

THE HEART OF PEACE

Conflict Resolution



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- Owner of Freedom Family Counseling
- Author of A playful Approach to Restoration Therapy for Kids: Playing their Way from Pain to Peace (forthcoming)
- Wife and Mother

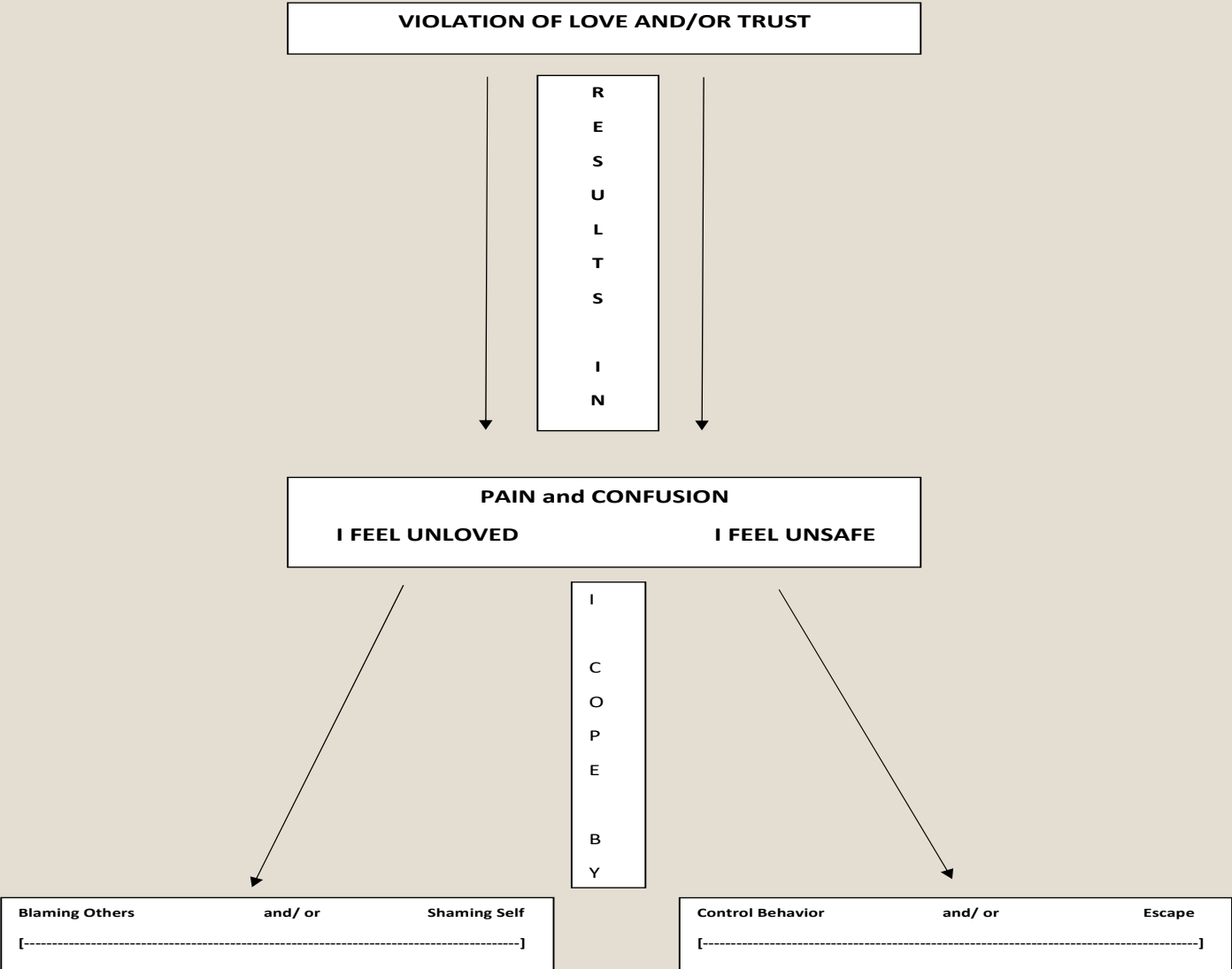


Family of Origin

- Therapists
- My mother's pain
- I knew I was loved
- Who can I trust?
- The Pillars of Peace
- Love and Trustworthiness
- Each one of us have experienced breaches in love or trustworthiness typically stemming from our childhood. My story is an example of not feeling safe.
- The following is an illustration of how we cope when when love or trust has been violated



Conflict equals pain when we are in pain, peace is hard to find



Relational Discord Leads to Pain, Which Leads to Coping.

