



SPARK[©]
Parental
Resilience
Training

Meet Heather and Hatch Joy



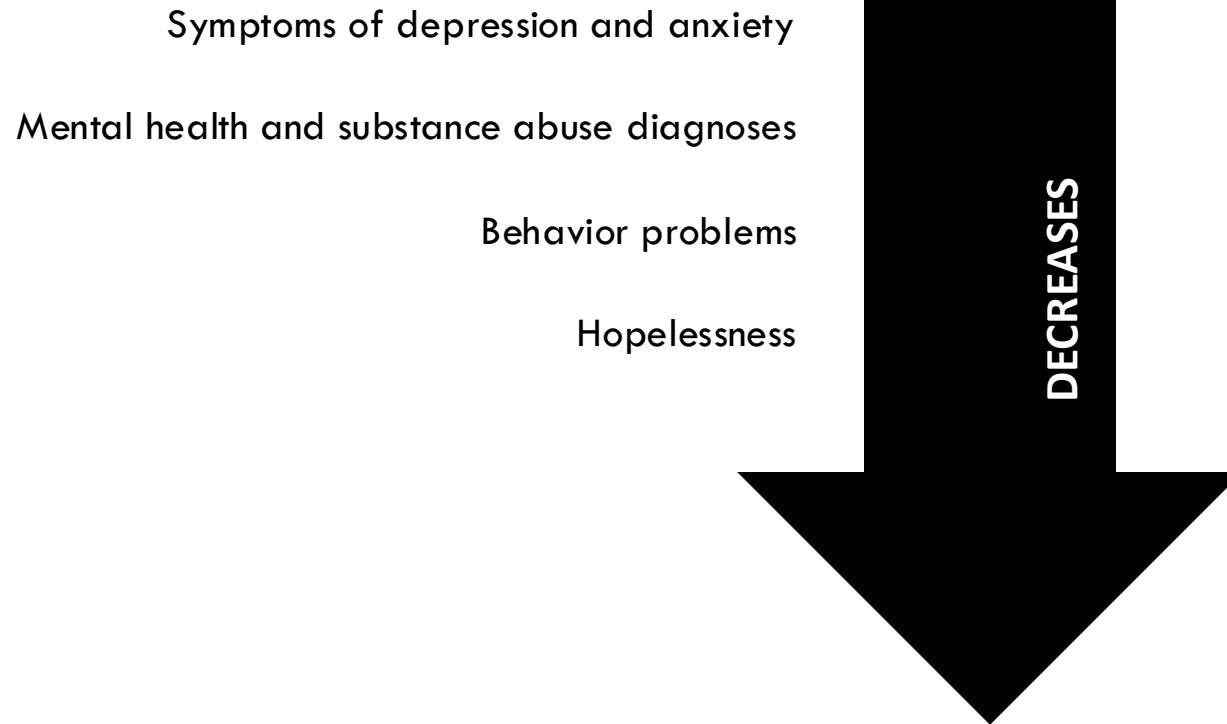
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 Hatch Joy
Positive Psychology Coaching



Why are we here?

The impact of stress on our anxiety, depression, and overall wellbeing is significant.



The Power of Resilience

The ability to adapt well to adversity and not just bounce back from difficult experiences but also to flourish.

- Seeing challenges as manageable
- Emotional stability and happiness
- Ability to cope with both major stressors and daily hassles
- Vitality and energy
- Openness to new experiences
- Creativity and innovation



Parenting + Resilience

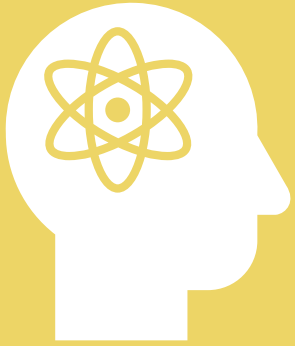
Parental Stress

- **Child behavior problems**
- **Child attention issues**
- **Child cognitive development**
- **Parent-child interactions**
- **Child outcomes**

