



Bring GOD
into your parenting

Ken Thom - leading Christian parenting expert integrates his Christian counseling philosophy with Bryan Post's love-based model to heal families through putting love in action.

KenThomCounseling.com
thomkt@embarqmail.com

Upcoming Events/Schedule

Listen to the free teleseminar
"Spiritual Connection"
Bryan Post interviews Ken Thom
about integrating his Christian
philosophy with the stress model
taught by Post

September 15th
Ken Thom presents Bryan Post
Creating Healing for Children

September 22
Parent Training Classes begin

Resister for all three @
kenthomcounseling.com

Testimony

"I have been implementing the
Stess Model, and regulation skills
in my home for a few months. The
healing and changes my children
and I have encountered is
amazing! Thank you so much, for
helping us make love and hope
our reality."

Anonymous Parent of Three

"What can I do at this very
moment to improve my
relationship with my child?"
~Heather T. Forbes

News Letter

Launching this newsletter triggered my fears of self doubt and rejection. Several questions ran through my mind. What if no one subscribes? What if they don't like what I write? Anxiety, fear, discomfort.

Comfort is where you've been. My colleagues encourage and expect me to continually ask myself...where do you want to go? That means stepping outside the box. No fear involved it that. Right? I'd be either lying or in denial if I believed that. I have to remember where my identify lies and who I am.

One's true identity does not lie in the world or in what others think of us. I know that, but sometimes forget it. Sometimes I look to the world or possessions or accomplishments to define who I am. People and the world will fail me just as I sometimes fail in life and fail others. My true identity comes from Jesus Christ. This is guaranteed in scripture. Romans 8:1 . Life Through the Spirit "Therefore, there is now no condemnation for those who are in Christ Jesus".

Identity in Jesus Christ. This concept may be hard to wrap your brain around. So don't try. It is not a cognitive exercise. Identity in Jesus Christ is faith based. It is spiritual in nature. It is not understood by those who are not "born again". It is foreign to those who reject God and the ultimate truths in the Bible. Strong words - yes. This is the truth as I understand it. You don't have to take my word for it. In fact you probably won't because you need to search this out for yourself.

My hope and prayer is that I can lead you in the right direction and you find what I have found. I have found peace. There are over 247 references to the word peace in the Bible. My favorite is Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

I encourage all of you to examine where you are in your journey and process right now. I encourage all of you to challenge yourself to move out of your comfort zone and ask yourself...where do you want to go? I pray that you will find peace in your journey. Please feel free to comment, make suggests, ask questions, and send in your testimonials. I'm excited to see where this newsletter leads me.

In relationship through Christ - Ken Thom

July, 2009

This Month's Question & Answer

What do I do when my child won't stay home and gets involved with peers who are a negative influence?

The primary aspect involved with this is what's happening or not happening in the family dynamics. If the child has steadily lost relationship with the parent then the peers are offering the support, acceptance and understanding that the child is not getting from the family. It's probably a case of stressed out adolescents getting together and providing soothing for each other. The family is more than likely generating a negative feedback loop that's pushing the child away from the family and towards peers. These peers probably have similar issues and/or family dysfunctions as a child. You have to really look at the family dynamics and relationships first to find out why the child is being attracted away from the family to this peer group. The child is going to the peer group to try to get everything he or she should be getting from the family.

I recommend that the father and the mother start to make special opportunities to be with their child. Here's a formula to follow, it's called 10-20-10. Simply put, this means to spend 10 minutes in the morning, 20 minutes in the afternoon, and 10 minutes in the evening with your child. These are special opportunities to be with your child. These opportunities are to just listen without judging, blaming, or shaming. Validate what ever your child is saying and feeling. Validation does not mean you agree with their opinion. Validation means that you are listening to your child. By doing this families can start to start to repair their broken relationship. This improved relationship then goes towards influencing the child to start making more responsible decisions and demonstrating respect.

The second recommendation is the three phase intervention. Use this to help connect with your child. The three phase intervention consists of reflect, relate, and regulate. Reflect: How am I feeling right now? It not OK for a parent to say to a child "Tell me how you feel" unless the parent has examined his or her own feelings. When you connect to yourself, you can communicate in a secure way. Relate: While you're breathing say "I feel _____ right now, and I need to know how you feel". They may not know, so give them words for what you sense they are feeling. "You look (angry/sad/scare). Are you feeling _____?" Then say "tell me more, I want to hear about it". "Tell me louder". Regulate: Remain regulated and accept all the feelings your child can give you. Your calm, regulated state will help your child become regulated and move into relationship with you.

Thirdly, I recommend that the parents explore what is contributing to the negative neurological feedback loops within the family. The parents need to identify their negative reactions to their child's behavior. They need to understand what in their past triggers this negative reaction. Understanding this is critical in developing secure attachments with children. Parents need to have an understanding of their own childhood attachments. Their own history of attachments and relationships is the blueprint they follow. Until this blueprint is changed they will continue to perpetuate negative neurological feedback loops within the family.

Jesus said in Luke 18:16 to let the children come to me. This is Godly advice for parents. Jesus was a safe place for children. Parent need to strive to be a safe place for their children.