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Okay.

2 "Sanko, Michelle" (998521344)

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Welcome and thank you for calling into Cigna's autism awareness series. My name's Michelle. I'm case manager with the autism specialty team. Due to the format of this call, your line will remain muted throughout the entirety of the seminar. Any questions received throughout the presentation will be through our Webex platform, and we should have time at the end of the seminar for any question and answer.

3 "Sanko, Michelle" (998521344)

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It should be noted that we'll only be answering questions that are on today's topic, and there will also be an opportunity at the end to complete a short survey as well. A handout for today's seminar is also available online at [www.cigna.com backslash autism](http://www.cigna.com/backslash/autism). If you scroll to the current topics section in the middle of the page, you can.

4 "Sanko, Michelle" (998521344)

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Click on today's topic labeled value driven couples and families or of course follow along throughout the Webex presentation. A recording will be available once finalized at the same website. Please note that not all policies cover today's topic, and for more specific information if your policy covers topics discussed in today's seminar, please contact the autism team by calling the number on the back of your insurance card. Today I have the pleasure of introducing Dr. Thomas Lucking. He's a licensed psychotherapist and life coach. Dr. Lucking has.

5 "Sanko, Michelle" (998521344)

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With his career between solving two types of problems digital and human. He worked as a software engineer for technology companies like Microsoft and Texas instruments before focusing on human engineering and how people optimize their lives through a holistic mind body spirit, social approach. Dr. Lucking is also a teacher and author, he has written books on social.

6 "Sanko, Michelle" (998521344)

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Skills and digital addiction as well as many research papers within his academic pursuits. He has received degrees in computer science, counseling, psychology, and theology, autism, ashburgers, ADHD and

digital addiction are specialties in his practice. And he has successfully applied to his approach to many problem areas including mood disorder.

7 "Sanko, Michelle" (998521344)

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There's anxiety and life discernment questions. He works with individuals, couples, including their eye diverse and family struggling with these issues. With that being said, dr. Lucking, I will hand it on over to you.

8 "Thomas Lucking" (3711641856)

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Great, thank you so much. Thank you so much Michelle Pleasure to be presenting here for the autism awareness series. So I'll dive into the slides I have and, happy to take questions at the end as Michelle mentioned. I work in a practice in the.

9 "Thomas Lucking" (3711641856)

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The San Francisco Bay Area, but we we serve the people on the spectrum individuals, couples and families really throughout the world, through our coaching practice, so we're happy to help at any time. And today's topic, we're going to be talking about values, and, and, and values are really critical.

10 "Thomas Lucking" (3711641856)

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They're, they're foundational to many psychotherapeutic modalities and I've I've created a, a model that integrates a bunch of tools that really takes the concept of looking at behavior and saying, where does behavior come from, right? So humans have thoughts, we have emotions, we have behavior, and we want to understand the the causal connection between where our behavior comes from and and where they start. And, and values are these.

11 "Thomas Lucking" (3711641856)

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These entities that we, we develop and, and, and embrace throughout our lives, they're given to us through various means which we'll talk about here in a moment. But I just wanted to start with this 1st slide, this, this quote from Mahat Magandi, right? It talks about your beliefs, become your thoughts, thoughts.

12 "Thomas Lucking" (3711641856)

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Become your words, words become your actions, actions habits, habits, values, values your destiny, right? So that really kind of speaks to the trajectory of the human experience. Really beginning with these beliefs, one could encompass all these concepts into a terminology we

use called worldview, right? What is my worldview? What is my lens in.

13 "Thomas Lucking" (3711641856)

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Which I see the world, see myself, see my relationships. And ultimately, meaning and fulfillment comes out of acting out of our values, right? So if if we believe something is right and my behavior follows that belief.

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There's gonna be a sense of fulfillment, right? So it's just really, really critical. Not only is our behavior determined by that, but our sense of fulfillment comes from how aligned we are with our, our values. I I have a form I I I work with my clients on and it asks, you know, how a.

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Mind are you with your worldview, your values, and your behavior as of late? And, and that's a really telling question, right? When it comes to how people are showing up emotionally. So we want our, our motivations and our actions aligned with the aspirations of who we want to be, right? Values are our ethical GPS. They direct our behavior and help us to.

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Determine where we want to go. Without values we really have NO direction. Acting out of our values gives us meaning and and this fulfillment that I spoke of. And I love this quote from Thomas Murtin that talks about, how you, if you want to identify me, ask not where I live or what I like to eat, call my hair, ask me.

17 "Thomas Lucking" (3711641856)

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Well, what I am living for, ask me what I think is keeping me from living fully for the thing I want to live for. So this really speaks to getting to the heart of fulfillment and and culturally speaking, we, we tend to be a.

18 "Thomas Lucking" (3711641856)

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Image focused and outer focused and, how, how we look and how we present and, you know, that tends to equal happiness. In the long run that tends not to be the case. So we really want to spend some time thinking about values and how important.

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They are especially when we work with neurodiverse families, couples, individuals, people on the autism spectrum, and they can see themselves as different, right? And, and what do we do with that? What do we do with that sense of being different? And if we have a sense of ownership of who I am, what my values are, regardless of.

