

FALSE FACES: DEALING WITH PASSIVE-AGGRESSIVE BEHAVIOR IN THE CLASSROOM

This one day (5 hour) workshop, designed for up to 40 participants, provides staff with an understanding of the roots and evolution of passive aggressive behavior and provides staff with strategies for dealing with that behavior. Although not blatantly acting out or aggressive, children who exhibit passive aggressive behavior can be among the most perplexing and frustrating type of children to work with. Their mild, yet persistent, nudging at the rules has a cumulative effect and their actions wear away at staff. This workshop is applicable for all staff members.

COURSE CONTENT

*** TYPES OF PASSIVE AGGRESSIVE PERSONALITIES & THE FORCES THAT DRIVE THEIR DEVELOPMENT**

Participants explore the three major types of passive aggressive personalities and the environmental and socialization dynamics which drive their development.

*** CHILD S VIEW OF THE WORLD & IRRATIONAL BELIEFS**

Participants explore the set of assumptions about life and anger that most passive aggressive individuals hold as truths. To create long lasting changes in behavior, these irrational beliefs, which drive non-productive behavior patterns, must be replaced with rational equivalents.

*** TYPICAL FORMS OF PASSIVE AGGRESSIVE BEHAVIOR**

Passive aggressive behavior is unexpressed anger/hostility coming out "sideways". Staff will learn to recognize nine different forms of passive aggressive behavior including: agreeing to comply but not following through, passive limit testing, procrastination, ignoring (selective hearing), mimicking, stealing, instigating, silence/denial, and poor personal hygiene/manners.

*** THE CONFLICT CYCLE AND COUNTER-PASSIVE AGGRESSIVE BEHAVIOR**

The session explores the cyclical nature of conflict; demonstrating how the way the student perceives, thinks, and feels is manifested in behavior, evokes a response from an adult/peer, and begins a cycle of escalation. Participants learn that the students passive aggressive behavior evokes counter-passive aggressive behavior in adults. If unaware of these dynamics the staff member is drawn into an escalating power struggle in which there are no winners.

*** STRATEGIES & TECHNIQUES TO DEAL WITH & CHANGE PASSIVE AGGRESSIVE BEHAVIOR INTO MORE APPROPRIATE SOCIAL BEHAVIOR**

Participants learn strategies for how (and how not) to immediately address and manage passive aggressive behavior. They also learn to make long lasting behavioral changes by helping students gain insight into their behavior and by teaching them appropriate social alternatives.