Parental Resiliency

- **Parent-child relationship**
- **Parental confidence**
- **Child behavior**
- **Parent-child communication**
- **Parental self-efficacy**





The Evidence Base

**POSITIVE
PSYCHOLOGY**

**POST-TRAUMATIC
GROWTH**

**COGNITIVE-
BEHAVIORAL
THERAPY**

MINDFULNESS

SPARK Model

S

SITUATION

The stressful situation

P

PERCEPTION

The way we interpret and make sense of it

A

AFFECT

What we feel and experience on the inside

R

REACTION

Our observable behavior; what we do

K

KNOWLEDGE

What we learn and walk away with from the experience



SPARK *Solutions*

S

SITUATION

P

**PERCEPTION
FLEXIBILITY**

A

AFFECT REGULATION

R

**RESPONSIBLE
REACTION**

K

KNOWING WHY



SPARK Solution: Perception Flexibility

A situation is neutral

Interpretations

Biases

Thinking Traps



Strategy 1: Disputation

What I'm thinking

Facts supporting the thought

--

Facts contradicting the thought

--



Strategy 2: Distancing

Is this *helping* me?

Or is this *harming* me?



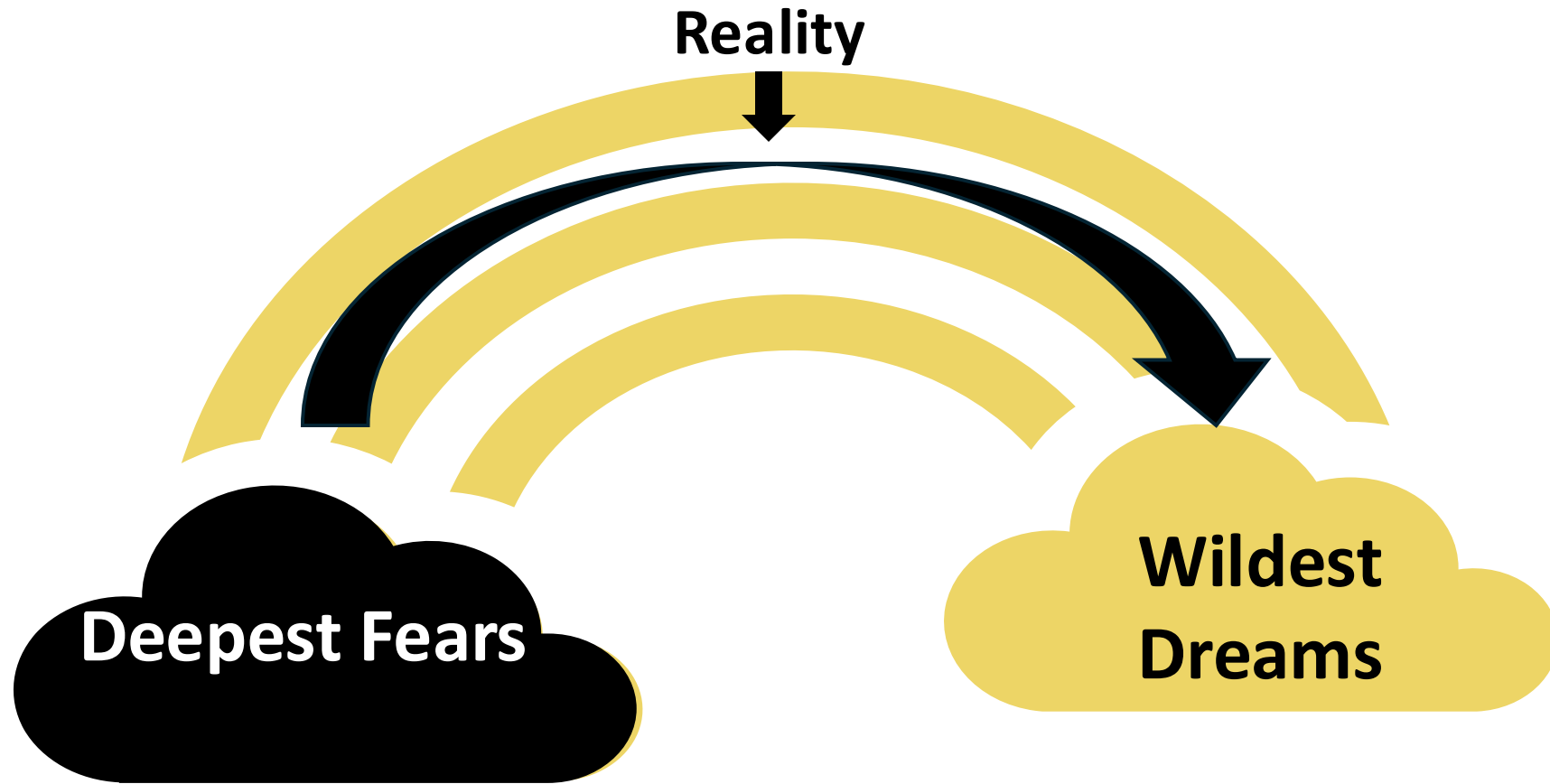
Strategy 3: Re-Framing

**Benefit-
Finding**

**Two
Things
Can Be
True**



Strategy 4: De-Catastrophizing



SPARK Solution: Affect Regulation

Avoid?



Toxic Positivity?



Ignore?



Strategy 1: Affect Labeling

Naming is releasing

Angry	Sad	Anxious	Hurt	Embarrassed	Happy
Grumpy	Disappointed	Afraid	Jealous	Self-conscious	Thankful
Frustrated	Mournful	Stressed	Betrayed	Lonely	Comfortable
Annoyed	Regretful	Vulnerable	Isolated	Inferior	Content
Defensive	Depressed	Confused	Shocked	Guilty	Excited
Spiteful	Paralyzed	Skeptical	Victimized	Ashamed	Relieved
Impatient	Pessimistic	Cautious	Aggrieved	Pathetic	Elated
Offended	Disillusioned	Nervous	Abandoned	Repugnant	Confident



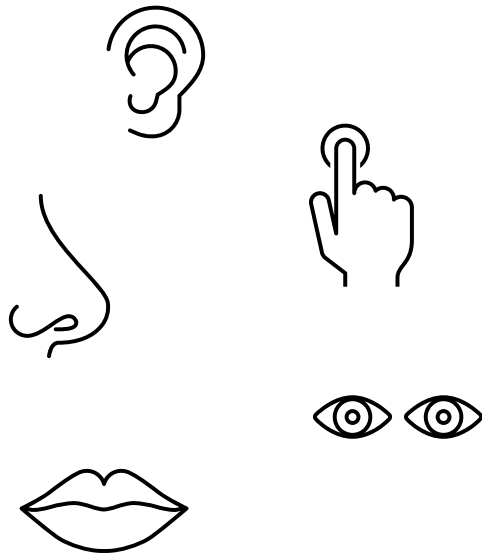
Strategy 2: Disclosure

- *Verbal* emotional disclosure
- *Written* emotional disclosure



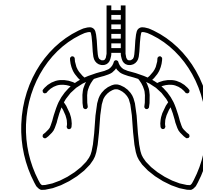
Strategy 3: Mindfulness

“paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”