20 "Thomas Lucking" (3711641856)

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How I'm different from others, we can derive a sense of, of comp self confidence and self esteem that can really support us as we go out, take risks and engage the world. So we'll go to the next slide.

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Now, ok, so now we identified values and and really how important they are. Now we want to talk about how where do these come from? Where do these values come from? Four of the big areas that people adopt values from are, your, your family of origin?

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The school, you, you go to, whether it's elementary through high school and post high school education, religion, whether it's a church, cinegog, temple, there's usually some sort of ethical or moral code that.

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People adopt or or is presented and taught when people are involved in religion. That can also include philosophies of living, right? So some people would call bootism of philosophy or just other humanistic or stoic philosophies. There's many out there, of course.

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But whatever system of living or code of living that one might participate in, there, there's usually certain values that are presented. The golden rule, the silver rule or or examples of that.

25 "Thomas Lucking" (3711641856)

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And then of course media. We can't forget media. We live in a 2047 media driven world for good or for worse, and this is definitely something that needs to be acknowledged and managed. We'll be talking about parenting here in.

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Few moments and really it's it's not optional these days to have parents be media literate because it's it's just everywhere. And it's

amazing the amount of information we can have, but with all things technology, there's there's healthy uses and, and not so healthy uses as we're coming to learn with many of our our technology platforms that we hear in the news every day.

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So the think of these four areas where people adopt values and, you know, people grow up and and they're gonna adopt these by default. Now the the question is, and, and what I always encourage people to do, at some point in your life, you're gonna wanna stop and say.

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These are the values I've been given. Let's identify them. This is the worldview. How's it working for me? You know, are, are these aligned with what I want, right? Are these aligned with where I want the direction of my life to go? So, and, and if that's, if they are, that's great, that's great. But.

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And many times people get to a point where they say, oh, you know, this isn't really what I, what I want. This is different, right? Because humans get to a level where in life where they have to become their own person, they need their own agency, their autonomy. And until they identify what they see as their authentic self.

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They're they're living someone else, you're living someone else's life, right? So that is, again, quite essential to this process and that gets to that other circle on, on, on this side. It says be intentional, right? So at some point, and I think parents can, can.

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Provide a great service to children by encouraging them to ask questions, right? What do you, what do you think about the values that we have in our family? What do you, what do you think about the values your friends adopt and the behavior, you know? Just that simple level of awareness and inquiry gets people thinking.

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Right? I think a lot of times we're just so busy with all the activities and and projects we have to work on, you know, people never stop and say, is this the right track I want to be on? Who am I? You know, what am I, what is life about? And what do I want to do about that, right? An unexamined life is not worth living. The, the Greek

philosophers told us and I I think that still holds true today. And it's not like you have to do this every single day ponder this, but at some point in your life.

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To to really ask these hard questions about what am I living for? Who am I? Am I being authentic? This is something we we help people with every day in our practice journey with them to ask these questions. And ultimately, how do you spend your time and your resources? This is the.

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Concept of reverse engineering your life from actions to values. There's, there's some great exercise that talk about audit your time, money, your relationships, what, what do you spend time with? And then is there a disconnect between what you say you value and how you spend your time? So these are the, questions that you'd want to.

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Ask as part of this living a life of intentionality. So that speaks to a bit about where values come from and this concept of being intentional to the point where you personally take some time in your life to really own your values.

36 "Thomas Lucking" (3711641856)

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And develop and live out of a place of authenticity. Okay, next slide. Now, we, we wanna take a look at human history here. Each of us, where it was.

37 "Thomas Lucking" (3711641856)

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Born into this experience of the human race that and we're part of a, a long line of humans that have been around, you know, 50 plus thousand years in our current form and we're not the 1st people to drop on the planet, at least the current generation, right? So we want to pay a little attention or a lot of attention to those who have come before us.

38 "Thomas Lucking" (3711641856)

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Right, we stand on the shoulders of those who have journeyed through this life before us and we are going through this life now and there will be others that come after us and they will look to what we've discovered. So we don't want to reinvent the wheel all the time and we see that certainly with our technology as it continues to be.

39 "Thomas Lucking" (3711641856)

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Build upon task discoveries and but we also wanna look at what philosophers and deep thinkers have thought of about the human experience before we arrived. And so otherwise it's, you know, life just becomes unnecessarily complex and we have to, we make.

40 "Thomas Lucking" (3711641856)

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We make choices and risks failures in ways that people have taught us or learned themselves that, you know, don't do that. So just one example, we look at sacred text, whether it's the Bible or the Gita or, other, other sacred tests, whether it's from religious tradition.

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Or philosophers or writers, the lists higher values that lead to meaning, happiness, and fulfillment. Alternatively, it lists lower values that lead to depression anxiety, and suffering. Now we're all free to choose whatever values we like. These values have stood the test of time over generations.

42 "Thomas Lucking" (3711641856)

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You know, like the golden rule, right? Look and and one of the exercises I I give to people I work with is, you know, look over this following list and see which values you align with. So, and, and there's NO judgment here, right? That's, that's the process we want to give people freedom.

