Introduction to the Circle of Courage

Toitu te Rangi
Toitu te Whenua
Toitu te Aroha o te Atua
Toitu ona Manaakitanga katoa
Mauriora e te Ariki,
Matua, Tama, Wairua, Tapu
Amine

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Introduction to the Circle of Courage
He Timata-Presentation Map

1. “Belonging”- Whanaungatanga, Linking and Familiarising with the model.

2. ‘Mastery’- Developing Understanding of the Model.

3. ‘Independence’- integrating the model into our practice.

4. ‘Generosity’- sharing our thinking.

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Here we have a New Zealand image gifted to the Circle of Courage Trust NZ by an enthusiastic member of Dr Brentro’s audience at his Christchurch presentation.
“The sacred teachings and spiritual traditions of the Four Directions
• uplift,
• guide,
• protect,
• warn,
• inspire
• and challenge
the entire human family to live in ways that sustain and enhance human life, and the life of all who dwell on Mother Earth.”

Source: (May1995, Ndengu, Otomi First Nation, Estado de Mexico, Mexico)

Kaitiakitanga

Principles of Guardianship including Care
Wise management Protection
Of the universe, Ranginui, Papatuanuku and all their descendants

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Punishment or Encouragement

A Christian Perspective
How is the Shepherd’s ROD or STAFF used?

- To beat the child to instill obedience,
- To punish for wrong doing
- To Hurt to ‘teach a lesson’

- To Protect - fend off threats
- To Count - know each individual as an individual
- To Inspect - part the wool along the back to look for pests
- To Guide - point in the right direction
- To Herd - gather together for safety and wellbeing

Rob Veale, NZ Police

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World Views and the Importance of Children

Te Ao Maori

Tamariki - a sacred gift of God
Ataahua- perfection, the face of God
Wairua- of the spirit, balanced
Tapu- sacrosanct
Mana – status and power
Needing aroha, love and commitment
Turangawaewae, to belong
Hinengaro, to be able to use their minds in disciplined ways

(Traditional Maori Parenting, 2011, Te Kahui Mana Ririki, Auckland NZ)

Other cultural examples

• English- ‘child’- product of the womb
• Ibo, Nigeria, ‘Amachi’- who knows what God has brought us here
• Lakota word for child- ‘sacred being’
• Mandarin- child is beginning and end, Alpha and Omega, the cycle of life
Resilience Research

Attachment
Motivation to affiliate and form social bonds

Achievement
Motivation to work hard and attain excellence

Autonomy
Motivation to manage self and exert influence

Altruism
Motivation to help and be of service to others

The Circle of Courage

Belonging
Opportunity to establish trusting connections

Mastery
Opportunity to solve problems and meet goals

Independence
Opportunity to build self control and responsibility

Generosity
Opportunity to show respect and concern

Self-Worth Research

Significance
The individual believes “I am appreciated.”

Competence
The individual believes “I can solve problems.”

Power
The individual believes “I set my life pathway.”

Virtue
The individual believes “My life has purpose.”
Aotearoa-NZ Context

Alignment with Te Whare Tapa Wha?

Taha Whanau
Taha Hinengaro
Taha Tinana
Taha Wairua

Fulcher (2016)
Aotearoa-NZ Context

**Mauri Ora**
- E Huihui Ana - coming together
- E Manawanui
- Ana - persistence
- E Manawareka
- Ana - satisfied
- E Pumau Ana - Steadfast
- Kokiri Ana - leadership
- Rerekareka Ana - Joyful
- E Awhiawhi Ana - showing affection

**Mauri Moe**
- Noa iho - staying aloof
- Noho puku - Silent, quiet, closed
- Ngoi Kore - No energy
- Whakapae – Not taking responsibility
- Pouri - Dark, sad, regretful, depressed

**Alignment with Mauri Ora?**

**Mauri Ora**

**Mauri Moe**

**Thriving Circle**
(Houia-Poka 2016)

**Broken Circle**

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<th>Circle of Courage</th>
<th>NZ Curriculum (Key Competencies)</th>
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<td>• Relating to others</td>
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Alignment with Maslow’s Triangle

Physiological

Security

Belonging

‘Mastery’

Independence/Autonomy’

Generosity

Self transcendence

Self actualisation

Self esteem

Belonging

‘Mastery’

Independence/Autonomy’

Generosity
The elements of the Circle are EVERY CHILD’S BIRTHRIGHT

When the Circle is intact we have the elements of Courage to do Life.

A broken Circle represents Discouragement

Safety and Adventure/ Risk need to be present in each quadrant.