- Children (and adults) most often attend therapy due to acting out of their pain, thus demonstrating maladaptive coping through various behavioral issues. This is invariably attributed to the fight or flight response
- Research has proven that emotional dysregulation can be quelled and behaviors changed when a person moves through a four step process.

Lenny the Lying Lizard

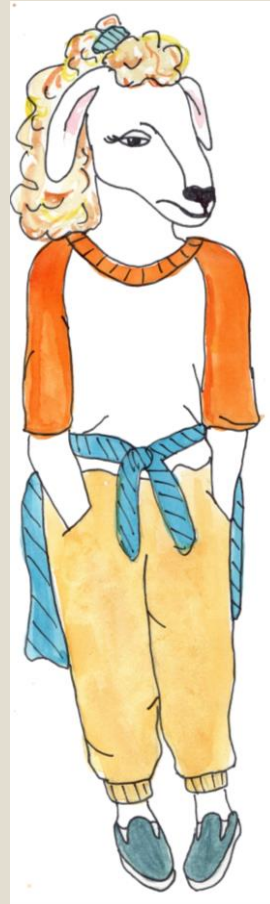
- Emotional or Physical Pain Results in A Fight or Flight Response:
- Swimming across the pool without taking a breath
- When we believe Lenny the Lying Lizard
- We succumb to responding our to fight or flight
- We typically react in one or two of the following ways