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One of the challenges within certain contexts is you're gonna have pressure and judgment, you know, to pick this. We really wanna honor the, the human will and its need for freedom to choose. Here's the information, you know, see what you think. Sometimes people go through life and they have to try different values out. We see a lot of experimenting expects especially in teenagers with.

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Preferral cortexes that are not fully developed and we end up with high risk taking behavior and that sometimes can lead to unfortunate consequences, but we wanna honor we wanna give the provide the information, but at the same time we wanna invite collaboration.

45 "Thomas Lucking" (3711641856)

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Because we all know, working with teenagers, you tell them to do X, they're gonna do Y You tell them to do Y, they're gonna do X, right?

There's this certain rebellious piece component just for the sake of doing the opposite, whether or not it's right. So if you start from the beginning and, and lay things out, I found that.

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Especially kids, they tend to understand a lot more than we might think, right? There's this sense that, oh, I have to really handhold my child through life, and in many ways, they might be able to understand a lot more than you think. So when I work with teenagers and present these types of things and they understand it within a context that doesn't have judgment or pressure.

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They find that it can be quite quite liberating and and quite empowering, right? We really want to empower people. That's, that's so critical. We want to empower people to live their life on their terms, and if we end up with any kind of pressure, there, there's gonna be nat, there's just natural resistance.

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Right because the, the human trajectory is one that guides towards autonomy and authenticity, and we really wanna respect that. So it's not just what you present or teach, it's how you do it, right? That's, that's so critical.

49 "Thomas Lucking" (3711641856)

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Okay, next, next slide. So this is just a simple exercise that we can look at to name values. Once we've done some education on what values are, how we get them and guiding, people to make some choices.

50 "Thomas Lucking" (3711641856)

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We ask ourselves to say, ok, what, let's name some values. And one of the exercises is name the column, name the value that you want to embrace. The 2nd column explains how that value shows up with specific behavior.

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The 3rd 3rd column describes when and how often the value driven behavior shows up. The value is not real unless behavior and time expressing that value is lived out. And this is this is simple, but it's important because you're gonna see in a few moments how.

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We use this model called XYZ families to build upon this and guide the families and and people to help them make choices about values and really drive home the point that it's not your value unless your behavior reflects it.

53 "Thomas Lucking" (3711641856)

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Okay, next slide. So parenting. Yeah, let's talk about parenting. Dr. Becky Kennedy has a excellent book on protocols for excellent parenting and talks about.

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Rules without relationship leads to nrkey, right? So this really speaks to what I've been talking about, how you present a formation, how you present values. This is really critical, right? Because we, we gotta have we you have to have the relationship. 1st and foremost, you need love, you need a feeling of safety and and care, and I matter, right? Because to present.

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Then even the most incredible information without that is is it's gonna be this natural rejection because we have this emotional bias, there's a there's a term in psychology confirmation bias, right? You could have, we see this in politics as well. We can, you can have the most incredible statement that is absolutely true and, and earth shaking.

56 "Thomas Lucking" (3711641856)

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And revelatory, but if that relationship isn't there, it's just not gonna matter. Now kids are born with feelings and NO skills to manage them. You know, there's another, another phrase that I find quite insightful, right? So, as, as many of us know, you know, children can have pretty big feelings.

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But to be able to regulate them, you know, that comes later and and 1st of all, they don't have the brain development and they don't have the skills. So, keeping that in mind that, you know, our, our kids are gonna have feelings and feelings are so, so critical.

58 "Thomas Lucking" (3711641856)

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Because there's, there's limited abilities to regulate them, so we have to pay attention to them 1st. It's like the soil in in a garden. You have to make sure that that is rich and, and nutrient filled before you expect plants and vegetables to grow.

59 "Thomas Lucking" (3711641856)

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You could say that bad behavior is a sign that there's a lack of skill, right? So there's, there's I don't have the skill to manage my emotions and emotions drive behavior, right? So keeping that in mind, I think can really help with compassion and understanding, especially when, behavior.

60 "Thomas Lucking" (3711641856)

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That's not ideal is observed. And the last phrase is kids need sturdy consistent boundaries. This is the concept of, of consistency and modeling. Many times it's, it's difficult for kids to really hear a phrase and then see something different.

61 "Thomas Lucking" (3711641856)

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There's nothing like repetition, something I I tell people is people are what they repeat. So sturdy consistent boundaries. This is setting up an environment that kids can rely on and they can look to.

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As as kind of a rock in their life because everything is new, everything is shaky in kids lives. They haven't really defined what the world is about. So if they have an environment where these boundaries are consistent and sterdy, whether they like them or not.

63 "Thomas Lucking" (3711641856)

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That's something they can build upon as something consistent that the world is, is, part of. So, next slide will speak to what we call a, a family structure.

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So kids are not in charge, and neither are the cats or the dogs. The cats or dogs tend to be ok with that. The kids not as much as they grow, right? So we wanna, we wanna be collaborative with kids and and families, but at the same time.

65 "Thomas Lucking" (3711641856)

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And there's, there's just the reality that that people are at different stages of life. So we all want to accept the fact that there is a structure. There's a model called structured family therapy, which really builds on this fact that this is how our our rules and our roles are set up.