Five Senses

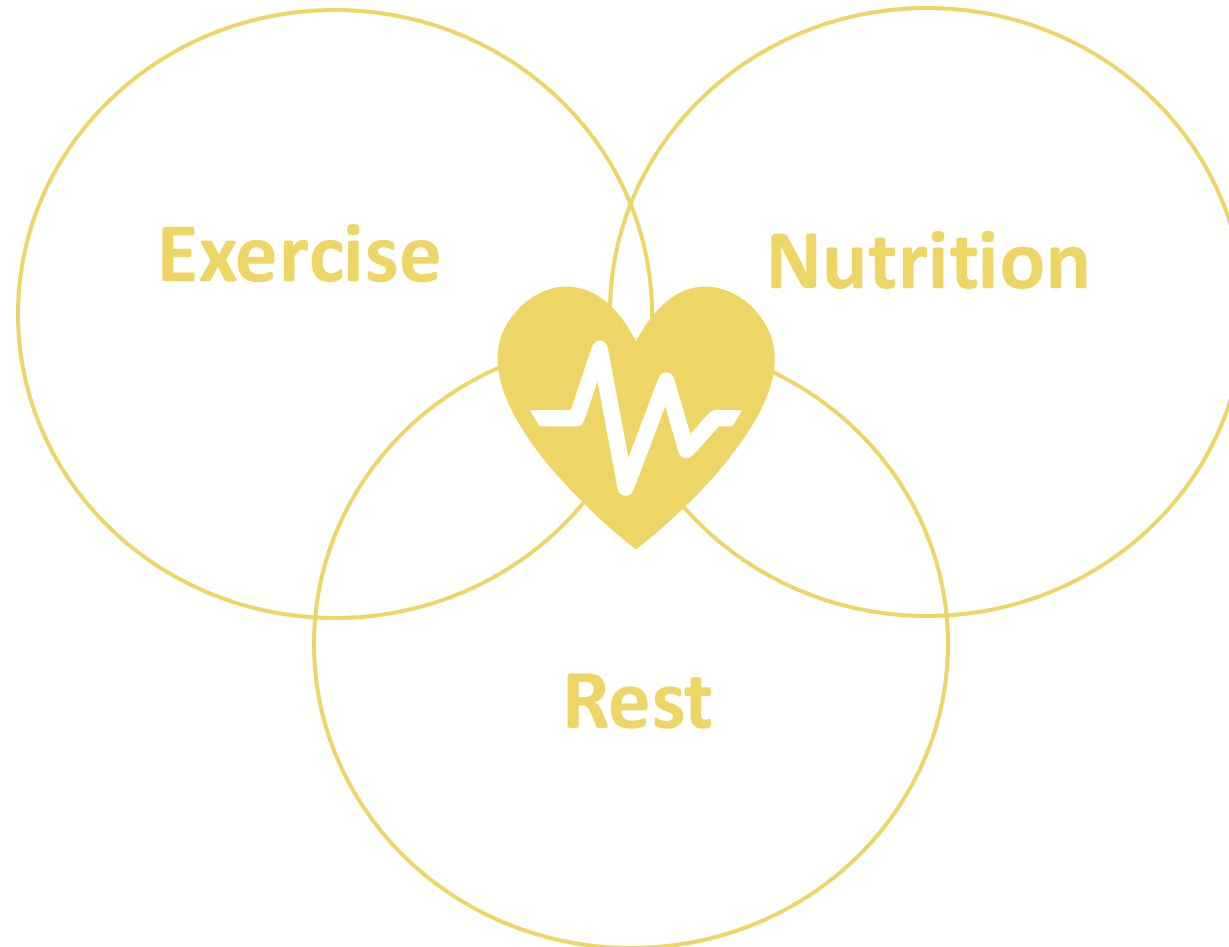
Yoga



Breathwork



Strategy 4: Self-Care



SPARK Solution: Responsible Reaction

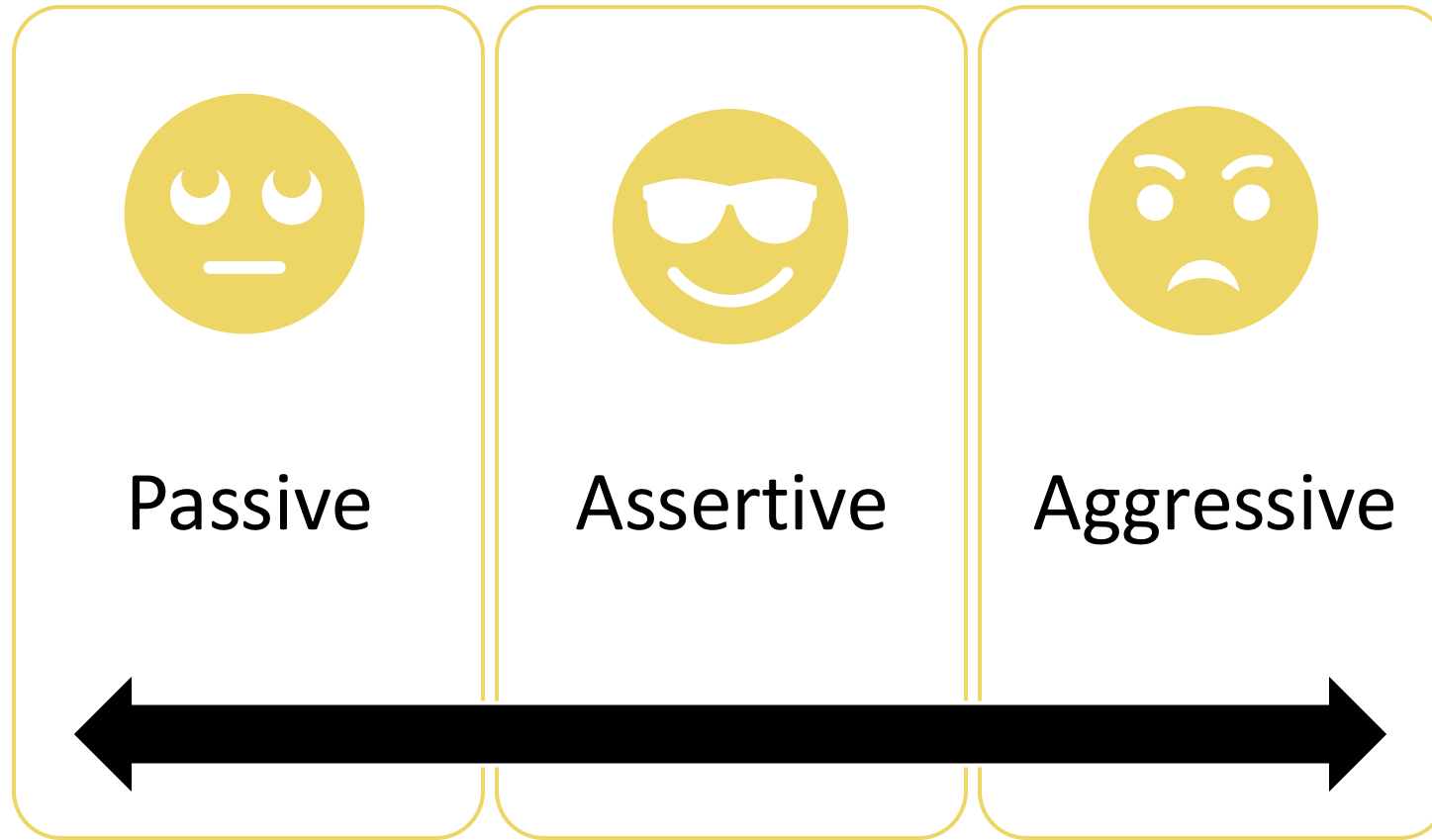


Strategy 1: *Active Avoidance*

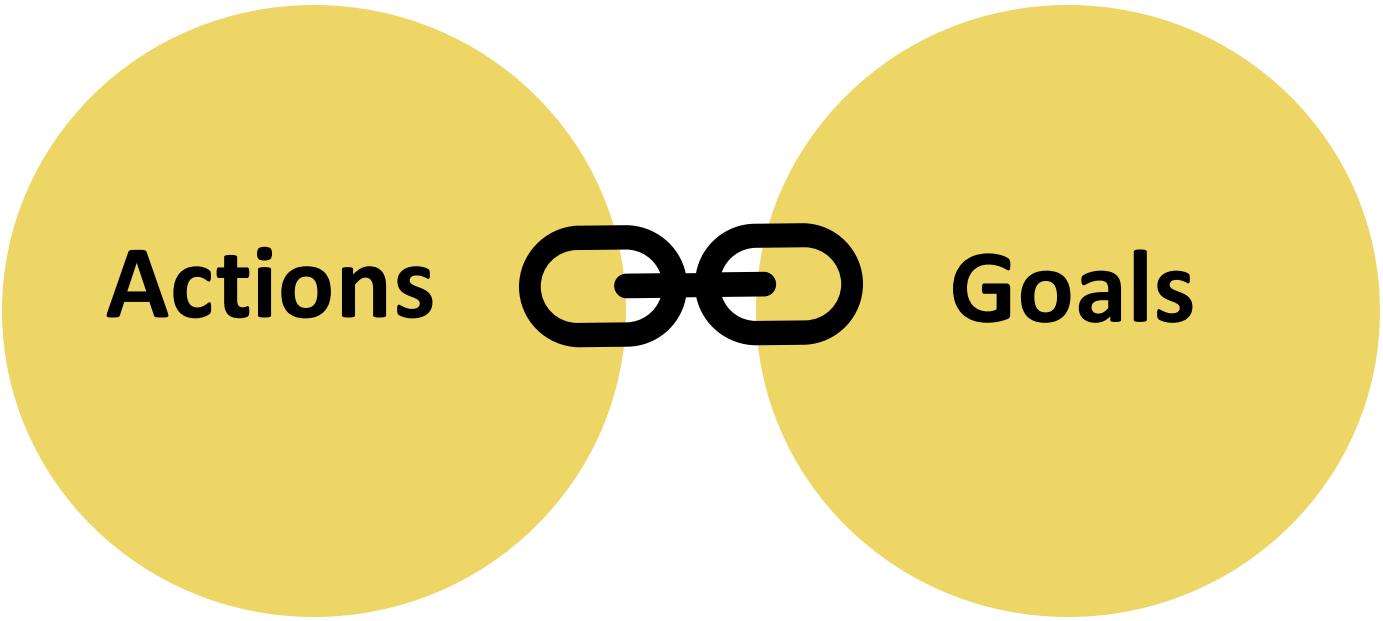
Actively avoid the action you need to take by *actively doing something* else to benefit you.



Strategy 2: Assertiveness



Strategy 3: Goal Orientation



SPARK Solution: Knowing Why

Finding meaning in adversity

What you learn and tell yourself later



Strategy 1: Growth Mindset

What percentage of our intelligence is due to our innate ability and what percentage is due to effort?

- a) 65% innate ability, 35% effort
