



## Identity and Belonging

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In the past, I have explored the connection between a healthy identity and a positive sense of belonging. I suggested that our sense of identity is under attack from many sides, and in addition if identity is described only as a material and social entity, it is then subject to the capricious whims of the natural world. As long as I am young, healthy, beautiful, wealthy and intelligent, I will belong and be in demand—a “thing” of value. As soon as any of my material currency is lost or devalued, I begin to tumble on the scale of belonging and worthiness like numbers on a stock market!

The inner identity is the enduring measure of human worth. It is based on the intrinsic metaphysical nature of the human being which is often referred to as the rational soul, the spirit, the heart or in today’s jargon the “inner-scape”. This identity is not subject to the capricious winds, worldly values and fickle fads that inform present-day society. It is gradually formed by the values we are taught, the examples we encounter and the successes we achieve. The Circle of Courage illustrates the central elements of the “inner-scape”: belonging, mastery, independence and generosity. In this article we can barely scratch the surface of the epiphenomenal relationship between the “inner-scape” and “social-scape”, which is the foundation of youth behaviours.

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## About Us

Reclaiming Youth International (RYI) is dedicated to helping adults better serve children and youth who are in emotional pain from conflict in the family, school, community, or with self.

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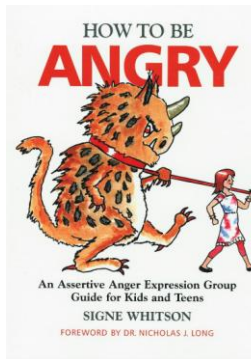
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## How To Be Angry ~ Book Review

### How to Be Angry: An Assertive Anger Expression Group Guide for Kids and Teens

Signe Whitson



Signe Whitson isn't angry. And even if she was, you might not know it. She has written the book on [How to be Angry](#). With a foreword by Nicholas Long, Signe provides a curriculum she describes as an assertive anger expression group guide for kids and teens. This three part book addresses the broad topics of Exploring Anger Behaviors, Developing Assertive Anger Expression Skills, and Committing to Assertive Anger Expression.

Through fifteen sessions within those broad topic areas Signe provides well-developed lesson plans. In just a sampling of what the reader will find in this book Part 1, Exploring Anger Behaviors includes lessons titled Decisions, Decisions! Four Choices in Anger Expression and Sugarcoated Hostility: The Five Levels of Passive Aggressive Behavior. Part 2 includes lessons titled I Feel Angry! Using I-Messages to Express Anger Assertively and two lessons on Keeping Bullies at Bay that address The Five W's of Bullying and Four Rules for Using Assertive Communication to Stand Up to Bullies. The final section presents two lessons, What's the Plan? Replacing Self-Defeating Patterns and Committing to Assertive Behaviors and Putting It All Together: Choosing to Use Assertive Behaviors to Express Anger.

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## Something's Missing.....Is It You?

Yes, we think it just might be YOU that is missing! Have you become a Fan of [Reclaiming Youth International](#) on Facebook?



Recent changes within Facebook have

required us to start a new Facebook Page. The new [Reclaiming Youth International](#) Facebook Page launched on June 25, 2011. Unfortunately, we were not able to take our Facebook Fans with us from the old page. If you were a fan of Reclaiming Youth Network and haven't made the switch to [Reclaiming Youth International](#), please join us and "Like" our page. If you weren't a fan of the old page, but would like to connect with others in your field and learn more about a positive, strength-based model of youth empowerment, then this is the place for you!

We want to hear from YOU! Share your thoughts and questions about Reclaiming Youth, the Circle of Courage or your work with at-risk children and youth. Keep up on new developments, connect with others in your field and be among the first to find out about upcoming trainings and new resources!

[Please join us today on Facebook!](#)

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## Creating the Brain We Want to Become

Steve Van Bockern



I recently read an interesting book that shared some practical ideas that I can use in my work with kids. The book's title is *My Stroke of Insight: A Brain Scientist's Personal Journey* by Jill Bolte Taylor. It was published by Viking Press in 2006.

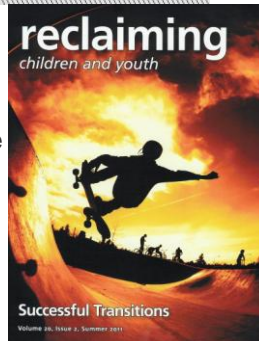
At thirty-seven, Jill experienced a massive stroke. The left side of her brain stopped working. It took eight year of hard work for that part of her brain to fully recover. Even so, she tells us that the experience helped her understand her brain in ways her training as a Harvard brain scientist couldn't. She experienced two very different realities during the stroke and the healing that followed. One reality was the sense of complete well-being and peace generated by the unaffected right brain. The other reality that came from the rational, detailed "story-teller" of the left brain had to be rebuilt neural circuit by neural circuit. Jill struggled with wanting to reclaim her left brain since she was enamored by the now fully engaged right brain's powerful sense of goodness, euphoria, joy and oneness with all.

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## Reclaiming Journal Issues Available

### BIG NEWS!!

We are pleased to announce that the complete collection of back issues of the quarterly journal, Reclaiming Children and Youth® is now available through the [Reclaiming Youth Bookstore](#) online!



Don't miss a single issue of this exceptional publication! Reclaiming Children and Youth® offers practical, proven techniques for all who work with young persons who are in conflict in school, family, and community. Youth Today describes this quarterly journal as "one of the best publications in the field." Issues are available individually or you can purchase the entire set of back-issues to complete your resource library.

[Click here](#) to view all available issues.

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## Where in the World.....?



Where in the World is Reclaiming Youth International?

We thought you would be interested to know the many places our trainers visit each month. Reclaiming Youth offers a wide array of trainings and specialized consultation services all over the globe. Here's what we've been up to lately:

October 17-18, 2011:

Two Rivers Consulting, Kalispell, Montana

Mark Freado provided [RAP](#) Training.

October 6-7, 2011:

Harlem Consolidated School District, Machesney Park, Illinois

Steve Van Bockern presented the Circle of Courage Workshop and provided consultation services to the District.

October 3-7, 2011:

New England Seminars at Walker School in Needham, Massachusetts

Larry Brendtro & Mark Freado provided training in [RAP](#), [Deep Brain Learning](#), [Developmental Audit](#)

and RAP Training of Trainers

September 19-23, 2011:

Michigan Seminars, Starr Commonwealth Campus, Albion, Michigan

Larry Brendtro and Mark Freado provided training in [RAP](#), [Deep Brain Learning](#), [Developmental Audit](#)

and RAP Training of Trainers

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Visit our website at <http://www.reclaiming.com/>

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