66 "Thomas Lucking" (3711641856)

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And similar to values, this is the, this is the system from which we're going to build our family upon. Now, it doesn't mean that the parents don't listen to the, to the children. It doesn't mean the children don't listen to the pets.

67 "Thomas Lucking" (3711641856)

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Absolutely, we we it doesn't mean that it's not a dictatorial type of setup here, but at the same time decisions need to be made, and this is the structure which we work in, and with roles, the higher up on this structure you go comes more responsibility.

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Alright, and we're gonna talk about that in the next slide quite a bit because as as kids grow up, they, they want all kinds of rights, they want all kinds of privileges, but they don't want their responsibilities, right? So being up higher up on the, the org chart here isn't necessarily always a.

69 "Thomas Lucking" (3711641856)

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Good thing, right? It can come with stress because there's more responsibility and and kids don't always realize that. So the decision making certainly is going to be at the higher levels. We want it to be done collaboratively, but at the end of the day, a decision has to be made. And we'll talk again about how this actually plays out practically speaking.

70 "Thomas Lucking" (3711641856)

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So keeping in mind the system, the structure that's in place as we implement, values driven families is, is critical. Let's go to the next slide and we have what's called the I'm sorry, go back one slide. This is where we have what we call the V of love. Some people call it. It's this idea that people have.

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The, again, these are different stages of life, right? That people will go through. The previous slide was the structure. So you have children, teen, adult, and there's a lot here to to consider, but children, right, are dependent.

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Right, they're they're they're they're dependent on the parents, right? For food, for shelter, you know, for pretty much everything,

right? And their, their goal in life is to prove that they are competent.

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Right, and and that doesn't always play out, but that's that's where they're at. And when as you can see this V coming up, you can, at, at the lower end of the V, there's going to be more direction or or more formation. Why? Because children are gonna be more irresponsible.

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Right? You're not gonna let them drive the car or not gonna let them maybe cook the meals just yet, right? They they don't have the ability to, to live love live life and accomplish tasks in a way that adults are able to. So they need more oversight, right? So that's what that means. And then as you go up the, the scale here, up the V, do you get more freedom.

75 "Thomas Lucking" (3711641856)

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Right, so that's that's the idea here. And parents and families have to adjust. One of the challenges we see a lot of times is families get stuck in in one phase of development and they don't move to the next one. So we want to keep in mind that life is a journey, not a.

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Nation and we always have to be thinking about, oh, are, are have the children moved to the next phase yet? So teenagers are, are really obsessed with independence, right? We want to know, they, they want to get to a point where they want to make the decisions. They want the privileges, right? And.

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And you can see on that right line, we have freedom and choices, right? So the higher up you go, you get more freedom, but on the other side, you're gonna have more responsibility. Yuk. Okay, so now and and so we have more rights, but you you can't have freedom without, you can't have rights without responsibility, right? So, so that's just the way life works, it's the reality we've been given.

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At some point you just get down to the point that says that's the way it is. So you get up to the adult level and you get to this place where you're, you have more responsibility, more rights, more, more freedom and you can make all kinds of choices which which is ultimately what every child and teenager is, is seeking. The other,

the other piece to keep in mind is the ultimate goal is not independent, right? It's this interdependence. The Adults realize that.

79 "Thomas Lucking" (3711641856)

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But, you know, they can't do it alone and we're part of a community and that's how that's why humans have been able to survive and, and, and even thrive because we work together and we have language, we communicate, we, we, we build tools.

80 "Thomas Lucking" (3711641856)

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And at the end of the day, that's what moves our our species forward in, in such rapid fashion as we've seen over these past 50 plus thousand years. So that's, that's the, the journey of the V of love, and this is something to keep in mind as we look at families.

81 "Thomas Lucking" (3711641856)

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The other piece too here is that it's much easier to discuss and find common ground with values rather than behaviors. And when we understand where a person is at in their developmental cycle in this in this structure here, we can tailor ourselves to, to value.

82 "Thomas Lucking" (3711641856)

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Is that are important to them, right? Values to children are gonna be different from teens and adults. Okay, next slide, let's get into our practical, the practical aspects of all this. A lot of the things we've been doing so far have been theory related.

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But we're gonna get into a few more practical aspects here. How do we pull all this together, right? So we've talked about values and different stages and and family structures and how, but how do we actually implement this?

84 "Thomas Lucking" (3711641856)

00:28:56.009 --> 00:29:16.009

And this is something that I've played around with for quite some time, and the challenge is you, you wanna make it simple, right? Every every because people come in, their lives are busy, yet there's behavior problems in, in their family, and it's, it's hard to implement something that's too complex.

85 "Thomas Lucking" (3711641856)

00:29:16.009 --> 00:29:36.409

So hopefully, what I'm presenting here today will achieve that goal.

You have to always assess each family individually for what level of complexity they can embrace and, and, and then to hold their hands accordingly because the accountability piece is so important.

86 "Thomas Lucking" (3711641856)

00:29:36.409 --> 00:30:09.559

Important, right? We, we, we read all kinds of books, go to presentations like this. We get great ideas, in, in theory, but time and time again is the implementation, that's the hard part. I I see that every day, right? That's and I think that's why therapy and coaching can be so helpful because you have someone journeying with you. It's not, oh, read a read a book here, watch this show and you're done. The implementation is really what matters the most. And there's just nothing like my I was just talking.

