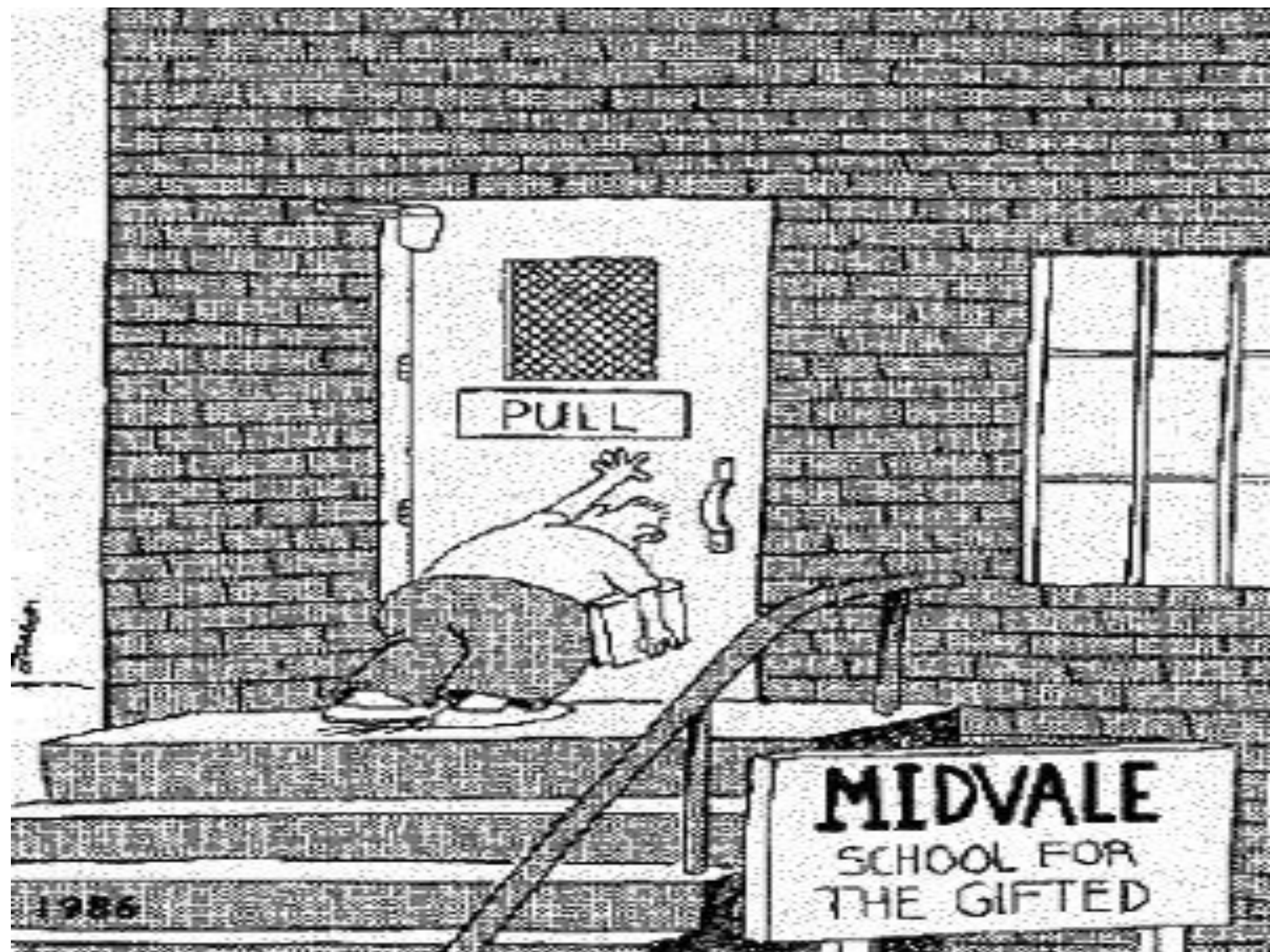




# Relational CYC involves emotional intelligence (EI) by Dr Rika Swanzen

# Overview of presentation

- Short descriptions of EI, social skills and relational practice
- The connection them between and the CYC practitioner's own EI
- Principles for influencing a child's EI
- Activity examples
- More information in the article in Relational CYC Practice volume 24 (1/2): 72-81



PULL

**MIDVALE**  
SCHOOL FOR  
THE GIFTED

1986

# Overview of EI

Ability to perceive emotions, to access and generate emotions so as to assist in thought and to reflectively regulate emotions so as to promote emotional and intellectual growth (intra- and inter personal):

- Self-regulation and self-awareness
- Motivation
- Empathy
- Social skills



## Relational practice

- A form of helping that attends to the co-constructed in-between of self and other
- Relational pedagogy is based on the premise that human growth occurs through authentic, mutually empathetic relationships in daily living & emphasize the role of connection, interdependence & collectivity
- Need awareness of how practitioner conducts self – EI one way to increase

## Social skills & social competence

- Common skills: assertiveness, listening & clear messages, personalizing feelings, making requests, initiating & maintaining conversation, making friends, managing anger, solving problems & personal grooming
- Building blocks: basic interaction skills (smile, eye contact), entry/approach skills (to join group), maintenance skills, friendship skills (show appropriate affection), conflict resolution, empathy, communication of needs & ideas

# Social incompetence



Conflict Resolution.mpeg

- This is an extreme example, but we can easily act this way verbally as well.
- It means doing anything that is socially inappropriate or some action that limits skilful participation in groups
- It's like having social blind-spots



sahli©



**Our children will **never** know  
the link between the two**



## EI in Relational CYC practice

Need to develop EI skills to prepare for real life

Relationship IS intervention – create therapeutic moment by engaging through activities

First layer of relationship is to create safe & equal relationships (connect with strengths, life space) & second layer is relationship between the person being helped & him/her social context. NB aspects: task of establishing relationship belongs to practitioner, ability to extend capabilities to broader systems, relating increases functioning



# The CYC practitioners knowledge of EI

- It is our social skills that enable us to do things such as initiate and sustain relationships, become accepted & integrated into groups, function effectively as members of teams, influence the attitudes, opinions & behaviour of others or organisations, & preventing conflicts
- Need ability for communication & stress management = part of the co-creation, quality of care (manage stress). Accurate identification of emotion leads to adjusting message. Children can by 5 yrs

# Not managing stress...



Stressed.mpg

# Communicating?



New Communication Technologies.wmv



“I wouldn't worry about his communication skills. Grunting is quite normal at his age.”

# Principles for influencing children's EI

- Skill of relating to others starts with ability to have positive relationship with self
- Self-awareness, self-knowledge, self-motivation, self-understanding, self-approval, self appreciation, self-love and self-management all greatly affect our relationships
- What we show on the outside is what we live on the inside & the signals we send out affect others
- Our love & acceptance of kids should be genuine
- We believe in feelings more than words

# Principles for influencing children's EI

- Success of relationship, not just on one person
- Relationship management is about managing emotions, need empathy to read non-verbal correctly
- As integrated system our emotions, mind and body are interrelated – thinking & feeling affect decisions and actions
- Create real life events – easier to transfer learning

## Activity examples

- Lending a helping hand: share self with others & engage in positive behaviour & emotions
- My dream job: help communicate needs, encourage assertiveness, goal-directedness
- Friendship fair: how to approach groups, learn to appreciate friendships, common topics
- Family treasure box: focus on positive memories & not only loss, learn about what important to others

# WIKI WEDNESDAY

**Etc.** = an abbreviation that makes others think you know more than you actually do.