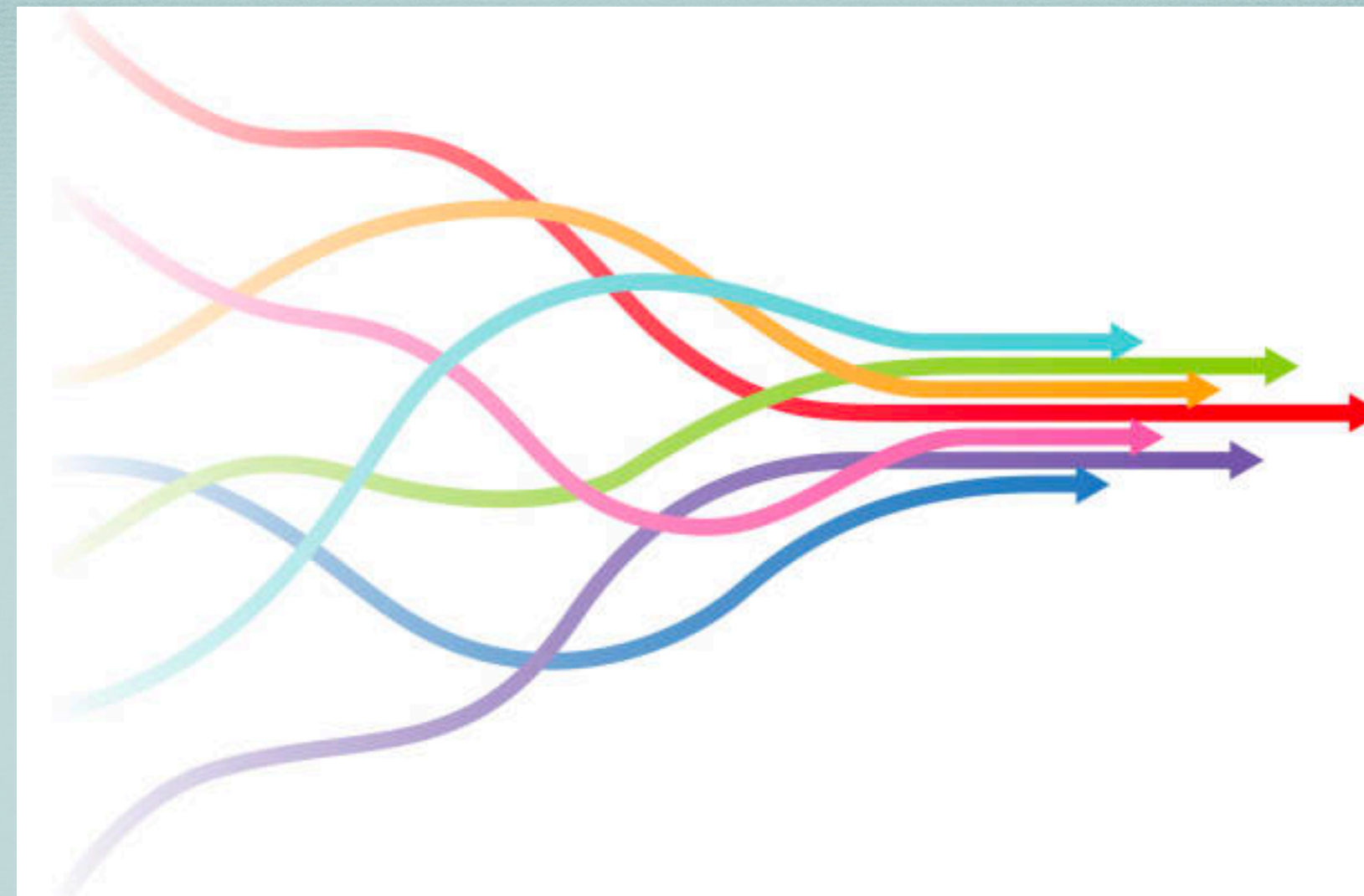


Moving forward with wisdom & compassion



BEST/VTmtss Summer Institute
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Joelle van Lent, Psy.D.
Licensed Psychologist- doctorate
joellevanlent@gmail.com

The impact of adversity is in part influenced by the meaning that we make of our experiences.

How are our students narrating this time in their lives?





