

Gentle Teaching Knowledge & Experience

Instructions: Please refer to “Mending Broken Hearts” to answer the following questions. You can find a copy in the Globe Star office if you don’t already have one.

Name _____ Today’s Date _____

Chapter 1: Companionship and Community

1. What are the four pillars of companionship?
(safe, loved, loving, engaged)
2. What are the four tools of caregiving?
(our presence, our hands, our words, our eyes)
3. In your opinion, do you see any contradictions between Gentle Teaching philosophy and modern cultural values?
(it emphasizes independence and self-reliance, while gentle teaching emphasizes interdependence)
4. Which of the following is embodied in a spirit of gentleness? (*E*)
 - a. nonviolence
 - b. social justice
 - c. unconditional love
 - d. warmth
 - e. all of the above
 - f. none of the above
5. True or False: Engagement is based on both physical and emotional safety. (*True*)

Chapter 2: Looking at Ourselves

1. Why do we need to take the time to look critically at ourselves?
(Caregiving is about how others see us – we need to look critically at ourselves to be able to help others. We need to see the subtle ways we convey who we are)

2. MATCHING

- | | |
|-------------------------|---|
| ___ Listening (b) | a. on-going expression of deep warmth |
| ___ Talk (d) | b. reading the person; draws out feelings |
| ___ Warm Protection (c) | c. gives the person feeling they are safe with us |
| ___ Restraint(e) | d. objectifies the person and disregards feelings |

___ Unconditional Love (a) e. focuses on using power to control others

___ Earned Reward (f) f. only acknowledges good behavior

3. Which of the following is an expression of companionship, rather than clientship? (d)
- a. Use of labeling
 - b. Self-determination should be the ultimate goal
 - c. Keeping clients away from staff activities
 - d. Being willing to share appropriate bits of your life

Chapter 3: Becoming Connected

1. What are the two rules of moral development?

(feeling of companionship, community, or other-centeredness)

2. How does caregiving relate to moral memory?

(Caregivers teach those who have been hurt to know that it is good to be engaged, safe, loved and loving – they are moral guides and helping them to develop a new moral memory)

3. Which of the following is not a role of the caregiver as moral guide? (c)

- a. Keen sensitivity to needs of others
- b. Nurturing others when problems occur
- c. Setting firm rules and guidelines
- d. Preventing problems from occurring

4. LABEL THE FOLLOWING AS TRADITIONAL OR GENTLE TEACHING VIEWS:

Individually focused: _____ *(traditional)*

Unconditional love: _____ *(Gentle Teaching)*

Companionship/Community: _____ *(Gentle Teaching)*

Based on consequences: _____ *(traditional)*

Leading to self-reliance: _____ *(traditional)*

Chapter 4: WHO THE OTHER IS

1. Understanding one's value and sense of purpose and meaning – who is the person creating companionship with others?

caregiver/us

2. What is the most profound vulnerability we face? (B)
 - A. Rejection
 - B. Death
 - C. Fear
 - D. Weakness

3. Give three examples of inner vulnerabilities.
(physical needs, emotional needs, personality, lack of life-meaning, lack of skills)

4. True or False: Everyone has vulnerabilities. (True)

5. Bodily integrity includes all of the following, except: (D)
 - A. Health Care
 - B. Safe from Harm
 - C. Nourishment
 - D. Being Beautiful

6. Which of the following shows that a person feels self worth? (A)
 - A. Pride in Self
 - B. Pride in others
 - C. Refusal to Communicate
 - D. Withdrawal from Group

Chapter 5: Community centered celebration

1. What is a community-centered celebration?
(an on-going process of deepening and broadening a spirit of companionship and community between supported persons and their circle of friends)

2. Celebrations promote: (C)
 - A. Independence
 - B. Individualism
 - C. Community
 - D. Individual Good

3. True or False: It is acceptable to tell a person that their dream is impossible. (F)

4. True or False: At a celebration, we are not talking about agency obligation, but about personal commitment. (T)

5. Who makes the decisions at the celebration?
(the entire group, collectively)

Chapter 6: Community Formation

1. Name three activities of caring:
(expressions of warmth, expressions of affection, nonviolence, mutual respect, sharing, doing things together, dialoging together, gathering at the kitchen table, empathy, celebration of gifts, supporting one another's vulnerabilities, instillation of hope)
2. Explain what kitchen table dialog is and what it is for:
(a gathering together frequently, using kitchen table tools to provoke discussions, sharing what is important in our own lives, informal and non-threatening, focused on who we are becoming, the center of the community)
3. True or False: In the beginning, it is common for those we serve to play an extremely passive role? (T)
4. What is the role of a servant leader?
(working side by side with direct caregivers, setting a nonviolent example, gathering caregivers together on a daily basis, offering on-going praise and support, using the kitchen table to dialog, showing how to diminish/prevent violence, assessing those served based on companionship, assessing the culture of the service together, writing personalized plans together, advocating for their community, ensuring a focus on community formation, dealing with support staff and agency administrators)
5. Why do we need to know our vulnerabilities?
(so that the group can learn to recognize its individual weaknesses and become more interdependent)

Chapter 7: Mentoring a spirit of gentleness

1. Name one of the goals of mentoring:
(to improve the wellbeing of troubled individuals through formation of companionship/community; to establish a sense of companionship with caregivers; to teach a spirit of gentleness to caregivers through example and coaching; to develop with caregivers prevention strategies to reduce violence and evoke peace)
2. Give two examples of topics to talk about in the first "kitchen table dialogues":
(companionship, feeling safe, feeling engaged, feeling loved, feeling loving)
3. What are some of the intended outcomes of mentoring? (Please list at least 3)
(increases in amount and quality of physical contact and warmth and quality time spend with individuals; increases in caregivers working together and job stability; improvements in the culture of home-quietude, slowness, softness, appearance; community centered celebration; stabilization of staffing patterns; decreases in acts of violence)

Chapter 8: Mending the broken heart

1. Our role is to open our _____ and _____ to the _____.
(arms, heart, individual)

2. Finish the poem

*Take your gifts and
The mandate of love.
Gentle your way
Into a broken heart.
And, then,
Mend it
With your laces
of _____*

(affection, love.....)