

NURTURED HEART APPROACH

The Nurtured Heart Approach was developed by Psychologist, Howard Glasser from the Children's Success Foundation. The program purpose is to change negative behaviors in children.

The NHA has been successfully used with adults as well.

CORE METHODOLOGY

There are **3 STANDS**

of the

NURTURED HEART APPROACH

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CORE METHODOLOGY

**STAND 1 – I refuse to energize
negative behavior**

NURTURED HEART APPROACH

CORE METHODOLOGY FOR STAND 1

ABSOLUTELY NO!!

**I WILL NOT REWARD NEGATIVE BEHAVIOR WITH MY
(NEGATIVE) ENERGY, CONNECTION OR RELATIONSHIP.**

**Avoid passive-aggressive responses, closed body
language, inconvenienced or irritated behavior**

STAY POSITIVE

NURTURED HEART APPROACH

CORE METHODOLOGY

**STAND 2 – I will not ignore
behavioral success. I will find it
and super-energize it when it
occurs.**

NURTURED HEART APPROACH

CORE METHODOLOGY FOR STAND 2

ABSOLUTELY YES!!

**I WILL RELENTLESSLY CREATE AND ENERGIZE POSITIVITY
THROUGH MY RELATIONSHIP WITH THE PATIENT.**

I WILL ENERGIZE FIRST-HAND EXPERIENCES AND SUCCESSSES

**Find a healthy, positive component to every patient
SEE THE CUP AS “HALF FULL”**

NURTURED HEART APPROACH

CORE METHODOLOGY FOR STAND 3

ABSOLUTELY CLEAR!!

I WILL HAVE INTENTIONAL CLARITY IN MY EXPECTATIONS.

I WILL ALWAYS PROVIDE A TRUE CONSEQUENCE.

**WHEN A RULE CONTINUES TO BE BROKEN, I WILL GIVE THE
PATIENT AN OPPORTUNITY TO “RESET”**

ENFORCE CONSEQUENCES FOR REPEATED NEGATIVE BEHAVIORS

**How many speeding tickets and fines will it take before
you slow down?**

**How many consequences will it take before the patient
realizes that his negative behaviors are not effective in
getting what he wants.**

ENFORCE LIMITS, BOUNDARIES AND CONSEQUENCES.

NURTURED HEART APPROACH

RECOGNITION TECHNIQUES

ACTIVE RECOGNITION – Facts related to **what you see right now** that are related to compliance (less yelling, swearing, threatening) “Thank you for not yelling at me...”

EXPERIENTIAL RECOGNITION - What you see but also what that says about the patient’s ability to comply. “Thank you for not yelling at me. It shows that you have good self-control.”

PROACTIVE RECOGNITION – Rules that have not been broken. “I see you are staying in your bed. I see that you didn’t try to hit me this time.”

CREATIVE RECOGNITION – Clear and doable request and then recognizing the movement toward that request. “You said you weren’t going to take that medication but you did anyway. Thank you so much.”

These techniques will be less successful with patients presenting with intoxication, dementia (sun downing), autism spectrum (depending on severity), psychosis, or

medical illness that impairs cognitive and/or ego functions
(UTI, diabetic reactions)