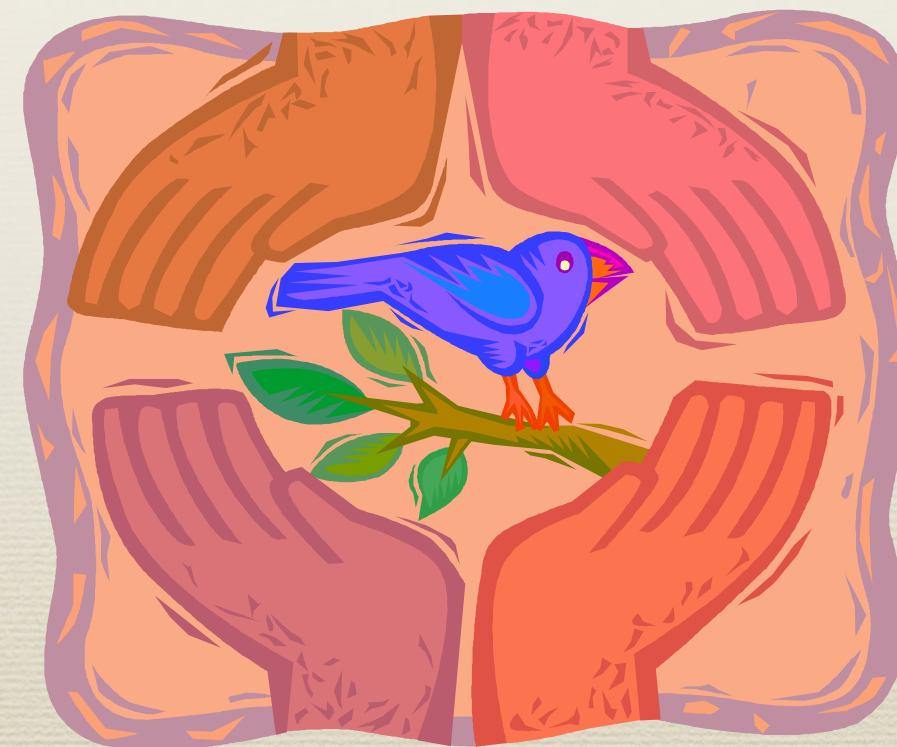
A resilient narrative includes

- A shift in focus to what the individual can control.
- A balance of attention to the challenges & the lasting good that is developing in response to the situation.
- The prediction of a positive outcome (i.e. hope, the belief that a better time will come).
- Owning your fair share of accountability.

“In a world where we want them to experience all they can do, they have been put behind see-through plastic screens on desks pushed six feet apart and told all that they can’t do... To dare say our kids are behind, is to demean all the parents and teachers in this nation who have done their best under circumstances we never dared imagine but experienced each and every day.”

“Stop.” A letter to Our Nation’s Education Leaders and Our Nation’s Teachers. Kylene Beers. February 22, 2021

http://kylenebeers.com/blog/2021/02/22/stop-a-letter-to-our-nations-education-leaders-and-our-nations-teachers/?fbclid=IwAR2_IOOGql2MT3QxbL9FGT4-IHouJEoh2ZwUrfSz84P2HmJ3HREj8EhSkDY



Joelle van Lent, Psy.D.

What have our students learned this year?



- Empathy & Compassion
- Patience & how to tolerate boredom
- Grief & how to grieve well
- Perspective & appreciation
- A reset of priorities
- How to sit with powerful emotions
- Citizenship
- To listen, ask questions, & challenge inequity