87 "Thomas Lucking" (3711641856)

00:30:09.559 --> 00:30:32.419

Talking a moment ago about humans being social, there's nothing like having someone journey with you and have that social accountability and support. Because nine times out of ten, we don't get it the 1st time, right? It's, it's over and over and it's regular consistent. We we have a, we have a, a large practice and every day people are out there meeting with folks over and over.

88 "Thomas Lucking" (3711641856)

00:30:32.419 --> 00:30:52.419

And you know, I see it all the time in my practice. It's like, did you do your homework? No, NO, why not? Okay, well let's learn, right? It's not about blaming or judging, it's about learning. So there's my little preamble to the practical aspect of how we actually implement all of these theories and bring them to a place where we have a concrete.

89 "Thomas Lucking" (3711641856)

00:30:52.419 --> 00:31:09.239

Plan and we have a way to create change. So, this is called the XYZ formula, ok? So in our family, we believe in value X, let's say be kind to each other.

90 "Thomas Lucking" (3711641856)

00:31:09.239 --> 00:31:25.349

As a result, we do behavior y, right? We, we use kind words and non violent communication. If Y doesn't happen, the consequence is Z I have to write a letter of apology.

91 "Thomas Lucking" (3711641856)

00:31:25.349 --> 00:31:44.639

If Y doesn't happen, the reward is we get a hug, you know, or we get, you know, what, whatever it is, if we want our favorite dessert or depending on, again, you have to gauge the consequence and the reward

according to the the level of the developmental stage of the.

92 "Thomas Lucking" (3711641856)

00:31:44.639 --> 00:32:04.639

Child. And we, we tend to want rewards more than consequences, but, and, and in many ways Z can be optional, right? If everyone is following the X value, and, and the Y behavior, you don't even have to have Z, right? The goal is to do the Y behavior simply cause.

93 "Thomas Lucking" (3711641856)

00:32:04.639 --> 00:32:25.499

As we believe in the value, not because there is a reward or a consequence. So arguably, if you want to keep it really simple, you can just do X and y, right? And start there and see what happens. The other thing I'll say is that as this implementation process occurs, start small.

94 "Thomas Lucking" (3711641856)

00:32:25.499 --> 00:32:42.779

You know, just, just start small, but don't feel like, oh, we're gonna go do this huge thing and implement all these things because incrementally speaking, we, we all learn as we go, right? So we learn about how our family or our system is adopting this.

95 "Thomas Lucking" (3711641856)

00:32:42.779 --> 00:33:02.779

New approach and then we can modify accordingly. So this is definitely, it gives you a lot of options, but I always tell people starting small and being incremental is probably the wisest approach because nobody wants to get overwhelmed and then things fall apart. Okay, so X y.

96 "Thomas Lucking" (3711641856)

00:33:02.779 --> 00:33:11.069

Let's go to the next slide and let's talk about, a little more in depth about how this process works.

97 "Thomas Lucking" (3711641856)

00:33:11.069 --> 00:33:30.239

So the 1st thing you want to look at is, the term, you know, I I talk about implementation. So you want to start off with a term, whether it could be seven days or it could be a month or whatever it is. Usually when we work with families, we need weekly.

98 "Thomas Lucking" (3711641856)

00:33:30.239 --> 00:33:50.239

So this would be a seven day approach and we see how it goes, right? And we, the nice thing about a term is that there's a begin date, there's an end date, and we evaluate. One of the things you're always gonna find with, with kids and teenagers is they're going to, they're

going to push boundaries, right?

99 "Thomas Lucking" (3711641856)

00:33:50.239 --> 00:34:12.419

But that's their job, right? That's their job. They, they want to see where the boundaries are, they wanna experiment, and that's where the sturdy consistent boundaries are so critical, right? Cause they're like, oh, I pushed on that boundary, not going anywhere, up, I pushed on it like three times in a row, still not going anywhere, ok. I guess that's pretty solid. Let's not go there again.

100 "Thomas Lucking" (3711641856)

00:34:12.419 --> 00:34:28.949

So we want to have these, these terms, these boundaries in place, and we always want to evaluate, and if kids find loopholes in the system, you wanna not be upset, but just say, oh, great job, that's I understand that's what you're trying to do. We're gonna close the loophole now, right? Oh, darn, ok.

101 "Thomas Lucking" (3711641856)

00:34:28.949 --> 00:34:48.949

So it's just acknowledging people's trajectory, their agenda, what their mission is, and, and not necessarily judging for it, that's their job. But there is a structure to contain all this. So let's go into this a little more detail here. On the left, you have belief, and then you have choice.

102 "Thomas Lucking" (3711641856)

00:34:48.949 --> 00:35:05.039

There's a famous parenting model called Parenting with Love and logic, which really has made a pretty big impact I think on the parenting world, and their model is just all about choices, just really giving kids choices as early as possible.

103 "Thomas Lucking" (3711641856)

00:35:05.039 --> 00:35:21.779

Just recognizing that there is this innate human drive for autonomy and agency and you can't start too early to promote that. Because at the end of the day, the best gift parents can give to kids is to prepare them for adulthood.

