

# Personal Teaching Plan Knowledge & Experience

Information: Please use the "Personal Teaching Plan - QoLM-011" as a tool to navigate this teaching session.

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

The personal teaching plan has been a way for us to self-reflect on how to create meaning in one's life by becoming aware of our tools to teach the basic foundation of Gentle Teaching, safe and loved. It is through this foundation that one understands the basic of our meaning, companionship. And as we become aware of who the person is and who they are becoming, we begin to examine one's quality of life through the basic human values. These values hold one's possibilities and vulnerabilities that gives meaning to one self and others. It also identifies our role and responsibilities, to realize our privilege to be a part of one's journey in life.

Let's review the basic framework of a personal teaching plan. The first area is to **value**: this reflects our role to be aware of how we use our tools: presence, eyes, words and hands to teach one to feel safe and loved. A part of this foundation of safe and loved is to understand the ten elements of companionship. These elements help us to identify what we are doing and how we create meaning with our interactions with the person. For example, we teach one to feel safe and loved, can we reflect on how our words create meaning to give one a sense of *companionship* or did your words identify the individual as the *client*? Another way is to be aware of your point of reference. It is not looking at this person to change, but realizing change starts with us.

As an example we can look at this example of valuing.

Today you were five minutes late for work, and your boss wrote you up, even though you were late because your son was sick. Do we find our self with the person we serve by interacting without the awareness of valuing as in this next example. Today I wouldn't come out of the bathroom to take my meds at the exact time you wanted me to, when in fact I couldn't come out because I was ill. Then you documented on my quality of life sheet that taking meds was an area of difficulty. Valuing would be asking the person we serve, "Are you okay in there? It's time for your meds. I have them ready when you are. Let me know if you need some help."

**Teaching** is the second area within this framework. It is important not just what we are teaching, but how we are teaching. One can reflect on the teachers in our own lives and how the person created meaning with us and what they did, not just what they taught. In this area understanding one's quality of life values, how to support as we teach, what important activities are meaningful, and what formal goals are we teaching to enhance one's quality of life.

The third area is **protection**. It is important to understand as we learn, one must feel secure. As identified in a quote by Rudolph Dreikurs, "Until I can risk appearing

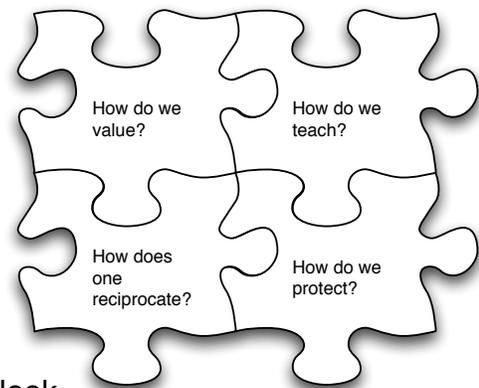
imperfect in your eyes without fear that it will cost me something I can't really learn from you.”

As we review the first three areas let's examine the following table:

<b>What the Individual is doing</b>	<b>What your role is</b>	<b>When</b>
Learning	Teaching	During times of relative peace
Experiencing	Protecting	During times of difficulty
Valuing occurs at all times during your interactions with the Individual		

**Reciprocation** is the last area of this framework. It is important to realize our valuing, teaching and protecting can and will be reciprocated by individual we mentor. Therefore, we must look at this area as the key to one's learning and growth.

As we re-examine these four areas we must begin to see how this framework is integrated into our on-going interactions to create meaning. How do we value? How do we teach? How do we protect? How does one reciprocate? Again, what do we see? These should be the questions we ask ourselves, not “How can I modify one's behavior?” We will now break down each lesson to see what this might look like.



Gentle Teaching identifies four important lessons. The first lesson is “My friend, when you are with us, you are safe. These hands will never hurt you. These words will not put you down. These eyes will look warmly and lovingly at you.” The next lesson is related to the first, “You are not only safe with us, you are loved! Our love is unconditional!” The third lesson is, “Learn to be loving toward others!” And, the last lesson is, “Learn that it is good to be with us, do things with us, and even do things for others!” Safe, loved, engaged, and loving are the cornerstones of Gentle Teaching.

Our purpose is to teach one to feel safe and loved. As we do this we need to assess where the person is in their continuum of unsafe, unloved, unloving, and disengaged, to being safe, loved, loving, and engaged.

As we use the framework of Gentle Teaching to: value, teach, protect, and reciprocate along with these four lessons use the following table to identify an example in your interactions with the individual you serve to create meaning and value as you create a sense of companionship and community.

First, think of a situation that has given meaning to you and the individual by completing the following table to begin this exercise and then use this information to complete the next two tables.

Framework	What do you see in these areas during this situation?
Value	
Teach	
Protect	
Reciprocation	

Destination	Read the destination to the right and identify what did you see from this situation above?
1: <i>A Life Plan Through Daily Structure with Rituals Of Value</i> : We must understand that the purpose is to create companionship, and through this journey of safe and loved, we help to identify that one has a purpose thru meaningful rituals and a life of structure.	
2: <i>Sense of Self-Worth</i> : Continuously helping one to be engaged in meaningful rituals in relationship with us, one begins to see one's self-worth through our teaching.	
3: <i>Sense of Belongingness</i> : One begins to see themselves as being connected as we continue to engage or focus on building the relationship with a true sense of safe and loved throughout their community.	

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4: *Feeling Safe and Loved*: At this destination the individual feels safe and loved through many meaningful rituals that laid the foundation of unconditional love.

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5: *Laying the Foundation for Inner Contentment*: Many interactions with meaningful rituals that focus on building the relationship compared to compliance or accomplishing the ritual creates the moral memory that is needed for the individual to feel free of traumatic stress.

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6: *Opening The Door*: As an individual begins to look for his/her harbor, we must open it with love and with our presence.

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7: *Being Present to Build on the Foundation*: As the individual spends time with us, he/she begins to understand that "I am because you exist."

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8: *Valuing*: This is the goal of our relationship, valuing each other as we teach each other that it is good to be together and it is good to do things together.

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9: *Safe and Loved with Meaningful Activities to Expand the Foundation*: This is the goal of our relationship, creating companionship and a sense of community thru meaningful rituals.

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Please share a word or a statement with the us regarding your awareness of what you see in your interactions through this exercise?