(Brendtro, van Bokern, Brokenleg)
Applying The Circle in Practice

1. Put the Child at the Centre
2. Provide opportunities for all four basic needs to be met.
3. Assist children to recognise and learn how to meet their own needs.
4. Mend Broken Circles by adding opportunities and support for growth in every area.

(Adapted per Fulcher 2016)

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‘Belonging’ -

Related concepts:

Whakapapa
Whenua,
Turangawaewae,
Whanua, hapu, iwi,

Attachment to people,
Attachment to place,
Ahurutanga, Safety, Protection,
Love, Aroha, Attention, Care,
E Hurihui Ana......

Belonging Status

• Healthy Belonging
• Distorted Belonging
• No Belonging

Tinana?
Whanaungatanga?
Hinengaro?
Wairua?

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‘Mastery’
Related Concepts:

- Encouragement,
  Role Modelling,
  Ako-ako,
  Pacing

Appropriate Challenge,
Scaffolding, Acknowledgement,
Opportunity to try new activities
Manawanui,

Mastery Status

- Healthy Mastery
- Distorted Mastery
- No Mastery

Te Whare Tapa Wha?

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‘Independence’

Related concepts:

- Age appropriate choices and responsibility, Guidance, Mana Motuhake, Natural Consequences
- Learning from mistakes, Given respect, taught values, role modelling, Given feedback
- Support to set own goals

Independence Status?

- Healthy Independence
- Distorted Independence
- No Independence

Aspects of Te Whare Tapa Wha?

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‘Generosity’
Related Concepts:

- Giving and receiving
- Manaaki Atawhai
- Sense of purpose and meaning,

In harmony with the universe, regarding all life as sacred......

Generosity Status?

- Healthy Generosity
- Distorted Generosity
- No Generosity

Te Whare Tapa Wha?

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Circle of Courage Philosophy in Practice

To use the Circle is to take a particular philosophical position. It is to say, when a child’s circle is broken, s/he is in pain.

It is to clearly understand that the child/young person will do whatever it takes to stop that pain, even if it harms him/herself or others.

It is to say that the child seeking to address pain is not bad or naughty, but creatively doing what he can to meet his most basic needs.

It is to commit to recognizing and meeting children’s growth needs as fully as possible to nurture their growth and wellbeing.

‘The central goal of child-rearing is to teach the importance of being generous and unselfish, to grow generations who care for others, and for the world they live in’

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Applying the Circle in Practice

- **Assessment:**
- **Planning:**
  - Short & long term
- **Interventions:**
  - Long term
  - Multi system
- **Giving children and young people a voice.**
- **Informing, Educating and Empowering all involved.**
Whakamarama (Durie 2016) Clarifying Questions

• Is the child isolated, uncared for, lacking sense of self, distrustful, clingy or aloof? Loving, trusting, cuddly? Boundaries?

• Is the child under-achieving, skilled, un-motivated? able to make friends, achieving in some area?

• Does the child have a conscience, take responsibility, set goals? does s/he follow others, have a conscience?

• Does the child share, show kindness, forgiveness and graciousness? use put downs, act selfishly?
Planning and Intervention - Whakamana (Durie 2016)

Child in her/his Ecology

Long term Planning
Goal - Mend the Circle where it is broken

Interventions ‘in a BLINK’

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Other Applications

Group Programmes

Working with Families and in Residences

Becoming a Circle of Courage Organisation-

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Over to Participants:

Belonging
Mana Motuhake
Attachment
Belonging
Whanaungatanga
Meaning
Generosity
Atawhai
Competence
Mastery
Tohungatanga
Independence
Autonomy
Nourish your attachments to people and place, for without them, who are we?
Face up to challenges with passion
This is the fuel for your fire.
Act on the courage of your convictions,
Approach the world with compassion and a generous heart,
For in this you will fulfil your destiny.
Journey well my friends,
And may the good go with you.

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4. ‘Generosity’ - sharing our thinking

Introduction to the Circle of Courage

References and Resources

- Brokenleg, M. Brentro, L. & van Bockern, S. Reclaiming Youth at Risk: Our Hope for the Future
- Durie, Mason: ‘Health and Social Services Social Services Maori Perspectives’, Professional Development Seminar 2016, Auckland
- Fulcher, Leon: 2016, Child and Youth care practice with Families; The CYC-Net Press, South Africa
- www.circleofcouragetraininganddevelopmenttrustnz.org.nz, Training and Support; RAP, Rolling with Resilence
- R.nash@vodafone.co.nz - Rosemary Nash Circle of Courage Facilitator and RAP Trainer
- www.starr.org.nz - Starr Commonwealth, owners of Circle of Courage Trademark
- www.calfarley.org - Calfarley – new home of circle of Courage Founders
- www.viamesurvey.org - strength surveys