104 "Thomas Lucking" (3711641856)

00:35:21.779 --> 00:35:41.779

Right? And adulthood is about making choices, right? That's what humans have to do. So you can ask yourself, hey, did my parents give set me up for success when it comes to my decisions and how I make choices? You know, I I don't hear yes a lot too, too often, right? I think parents are too consumed with making choices.

105 "Thomas Lucking" (3711641856)

00:35:41.779 --> 00:36:04.679

It's four children and not celebrating non fatal failures. When kids fail, it's a beautiful opportunity to learn. But I think in our success, obsessed society, we want kids to succeed and win all the time, right? The, our researcher out of.

106 "Thomas Lucking" (3711641856)

00:36:04.679 --> 00:36:24.679

San Diego, really speaks to this idea of, of narcissists, right? We're raising a generation of narciss where we curate everybody, every kid's profile on social media, every kid gets a trophy, every kid always wins. You know, you can you never fail, right? You never, you have to.

107 "Thomas Lucking" (3711641856)

00:36:24.679 --> 00:36:46.609

To learn how to fail and embrace failure. We, we, in our practice, we, we do that, right? We, we don't always succeed. I don't always succeed, but we wanna reframe that, right? Let's have a generational reframing on failure, not so much as something where we beat ourselves up for, but as long as we learn from it, it's not.

108 "Thomas Lucking" (3711641856)

00:36:46.609 --> 00:37:06.509

Not a mistake, right? We don't learn much from our successes, right? We we celebrate them. Our ego gets built up, we have a great day. It's good, we feel great. But the failures, right? That's the opportunity for growth and learning. And ultimately that's what the human experience is about. It's not just success after success. It just isn't the way it works.

109 "Thomas Lucking" (3711641856)

00:37:06.509 --> 00:37:25.829

So in this model, choices are, are heavily emphasized, right? So then those choices come out of values, right? So begins on the left with values, that's the X we have these different levels where we start off with small, small things. So let's say we're dealing with conflict.

110 "Thomas Lucking" (3711641856)

00:37:25.829 --> 00:37:45.829

We want to deal with it using care, love, and low drama. Okay, what's the behavior? We have a, a, another model. We have a bunch of models in our practice that we use that use yellow and red cards. And so we want to use the yellow and red cards to manage escalated emotions. Okay, that's our.

111 "Thomas Lucking" (3711641856)

00:37:45.829 --> 00:38:13.039

Leave. Now, ok, how do we implement it? Then we go over to choice, right? Consequence or reward. So if that, if behavior Y doesn't

happen, we file what we call a red card report and then we figure out how are we gonna track it. The tracking is can happen in a number of ways. Maybe after dinner, everybody checks in around certain activities and behaviors that have occurred, and we figure out, you know, what we should.

112 "Thomas Lucking" (3711641856)

00:38:13.039 --> 00:38:33.150

Do, kindness and respect for others, right? Behaviors, low drama, NO cursing resolve conflicts in a loving way. And then, you know, you make a choice. And, and the nice thing is when these consequences or rewards are spelled out, people can.

113 "Thomas Lucking" (3711641856)

00:38:33.150 --> 00:38:52.470

Recognize, that, ok, there's the consequence of the reward. What do I want? You know, and some people want the consequence, you know, they can say, you know, I really need to call you, a mean name and I'm willing to write the essay. That's rare, but there are some instances where I've seen that.

114 "Thomas Lucking" (3711641856)

00:38:52.470 --> 00:39:11.190

And, and then the parents, right, say, ok, you've made, you've made the choice. You can go write your essay, right? And, and, and read it, right? There, again, you wanna, dr. Kennedy's phrase is one of the most powerful tools that parents can use is to do nothing.

115 "Thomas Lucking" (3711641856)

00:39:11.190 --> 00:39:31.190

Right, and and or another phrase I use is encourage parents to be boring, right? So these are the types of things that's very, very hard to do, but it makes it easier when you have a system in place, like we're looking at here, something where we have beliefs, we have choices, and they just play out.

116 "Thomas Lucking" (3711641856)

00:39:31.190 --> 00:39:48.060

We've already discussed them. We don't have to be in the moment escalating our emotions and beating each other up. We can just go back to what we already agreed to and say, Okay, you made that choice, here's the consequence. Yep, NO big deal. What do you think about it? Let's process it. Let's learn, right?

117 "Thomas Lucking" (3711641856)

00:39:48.060 --> 00:40:07.710

That's always what it's about. When we when we're running around in a hydrama family without some sort of structure system or values driven behavior in place, it's just a lot harder because everything's in the moment, right? Everything's in the moment. Parents have emotions too,

right? So pay this is incredibly valuable for parents as well.

118 "Thomas Lucking" (3711641856)

00:40:07.710 --> 00:40:27.710

And we're not always gonna succeed. And the nice thing is this applies to everybody, parents and kids included. Alright, let's go to the next one. These are just a few more, examples of using the system about, you know, managing or distressed in healthy ways.

119 "Thomas Lucking" (3711641856)

00:40:27.710 --> 00:40:35.280

Can we go to the next slide?

