

As a social worker who provides services to troubled boys I have found the RESPECT program developed by Tom Keating to be an invaluable resource for youth with whom I work.

continued...

The 4 Cornerstones of Respect	3
The 7 Steps of Respect	8
• EXERCISE # 1 Where Do I Come From?	9
Cornerstone #1: Natural Law	10
• EXERCISE # 2 Natural Law is Your Lighthouse	11
• EXERCISE # 3 Your Brain	13
• EXERCISE # 4 Trust is Freedom R-E-S-P-E-C-T CD	14
• EXERCISE # 5 A Map to Trust	15
• EXERCISE # 6 Ritual and Repetition – We Are What We DO	17
Cornerstone #2: The Respect Bow Ritual	19
• EXERCISE # 7 You Remember?	20
Cornerstone #3: Self Esteem	21
Cornerstone #4: Stand. Begin. Trust is Freedom	22
• EXERCISE # 8 Rejoice in Life	23
Emotions	25
• EXERCISE # 9 Universal Emotions	26
Elmont	29
• EXERCISE # 10 Exploring Who I am Right Now	31
• EXERCISE # 11 Understanding 20 Words with My RESPECT Community	33
R eality	35
• EXERCISE # 12 Understanding Who YOU Are... ..	39
• EXERCISE # 13 What is Your TRASH?	46
• EXERCISE # 14 What Does Reality Mean to You?	47
E mpathy	48
• EXERCISE # 15 Reflect on the Picture	49
• EXERCISE # 16 Seeing the Victim	50
• EXERCISE # 17 Victim Harm	55
• EXERCISE # 18 Empathy Letters	56
• EXERCISE # 19 Apology Letters	59
• EXERCISE # 20 Where, Why, What, Why, How, WHO AM I?	64
S elf-esteem	65
• EXERCISE # 21 Describe Yourself	67
• EXERCISE # 22 I am	69
Elmont	70
• EXERCISE # 23 Forgiving	73
• EXERCISE # 24 Your Success Story	75
• EXERCISE # 25 Who Am I?	76

Through a 7-step, multi-sensory treatment model in group process, boys gain insight into how their trauma history has impacted their life now.

"...several studies show that successful therapy is highly related to increases in resistance & that low resistance correlates with negative outcomes."

- Clifton W. Mitchell, Ph.D.

(The Advocate, July/August, 2003, Vol. 26(7), Highly Resistant Clients: We've All Had Them

Plan77

- EXERCISE #26 7 Triggers78
- Your Harm Plan79
- EXERCISE # 27 The Most Difficult Step81

Elmont82

 REAL86

Evaluation88

- EXERCISE # 28 Using My One-Word Plan90
- EXERCISE # 29 Moving Back to Evaluation91
- EXERCISE # 30 I Can BE Kind93

Choice95

- EXERCISE # 31 What Did You Learn About?96
- EXERCISE # 32 5 Ways My Offense Hurt Me99
- EXERCISE # 33 5 Ways My Offense Hurt My Victim100
- EXERCISE # 34 Positive Things101
- EXERCISE # 35 Empathy Letters102

Elmont105

 Bucket of PAIN and good-bye107

Trust110

- EXERCISE # 36 You Are What You DO...George and Lucretius111
- EXERCISE # 37 Value #1 – Integrity112
- EXERCISE # 38 Value #2 – Loyalty113
- EXERCISE # 39 Value #3 – Honor114
- EXERCISE # 40 Value #4 – Dignity115
- EXERCISE # 41 Value #5 – Responsibility116
- EXERCISE # 42 Value #6 – Your Choice118
- EXERCISE # 43 Value #7 – Your Choice119
- EXERCISE # 44 Forgiving is an Action120
- EXERCISE # 45 A Man Called Roberts121
- EXERCISE # 46 Keeping your Word122

 7 QUESTIONS129

 Notes130