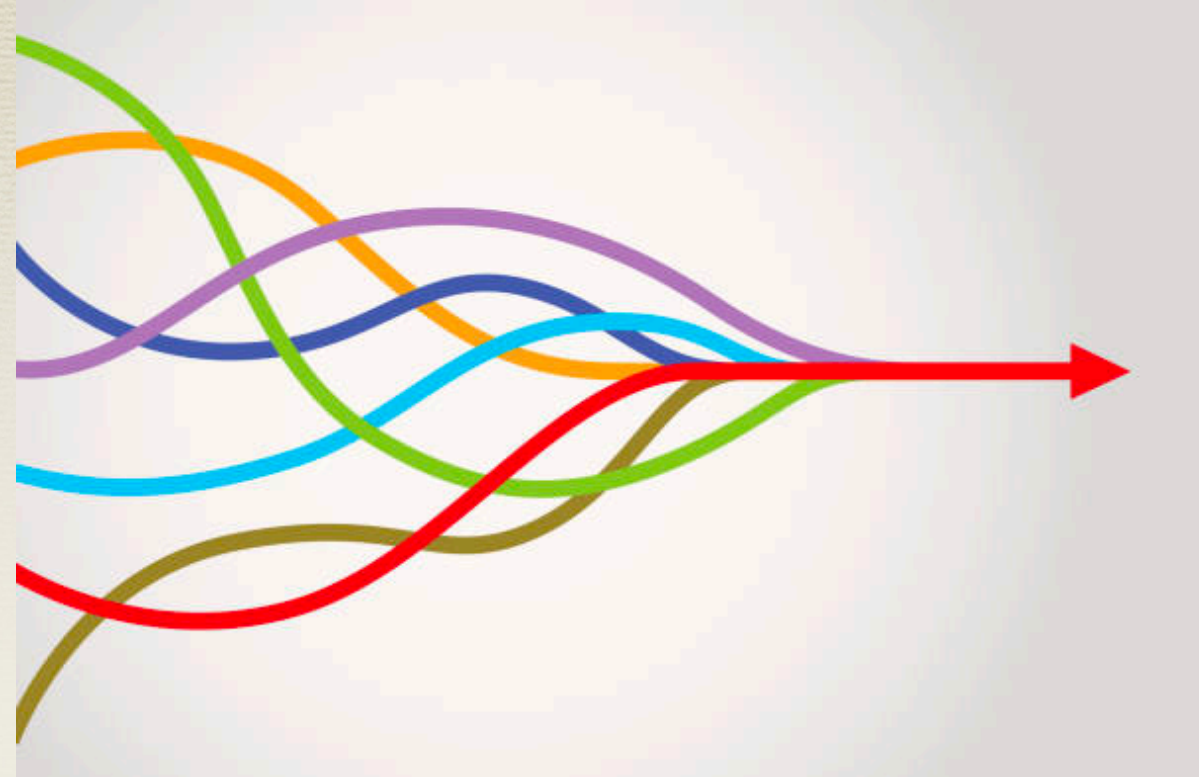
Which of these skills have you seen in your students this year?

Please write in the chat

If we are not “catching up,” then what are we doing?

How might you change the community narrative from “these kids are behind”?

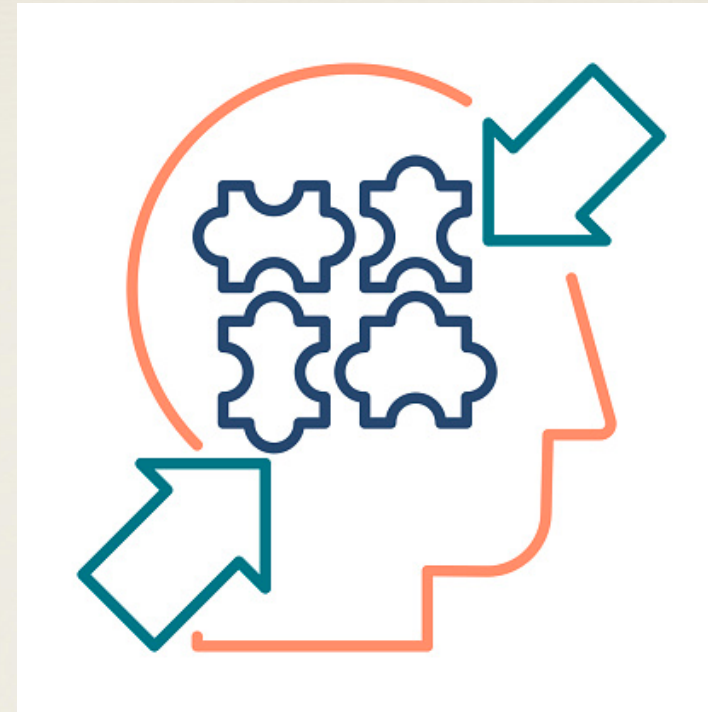




The concepts of healing and recovery can be misleading as they imply that all traces of the adversity will disappear. Integration allows one to honor the experience of adversity and incorporate it into one's life story, identity, and experience.

<https://www.psychologytoday.com/us/blog/expressive-trauma-integration/201809/roadmap-after-trauma-six-stages-trauma-integration>

This experience is now part of our identity & narrative.