Coping Characters



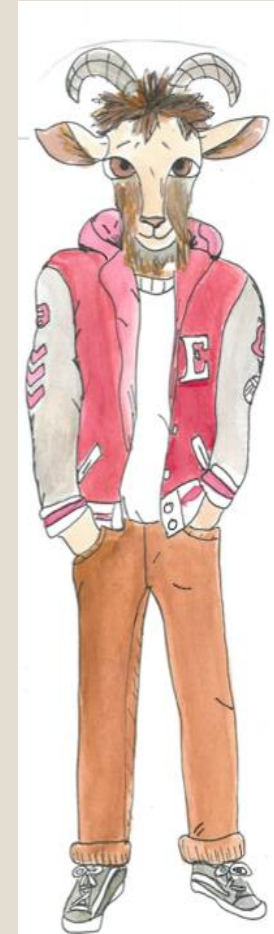
Brutus The
Blaming
Badger



Sharla the
Shame-
filled
Sheep



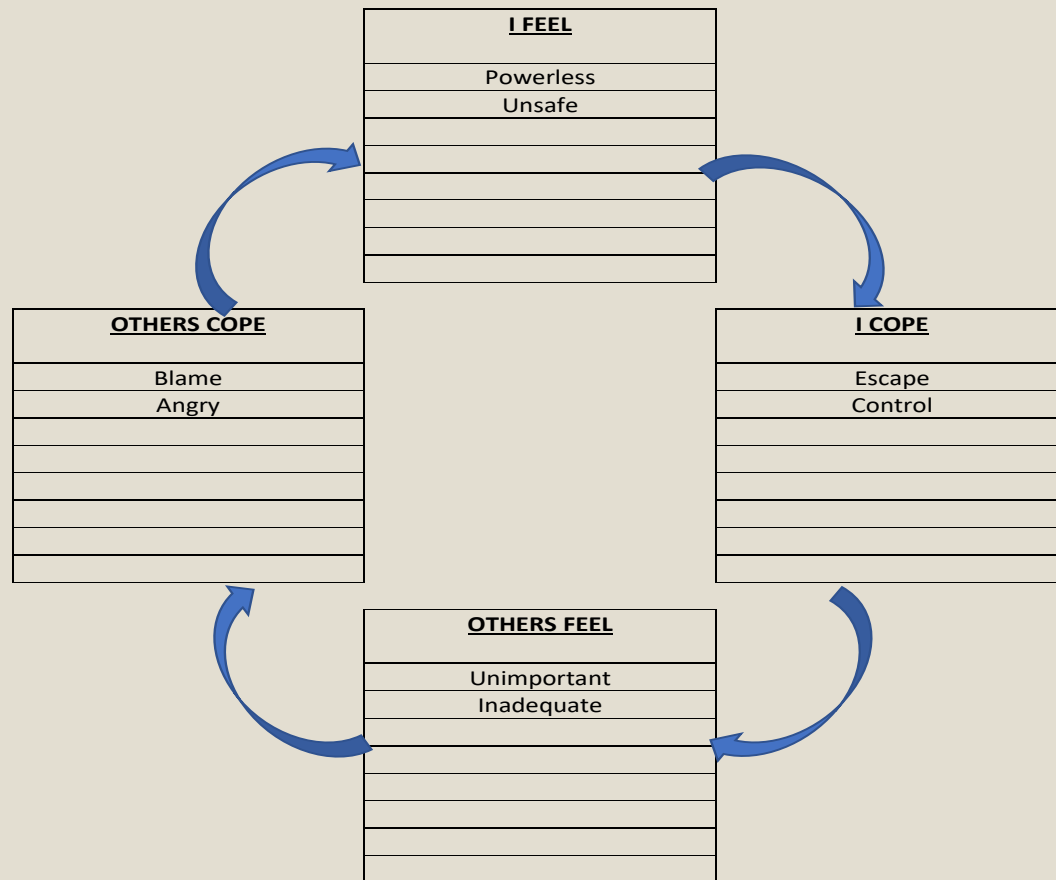
Contessa
the
Controlling
Cow



Eddie
the
Escape
Goat

Coping Characters Perpetuate Relational Discord

PAIN CYCLE



How Do We Change the Cycle? The Need to Breathe



This mother is acting in the wisest way she can in order to help her son.

The Heart of Peace



- Peace is empowered by wisdom. The historical King Solomon, touted as the wisest man to ever live, penned the following proverb: “Above all else, guard your heart, for everything you do flows from it.”
- Where can we find and nurture peace?
- First, from within.
- When we are hurt, when our love or trust has been violated we need to care for our hearts, for out of it flows every thing else that we do.

