

Making Sense of Counterwill

Course Outline

The instinct to resist being controlled or coerced is one of the most perplexing and troublesome dynamics in dealing with children and youth. This course reveals the dynamics controlling this instinct and provides suggestions for how to deal with it. This material is applicable for all those dealing with toddlers through adolescents: teachers, parents and helping professionals.

Course Outline

The distance education course as well as the facilitated video course are formatted into 4 one-hour sessions. The outline of onsite courses may vary depending upon time and schedule.

SESSION 1: Why Kids Resist and How to Deal with It.

- Counterwill distilled to the essence
- How *will* provokes counterwill
- The many faces of counterwill
- Emotional and intellectual counterwill

SESSION 2: Counterwill and Attachment

- How counterwill serves attachment
- Counterwill in the alpha child
- Counterwill and competing attachments
- Counterwill and defensive detachment
- How to defuse counterwill through attachment

SESSION 3: Counterwill and Individuation

- How counterwill serves the individuation process
- How counterwill is misread as willful
- Characteristics of individuation-based counterwill
- The counterwill of stuck children
- Adolescence and counterwill
- How to make room for a child's will

SESSION 4: Handling Counterwill

- Why counterwill needs to be `bridged`
- How to keep counterwill from sabotaging the relationship
- How to maintaining the alpha position
- How to reduce pressure and coercion