I believe we are capable of holding competing truths and conflicting emotions as we move forward, through, and beyond this time.

LISTEN with a curious stance...

Empowering voices and offering choices can shift the focus from a frozen and passive stance inspired by excessive uncertainty and lack of control to a stance of connection and engagement.

For example:

- Ask your students to talk, write, and think about:
 - what belonging means to them now having lived through COVID-19.
 - what they discovered about themselves as a learner- what works for them? Emphasize those elements in the approaches to teaching.
 - multiple paths for participation, engagement, & having a voice/influence in the school community/classroom.
- Meet students where they are - which is a foundational element of MTSS/PBIS.

Empower your students to reclaim their narrative.
But first... tend to your story.



What is the meaning you are making of your experience?

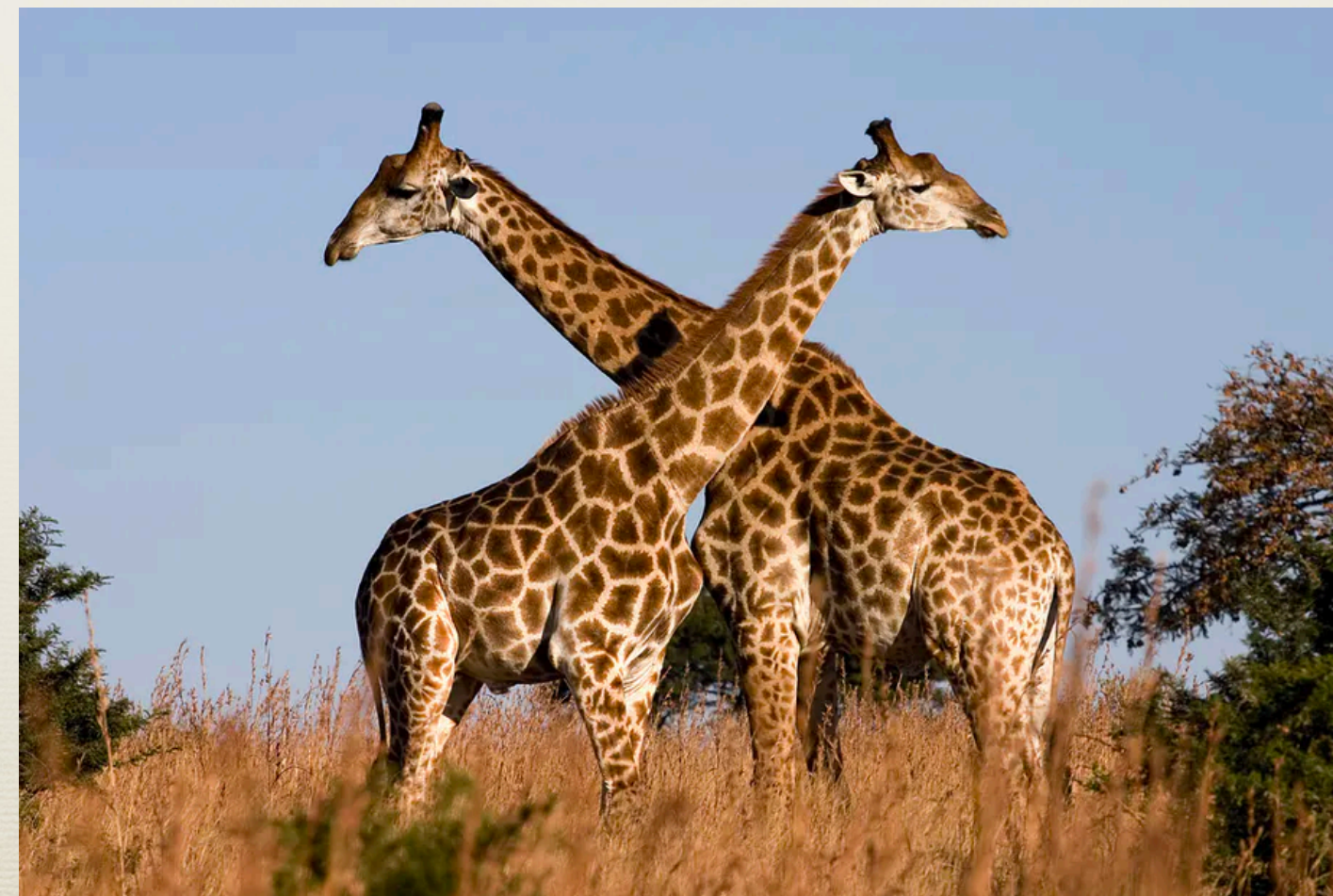
What did you learn this year?

