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**BUILDING PEACE W/ CHILDREN, FAMILY, & COLLEAGUES
AT HOME, SCHOOL, & WORK**

OVERVIEW: This workshop makes the connections between individual self-esteem in children and their involvement in the peace process. Peace is examined from the perspective of consistency among all relationships from ones relationship with children (or with parents), with peers, friends, colleagues, the community and the world. The role of social and communication skills and conflict resolution skills in peace processes. The developmental processes of the victim, abuser/bully, and survivor are discussed with reference to parenting styles, both positive and problematic. Lessons from successful adolescent interactions are incorporated into the peace building model. Methods are presented to build self-esteem in children and to protect them from becoming abusers/bullies and/or victims and to promote the development of peacemakers.

1) **CONSISTENCY AND THE PEACE PROCESS**

Peace despite frustration and anger in the discipline process with children.

Peace as a couple; Peace as a family; Peace at work; Peace in the community; Peace in the world community.

2) **PEACE AS MORE THAN THE ABSENCE OF VIOLENCE**

Boundaries in the Process of Peace

Harmony versus Peace

Unity, Connection, Trust, and Intimacy in Peace

3) **CONFLICT RESOLUTION AND THE PEACE PROCESS**

4) **ABUSERS & BULLIES & PERPETRATORS; VICTIMS; AND SURVIVORS**

Violence between Individuals and Patterns of Behavior

5) **FOUNDATIONS OF PEACE BETWEEN INDIVIDUALS-** A model derived from Adolescent Work; **R.I.P.S.**, a communication model

6) **THE IDEAL SELF VERSUS THE REAL SELF**

Invoking and Evoking – Challenging and Raising Internalized Standards of Behavior

7) **PRINCIPLES OF PEACE FROM SELF-ESTEEM THEORY AND PRACTICE**

Significance, Moral Virtue, Power & Control, and Competence

8) **ADULT FOUNDATIONS TO SELF-ESTEEM AND PEACE- 7 KEYS**

9) **GUIDELINES TO BUILDING SELF-LOVING PEACEMAKERS**

10) **PEACE AND THE ACTIVIST- LESSONS FROM THE ANTI-BIAS CURRICULUM**

11) **CARING, CONSISTENCY, COURAGE, AND CRISIS**



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ADULT FOUNDATIONSTO SELF-ESTEEM & PEACE

Know Yourself
Being a Model of Self-Love
Take Care of Yourself...First!
Being Emotionally and Physically Available
Separate
Distinguish Love & Like
Understand Your Child

GUIDELINES TO BUILDING SELF-ESTEEM & PEACEMAKERS

Validate Your Child
Teach Responsibility without Shame, Blame, & Fault
Teach that not one should be allowed to abuse him/her (including you).
Teach him/her to always take care of him/herself
Challenge / Not Push; Have Expectations / Not Demands
Praise Appropriately
Create Internalized Motivation
Do the Right Thing even when it's the Hard Thing