- b) 35% innate ability, 65% effort



Strategy 2: Acceptance

**CAN
control**



**CANNOT
control**



Strategy 3: Making Meaning

<i>Finding</i> Meaning	<i>Making</i> Meaning
Readily connecting an event to your pre-existing beliefs	Engaging in a constructive process to come to a sense of meaning
“Things are as they were meant to be”	“Why did this happen to me?”



SPARK in Practice

Auto-Pilot

Stressful Situation
Perception
Affect
Reaction
Knowledge



Skillful

Stressful Situation
Perception Flexibility
Affect Regulation
Responsible Reaction
Knowing Why



PLOT TWIST

In the heat of the moment, the
SPARK model *does not work*



The SPARK Gym

from Solutions



to Muscles



Fast SPARK = KRAP

S

P

A

R

K



Fast SPARK = KRAP

K

OBSERVE

Just notice that
something is going
on

R

STOP

Do nothing

A

CALM DOWN

- Take deep breaths
- Count to ten
- Wiggle your toes
- Think of something nice

P

THINK

- “Can I think of a different way to look at this?”
- “That interpretation is not entirely true because...”
- “How can I look at this with the most generous interpretation?”



Your Resilience Action Plan

1. Rehearse the KRAP model
2. Work through the SPARK Solutions *post-incident*
3. One strategy at a time
4. Practice with a coach
5. Join or create a parent accountability group

from Solutions



to Muscles



QUESTIONS?