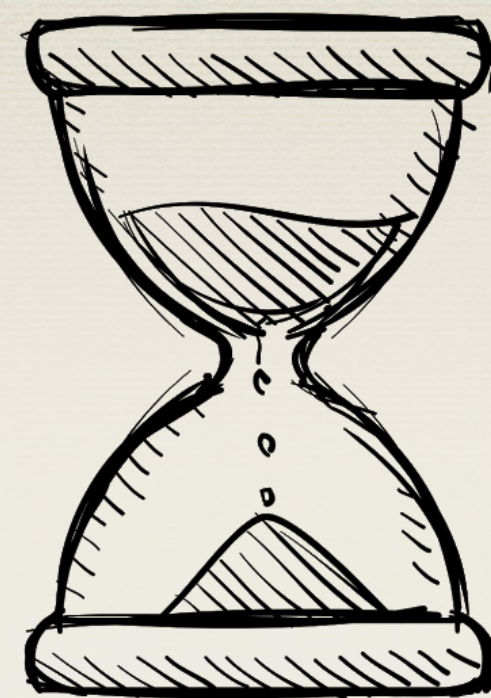
A good kind of tired



“Healing from adversity includes shifting from speed & reflexivity to a slower pace & curiosity.”

My Grandmother's Hands, Resmaa Menakem

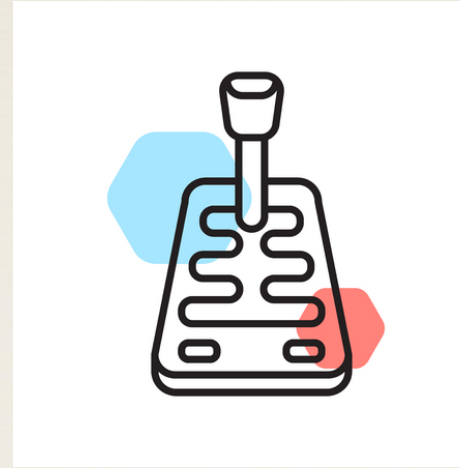




You are likely very good at reading a room of people.
Set the pace based on the needs of humans in front of you.

Yes, I know that would be very brave...

Consider if you might shift gears this summer & then set a pace very intentionally as you move into the coming school year.



Create “space from input” this summer, to the degree that you can.

Consider mindfulness & mindlessness.

This summer practice strengthening your internal pace by anchoring yourself in the midst of situations that are moving at a pace incongruent with what you intentionally set.