120 "Thomas Lucking" (3711641856)

00:40:35.280 --> 00:40:52.140

Let me see. There we are. Manage our distress in healthy ways, truth telling, nonviolent communications, again, consequence, just reward. We give people a whole bunch of examples using that. Go to the next slide.

121 "Thomas Lucking" (3711641856)

00:40:52.140 --> 00:41:12.140

There's even more examples, one of the interesting ones is NO perjury, right? We do not commit for this is when we're, because there's there's always truth telling, right? Built into this system is the potential that kids and people are gonna lie.

122 "Thomas Lucking" (3711641856)

00:41:12.140 --> 00:41:31.800

All right. Oh, did you, you know, steal the toy from your brother's room? Nope I didn't I didn't, and then you know ultimately the truth eventually comes out and they did. And then, I have a colleague who had his son sleeping a tent in the backyard for a week. So, you know, really creative solutions.

123 "Thomas Lucking" (3711641856)

00:41:31.800 --> 00:41:51.800

That I think, you know, you can come up with. And again, these are, talked about ahead of time. It's not, you never wanna, you know, threaten or give consequences in the, in the heat of the moment, right? Because that's when the human brain is not optimal, we're not operating.

124 "Thomas Lucking" (3711641856)

00:41:51.800 --> 00:42:11.800

At our best and that's where we can do damage to, you know, what we call the emotional bank account and you're violating that 1st rule of, of parenting, which is to love your kids. So we really want to have these things set up ahead of time and to be able to say, what do you think about this? I mean, if you lie consistently, that's a pretty.

125 "Thomas Lucking" (3711641856)

00:42:11.800 --> 00:42:37.400

Big deal, that breaks down our whole system. So the consequence has to be pretty significant. Do you agree with that, you know, John, you know? And, if you want to give Johnny an opportunity to to speak to that, right? That's the other piece I really want to highlight here is this concept of collaboration. When you're, when you're setting up this system, when you're implementing it, you, and, and this.

126 "Thomas Lucking" (3711641856)

00:42:37.400 --> 00:43:07.730

Goes back to the, this family structure piece I mentioned and the V of love. You really want to give kids and everyone in the family an opportunity to say NO, to say, you know, I don't really like this. I'm not gonna buy into this. And then you can say NO, but you have to say why, you know or I've had kids say, you know, I really want unlimited access to my video games and social media so I can be on 10 h a day. Okay, let's talk about it, right? No, the normal response is NO, absolutely.

127 "Thomas Lucking" (3711641856)

00:43:07.730 --> 00:43:26.100

Not right. And I, you know, kids are always surprised when, when I tell them I say, you know, yeah, let's hear about that. What do you think would happen? Do you have any research you found? What are your thoughts on that in terms of what you understand about the human brain? So anyway, we, we have some really interesting conversations.

128 "Thomas Lucking" (3711641856)

00:43:26.100 --> 00:43:46.100

When you give kids that ability to really speak their mind and you set this system up in a way that is done when people are calm and reflective and, and operating out of their their optimal brain space, that's that's when you want these these to be put in place.

129 "Thomas Lucking" (3711641856)

00:43:46.100 --> 00:44:08.180

And then over time, we have this incremental approach which I talked about. Kids get used to the way this system works. That's why this may seem like a lot right here. I'm just I just wanted to give you all some further more advanced examples of how this plays out, but this, this isn't gonna be like the 1st week, right? This is gonna build up probably over a month.

130 "Thomas Lucking" (3711641856)

00:44:08.180 --> 00:44:32.690

And once the family gets used to this system that's in place, everything changes, right? Now we have a bedrock and we can build upon it so something new comes along, we don't have to make it up in the

moment. We can be like, oh, we already have a system, NO big deal. Let's, let's just go to that and let's use that, right? But the hardest thing is that initial period when you're trying to implement a system, that's why you don't want to throw.

131 "Thomas Lucking" (3711641856)

00:44:32.690 --> 00:44:54.120

Go all these things in at once, you want to start with just one thing. Try for seven days and let's see if we get some traction, see if people get used to it. But you can see as it gets implemented and developed over time, you can have all kinds of things in there. And then in the moment, you don't have to escalate and and do damage to the relationship.

132 "Thomas Lucking" (3711641856)

00:44:54.120 --> 00:45:14.120

So I just want to say that very collaborative, very increment incremental, and if, if it's done with patients over time can be incredibly powerful to manage the whole family and implement, you know, low drama and, and manage behavior. And, and this is, and this is true in our society.

133 "Thomas Lucking" (3711641856)

00:45:14.120 --> 00:45:46.670

That's the last thing I'll say on this is a lot of times I'll use the traffic laws, right? Like, what if we just got rid of the double yellow line, got rid of the traffic lights, I mean, people know what they are by now, right? You've been driving for a while. We're not doing that, right? Every human institution needs some sort of structure, right? When when you when you live an environment that's just chaos, humans don't do so great, right? We we need something bigger than ourselves to, to motivate us, to manage our behavior and.

