Edgewood College MFT Newsletter

A COAMFTE ACCREDITED PROGRAM

What's New?

Hello everyone!! I hope you are enjoying the second day of autumn. Somehow, we are already in week six of the fall semester. Before things become too hectic this semester, I wanted to share some upcoming events that may be of interest to you.

The first one takes place here at Edgewood on Friday, October 11th in Anderson Auditorium from 12pm-3pm and is title **"Returning Prisoner Simulation."** This Returning Prisoner Simulation gives participants an "up close" view of what it's like to come home from prison. It inserts participants into realistic scenarios and lifelike struggles that released prisoners are likely to encounter.

This workshop begins with an introduction to the principles of Restorative Justice and explains the basic needs of returning prisoners. Each participant receives a mock profile that describes the life of a former prisoner and they take on the role of that character during a brief role-play. They must complete fundamental life tasks, such as finding housing and a job, or simply cashing a check.

By incorporating the restorative practice of storytelling, the simulation opens a glimpse into the sense of overwhelming frustration that a newly-released prisoner may feel. Immediately after the role-play, a facilitated debriefing by the simulation Director allows participants to share their immediate reactions.
The simulation concludes with a panel of formerly incarcerated people who each share their own re-entry journey and then answer questions from participants.

Click here to register.

The second event is the **Wisconsin Association for Marriage and Family Therapy Fall Conference** happening on Saturday, October 19th from 8am-4pm at the Moraine Park Technical College of Fond du Lac, WI. Join keynote

speaker, Martha Kauppi," as she provides a solid introduction to the Bader/Pearson Developmental Model of Couples Therapy which combines concepts from attachment and differentiation theory and integrates advances in neuroscience."

Other presenters at the conference include our own Deb Polacek, Judie Warren, Barbara Frohn, and Amanda Anderson.

For more information and to register, click here.

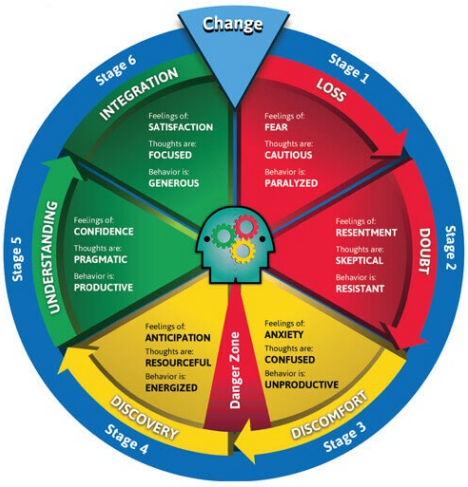
Update from Edgewood

As has been in various news outlets for a bit, we have a lot of things happening on campus—many of which can lead to anxiety and stress reactions. Though all our reactions are valid, I also want to share some information that can hopefully provide some reassurance.

As a community, we are in discussions and looking at the necessary steps needed to ensure we remain financially healthy, not only for the present, but for the future. Unfortunately, some of those steps are painful. Our program had to deal with some of those painful steps during the Spring 2019 semester, and I am hopeful we won't have more this academic year.

The College has been working in partnership and in community for more than two years on appropriate changes to academic structure and offerings to meet the needs of the students today, and into the future. Some of those needs are the online offerings, which I know have not be a success for all of us.

If you were here in Spring 2019, you may recall my newsletter focusing on change and some of the changes at that time happening on campus and within our program. Change can be uncomfortable; however, sometimes we need to face this discomfort to move forward.



https://changecycle.com/change-cycle/

Resources

The resources chosen for this newsletter have to do with Dignity, civility, and respect. Below are the 25 Rules for Considerate Conduct, by P.M. Forni:

The 25 Rules of Considerate Conduct

1. Pay attention
2. Acknowledge others
3. Think the best
4. Listen
5. Be inclusive
6. Speak kindly
7. Don't speak ill
8. Accept and give praise
9. Respect even a subtle "no"
10. Respect others' opinions
11. Mind your body
12. Be agreeable
13. Keep it down (and rediscover silence)
14. Respect other people's time
15. Respect other people's space
16. Apologize earnestly and thoughtfully
17. Assert yourself
18. Avoid personal questions
19. Care for your guests
20. Be a considerate guest
21. Think twice before asking for favors
22. Refrain from idle complaints
23. Give constructive criticism
24. Respect the environment and be gentle to animals
25. Don't shift responsibility and blame

From *Choosing Civility*. Copyright © 2002 P. M. Forni. (St. Martin's Press, 2002)

ESSENTIAL ELEMENTS of DIGNITY (What we extend to others and would like for ourselves)

• Acceptance of Identity—Approach people as neither inferior nor superior to you; give others the freedom to express their authentic selves without fear of being negatively judged; interact without prejudice or bias, accepting how race, religion, gender, class, sexual orientation, age, disability, etc. are at the core of their identities. Assume they have integrity.

• Recognition—Validate others for their talents, hard work, thoughtfulness, and help; be generous with praise; give credit to others for their contributions, ideas and experience.

• Acknowledgment—Give people your full attention by listening, hearing, validating and responding to their concerns and what they have been through.

• Inclusion—Make others feel that they belong at all levels of relationship (family, community, organization, nation).

• Safety—Put people at ease at two levels: physically, where they feel free of bodily harm; and psychologically, where they feel free of concern about being shamed or humiliated, that they feel free to speak without fear of retribution.

• Fairness—Treat people justly, with equality, and in an evenhanded way, according to agreed upon laws and rules.

• Independence—Empower people to act on their own behalf so that they feel in control of their lives and experience a sense of hope and possibility.

• Understanding—Believe that what others think matters; give them the chance to explain their perspectives, express their points of view; actively listen in order to understand them.

• Benefit of the Doubt—Treat people as trustworthy; start with the premise that others have good motives and are acting with integrity.

• Accountability—Take responsibility for your actions; if you have violated the dignity of another, apologize; make a commitment to change hurtful behaviors.

Donna Hicks, Ph.D., *Dignity: Its Essential Role in Resolving Conflict* Yale University Press Copyright © 2011 Donna Hicks

The following are ten tips to assist you in creating respect and civility:

1. Before acting, consider the impact of your words and actions on others.

2. Create an *inclusive* work environment. Only by recognizing and respecting individual differences and qualities can your organization fully realize its potential.

3. Self-monitor the respect that you display in all areas of your communications, including verbal, body language, and listening.

4. Understand your triggers or "hot buttons." Knowing what makes you angry and frustrated enables you to manage your reactions and respond in a more appropriate manner.

5. Take responsibility for your actions and practice self-restraint and anger management skills in responding to potential conflicts.

6. Adopt a positive and solution-driven approach in resolving conflicts.

7. Rely on facts rather than assumptions. Gather relevant facts, especially before acting on assumptions that can damage relationships.

8. Include others in your focus by considering their needs and avoiding the perception that you view yourself as the "center of the universe."

9. View today's difficult situations from a broader (big picture) and more realistic perspective by considering what they mean in the overall scheme of things.

10. "Each one influence one" by becoming a bridge builder and role model for civility and respect. Act in a manner whereby you respect yourself, demonstrate respect for others, and take advantage of every opportunity to be proactive in promoting civility and respect in your workplace.