Mindfulness & Mindlessness

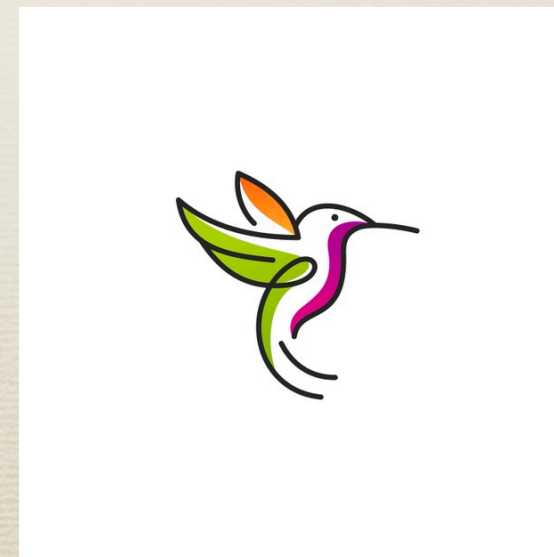
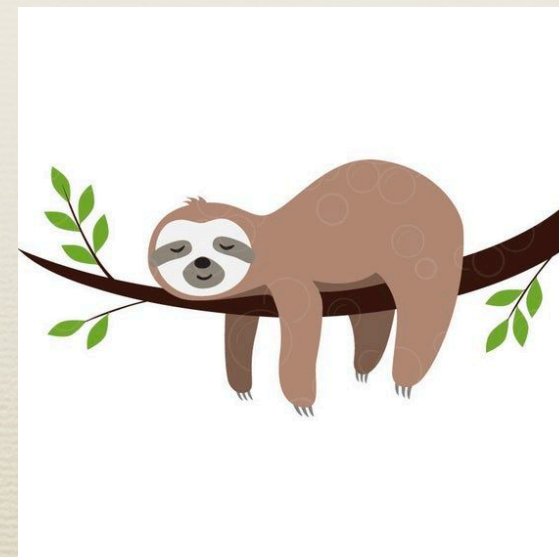
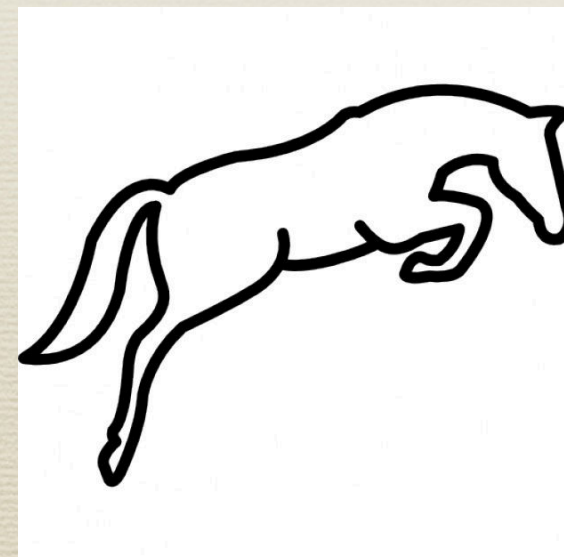


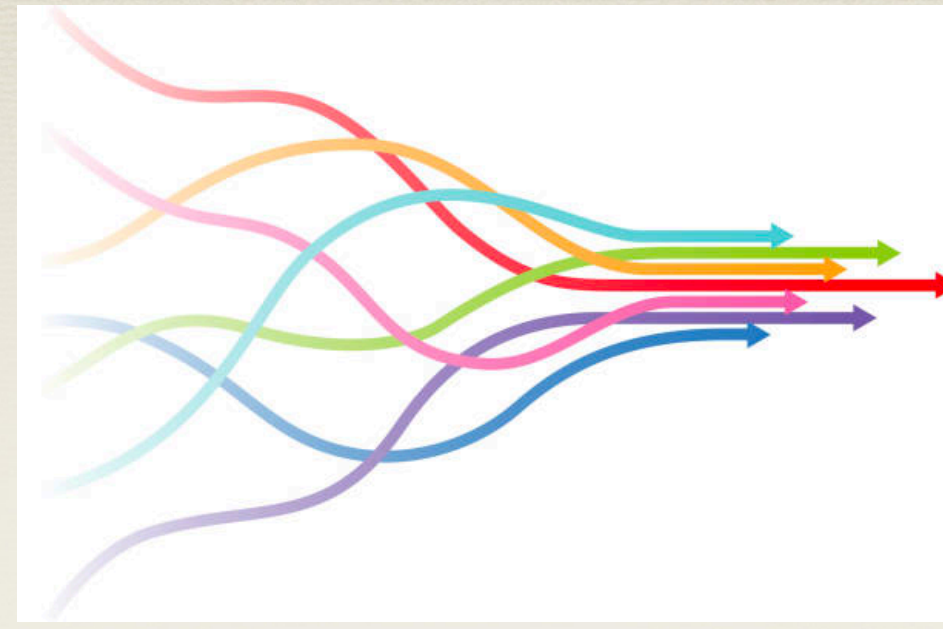
- “Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.” Kabat-Zinn
- “Another powerful strategy... is intentional mindlessness. When we engage in mindless action, whether playing sport or other games, dancing, drawing, hiking, singing or playing music, or any other activity that absorbs us in a fun and playful way, our spontaneity increases.” Odelya Gertel Kraybill, Ph.D.

<https://www.psychologytoday.com/us/blog/expressive-trauma-integration/201812/why-you-should-be-mindless-in-2019>

Can you think of a metaphor for

- Your current pace...
- The pace that would help you be well & be in synch with your goals this summer.
- The pace that would help you be well & in synch with your goals as you move into the next school year.





Moving forward with the wisdom we gained and
recognition of the impact we acquired.



Thank you for your dedication to the children and
families of Vermont!

Joelle van Lent, Psy.D.