134 "Thomas Lucking" (3711641856)

00:45:46.670 --> 00:46:06.670

You know, we all have that voice inside our head that just wants to, you know, lay in bed all day and and eat junk food and and binge watch, right? And but and that might seem kind of fun for a little while, but at the end of the day, you don't feel so great, right? So we need these structures in place and that's what ultimately makes life fulfilling, and that also applies to.

135 "Thomas Lucking" (3711641856)

00:46:06.670 --> 00:46:27.020

Values driven family. Alright, next slide, which I think is our last slide. And this slide is about accountability, right? So I say, ok, great job everyone. We've come up with a game plan. Everybody's had a chance.

136 "Thomas Lucking" (3711641856)

00:46:27.020 --> 00:46:50.070

Chance to express what they think is the best way to move forward here. Thank you so much for your input. We've come to this agreement. Now it's a matter of moving ahead, right? So you want to have accountability to an outside person. One of the things parents love about having an outside person be held accountable.

137 "Thomas Lucking" (3711641856)

00:46:50.070 --> 00:47:10.070

You know, when Johnny says, you know, I I don't really like the rule that we came up with about video games or I want to play another hour and then there's pestering and nagging. Parents can say, Oh geez, I'm so sorry, Johnny that you know, again, you're always showing compassion. Sounds like this is a really difficult rule for you.

138 "Thomas Lucking" (3711641856)

00:47:10.070 --> 00:47:39.350

What do you think is the best approach here? I'm not really in charge, you know, we worked with dr. Lucking and he's, he's the accountability person. In fact, I have his phone number right here, why don't you call him, right? So the parents off the hook, right? That's one of the really fun, aspects to this that the parents tend to like because there is this moment where kids are going to be upset and nagging and creating their own.

139 "Thomas Lucking" (3711641856)

00:47:39.350 --> 00:48:06.780

Owned drama, and when the parent can simply not respond to that as if they are the decision maker, right? The idea of some accountability person on the outside of the family, just kind of like that double yellow line down the road. I didn't put that WL line in, someone else did, I just gotta follow it or I get a ticket, right? It's really that simple. And the kids say, and the parents can say the same thing.

140 "Thomas Lucking" (3711641856)

00:48:06.780 --> 00:48:24.210

I didn't I I'm not in charge at this point. We all agreed to to be accountable to dr. lucking. So, you know, or, and we have a number of people who do this type of coaching. So here's their phone number, here's their email. So, again, really.

141 "Thomas Lucking" (3711641856)

00:48:24.210 --> 00:48:44.210

You know, make parenting low drama as much as possible, because parenting requires a lot of energy, right? So if you can put a plan in place like this, it's gonna take more effort up front, but like most technology tools, once they're implemented, it can reduce the energy.

142 "Thomas Lucking" (3711641856)

00:48:44.210 --> 00:49:17.300

Output that you need to put forth on a day to day basis and you can really focus on loving your kids and enjoying enjoying them rather than being constantly caught up and, and nagging and and hydrama. That gets that gets pretty difficult over time. So, last slide, I think I think that's it for the last, yeah, there we are. So, so thank you all for that. I I hope that was helpful to, to hear a bit about values driven couples and families and.

143 "Thomas Lucking" (3711641856)

00:49:17.300 --> 00:49:37.300

And, we've had a lot of success and and we we help families all the time with this and and applies to with or without kids, right? The couple's piece is also the part there, right? I say the more distress a relationship is and the more structure is needed and this is we.

144 "Thomas Lucking" (3711641856)

00:49:37.300 --> 00:50:20.618

One of the tools that we use to implement that and support people to get to a place of healthy interaction, meaningful and fulfilling life. Thank you all, I think we're gonna do questions now, so I will turn it over to, I guess Michelle if you're gonna moderate that or not sure how that's gonna work, but I have the chat window open here.

145 "Sanko, Michelle" (1042391296)

00:50:20.618 --> 00:50:45.910

Sounds good. Thanks dr. looking. I was talking on mute, so that didn't get us very far, so appreciate it. I am looking at the the questions in the background and it doesn't appear that we have any, but I do see that your contact information is on this slide, so I'm hoping that if participants do have any questions, again, they can contact you, they can contact us, and we can help support in any.

146 "Sanko, Michelle" (1042391296)

00:50:45.910 --> 00:51:05.910

Way that we can as well. And then, so I'll just I'll plan on wrapping up and then that way there's some time at the end for that survey as well. So everyone I would just like to thank you again for being here today, and attending this presentation with dr. Lucking and thank you, dr. Lucking for providing such amazing.

147 "Sanko, Michelle" (1042391296)

00:51:05.910 --> 00:51:25.910

Information. Again, if you guys have any questions regarding therapies to discuss today are questions that we're not able to answer, do possibly to the format of our question and answer, please contact the team by calling the number on the back of your card. And again, a recording will be available online@www.signat dot.

148 "Sanko, Michelle" (1042391296)

00:51:25.910 --> 00:51:45.540

Dot com backslash autism once it's finalized. And please be sure to mark your calendars to join us next month. It's Thursday 13 June, where we'll be discussing autism and severe behaviors, assessment and treatment. Again, please complete the survey at the end and thank you and have a great day.

149 "Thomas Lucking" (3711641856)

00:51:45.540 --> 00:51:50.724

Thank you, Michelle. Bye bye.