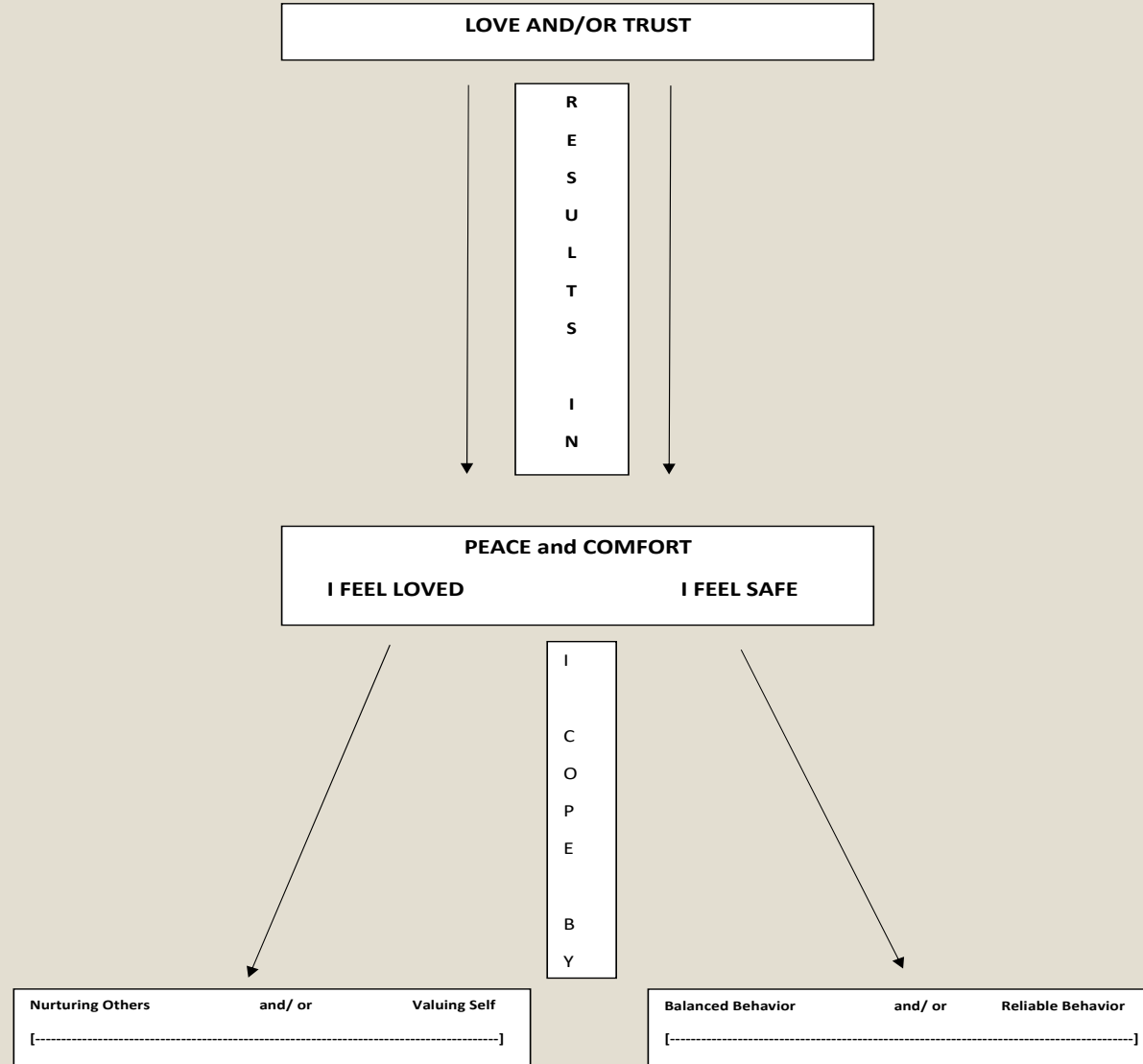
Shalom the Dove of Peace

- Shalom is essentially “The Wise Self.” Where Lenny the Lying Lizard works to send us into a tailspin, Shalom the Dove of peace helps us to identify the truth about the nature of who we are. She helps aids us in understanding the truth about love and trustworthiness. She reminds us to recognize that we are the boss of their brains (and the boss of Lenny the Lying Lizard.) These truths result in peace and healthy responses.
- Shalom helps guard our hearts



All Artwork by Rebecca Feight

Telling Ourselves the Truth Results in Peace and peaceful actions



When Coping Characters realize the truth re: their identity and safety:



