO
ABSOLUTELY YES!

• Crucial Stand #2: I will absolutely energize and nurture success. I will do it!! Relentlessly! I WILL Energize Positivity!!!

• Use the approach’s four techniques to find and verbally comment upon successes—small, large, and in-between

• Sometimes you might need to “lower the rope” Shamu—them! Meet them where they are at
STAND THREE
ABSOLUTELY CLEAR!

• Crucial Stand #3: Clearly, but un-energetically, enforced limits – Here are the rules and here’s what happens when you choose to break a rule. I refuse NOT to provide a true consequence when a rule is broken.

• I WILL be absolutely Clear with my Expectations

• Not a dangling carrot but a reminder with clear limits!
FOUR TECHNIQUES

- Proactive Recognition or Canons
  - Celebrate rules NOT broken

- Creative Recognitions
  - Celebrating requests that are honored—creatively “hijacking” challenging students into moments of compliance and success
  - I accuse you . . .
Let’s Practice

• Turn to your neighbor and use either Proactive Recognition or Creative Recognition.
FOUR TECHNIQUES CONT.

• Active Recognition or Kodak Moment
  o I see you—I notice you—actively stating what you see out loud as if for a blind companion
  o Instead of “What a beautiful picture” you would say, “Here’s what I see you doing . . .”
  o Notice actions and emotions
  o Never use this method to notice and verbalize what is NOT going well (Stand One)

• Experimental Recognition or Polaroids
  o Adding to Active Recognitions examples of values or qualities the child possesses—though they might not know they do (It’s not a question of whether they can or can’t – they are.”
  o Helps build self-worth
The Horse Whisperer
Let’s Practice

• Turn to your neighbor and use either Active Recognition or Experimental Recognition in recognizing that person.
“A Day in the Life of Julio”

• Demonstrates the effect on a child of adults choosing to energize the negative or choosing to intentionally energize the positive.

• Debrief
Inner Wealth

• By pointing out those qualities we see in our students/sons/daughters, etc., we are helping them to recognize their own inner wealth. Building up the self-worth of a student/individual.

• Ways to build Inner Wealth Systemically (Example from EEC)
Jessica’s “Daily Affirmation”

• This is what inner wealth looks like.

• [link: https://www.youtube.com/watch?v=qR3rK0kZFkg]

• How do you think Jessica will most likely deal with adversity in her life?
Hawaiian Proverb

Energy Flows Where Attention Goes
Wrap Up/Q&A

• Intro. To NHA/Background Info.
• Stand One
• Stand Two
• Stand Three
• Four Techniques/Activities
• “A Day in the Life of Julio” Activity
• Inner Wealth
• Wrap Up
Bibliography


Contact Information

Jimmie Heags, Jr.
  - jlheags@district287.org

Doris Moylan
  - dmmoylan@district287.org