Contessa
The
Cooperating
Cow



Brutus the
Boosting Badger

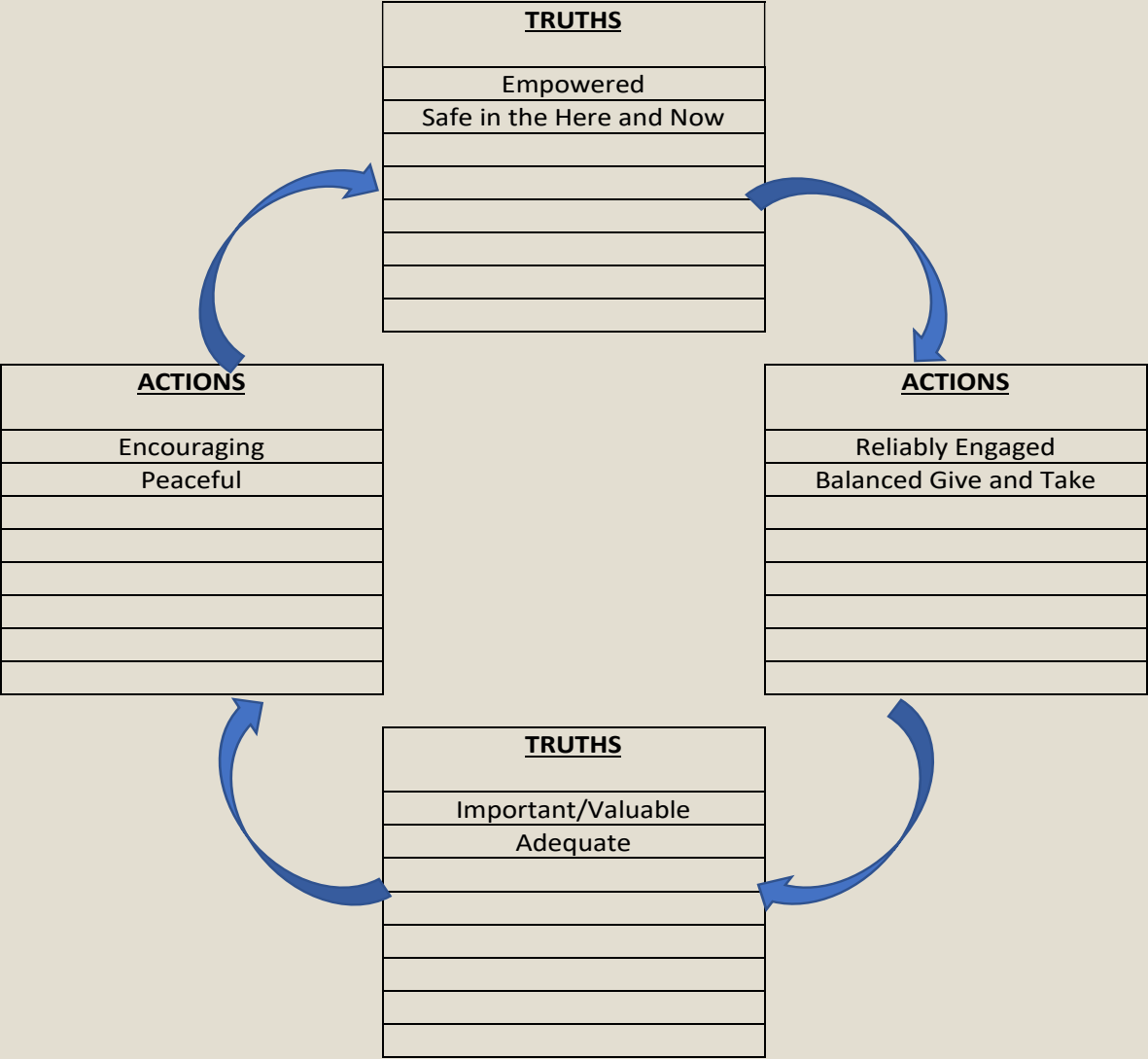


Eddie the
Engaging
Goat



Sharla
the Self-
Assuring
Sheep

PEACE CYCLE



Above all Else Guard your Heart

Moving from Pain to Peace

| FEELING | | | |
|---------------|--------------|------------------|-------------|
| Unloved | | Unsafe | |
| Unloved | Inadequate | Powerless | Vulnerable |
| Unworthy | Unacceptable | Out of Control | Invalidated |
| insignificant | Hopeless | Unsafe | Failure |
| Alone | Unwanted | Insecure | |
| Worthless | Disconnected | Devalued | |
| Unknown | Defective | Not Measuring up | |

| COPING | | | |
|--------------------|------------------|--------------------|-------------------|
| BLAME | SHAME | CONTROL | ESCAPE |
| Blame others | Depressed | Perfectionistic | Drugs/Alcohol |
| Rage | Negative | Defensive | Numb out |
| Angry | Anxious | Judging | Impulsive |
| Sarcastic | Inconsolable | Demanding | Video Games |
| Arrogant | Catastrophizing | Critical | Avoid Issues |
| Aggressive | Whine/ Needy | Nagging | Hide Information |
| Discouraging | Manipulates | Lecture | Get dramatic |
| Threatening | Withdraw to pout | Withdraw to defend | Act selfish |
| Hold Grudges | Isolate | Intellectualize | Minimizes |
| Retaliatory | Fault Finding | Controlling | Withdraw to avoid |
| Withdraw to Punish | Shame self | | Irresponsible |
| Disrespectful | | | Escape |

| TRUTH | | | |
|-------------|-------------|------------------|------------------|
| Loved | Accepted | Can make Choices | Encouraged |
| Priceless | Promising | Precious | Connected |
| Treasured | Significant | Known | Can Control Self |
| Appreciated | Never Alone | Full of Worth | Wanted |
| Adequate | Valuable | Celebrated | |

| ACTIONS | | | |
|---------------|-----------------|-----------------|----------------------|
| Accepting | Non-Defensive | Energetic | Nurturing |
| Vulnerable | Hopeful | Supportive | Communicate Care |
| Respectful | Encouraging | Engaging | Open |
| Giving | Peaceful | Intimate | Welcoming |
| Let go/ relax | Able to Persist | Kind | Settled |
| Responsible | Gentle | Seeking Good | Trustworthy |
| Listening | Forgiving | Honest | Listening |
| Merciful | Honest | Empathetic | Loving |
| Reliable | Humble | Valuing Self | Stay Connected |
| Inclusive | Positive | Self-controlled | Turn from addictions |

Four Steps to Move from Pain to Peace

- Restoration Therapy and emotional regulation revolves around four steps.

1. Say what we **Feel**

2. Say what we usually do (**cop**ing)

3. Say the **Truth**

- 4 Change our **Actions**

- (e.g.)

- 1. I **feel** inadequate

- 2. I usually would **blame** others

- 3. The **truth** is that I am adequate (three places)

- 4. Instead of blaming I will **encourage** the other

Current Work and Research

- A Playful Approach to Restoration Therapy: playing their way from pain to peace
- This work is an effort to advance the field of counseling work with children.
- Peace initiatives need to reach marginalized populations
- Children some of the most marginalized and powerless among us

