

# **PARENTING GUIDE PARENTING AND LEADERSHIP**

## ***ACTIONS AND CONSEQUENCES A CURRICULUM***

by

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### \* Trauma / Trauma re-enactment

- What is trauma
- How trauma is delivered
  - \* physical
  - \* mental
  - \* witnessing
  - \* secrets (internalizing & isolation)
- How trauma is transferred
  - \* modeling
  - \* the stories we tell
  - \* framing

### Teaching resiliency

- Memorable messages
- Expecting trials (trials and testimonies)
- Attitude and perspective
- patience / forgiveness
- Assigning guilt properly / holding others accountable
- Compare and contrast / counting one's blessings
- Talking to children / explaining things / putting situations in context
- Preferred narratives
- The power of self-determination
- Self-fulfilling prophecy (negative & positive)

## Coping skills

- Overcoming adversity
- Hobbies
- Music
- Exercise
- Journaling
- Letter writing
- Trusting others / venting
- Empathy / patience / forgiving others
- Not blaming self
- Arts & humanities
- Volunteerism
- Academics: Science; Technology; Engineering; Arts; math; history; linguistics
- Ethics

## Actions & Consequences

- Teaching responsibility (respecting others)
- A mother's loss and pain
  - Traumatizing others
- Empathy for others
- The ripple effect (negative & positive)
  - bullying others
- Recognizing the worth of others
- Trusting others / interdependence
- Field trips (hospitals/morgues/prisons/courts)
- Movies: a moral guidance tool
  - CONSEQUENCES
    - Irreversible and reversible
      - risk taking
      - gang banging
      - drugs and alcohol
      - Internet challenges
      - reckless driving
- Making amends
  - > Defining an apology
  - > Proper apologies

## Possibilities

- Future vision & life planning
- Dealing with/expecting obstacles
- Trades and professions
- The beauty of travel
- Biographies / what successful people do
- "The culture" vs. "being uniquely me"

- Arts & humanities
- To build vs. to destroy
- The value of contributing

### *About the author*

I was raised in a dysfunctional household that included paternal drug and alcohol abuse, domestic violence, neglect, womanizing and criminal activity. I came to embrace the modeling I observed. I committed murder at the age of twenty-three and have served thirty continuous years of incarceration where I transformed myself through decades of self-help and cognitive behavioral therapy classes.

During the last ten years of my incarceration I logged over 800 hours in instruction experience through dozens of self-help classes that helped change the perspectives and behavior of hundreds of incarcerated peers. I created many of the curricula for these self-help classes, officially known as cognitive behavioral therapy. Some of the classes I instructed were victim sensitivity, domestic violence, creative writing, parenting, and Norms and Protocols. I am currently enrolled in California State University – Los Angeles, pursuing a BA degree in Communication studies.

### *Experience and training*

My experience and expertise stems from associate of arts degrees in Social and Behavioral Science, in addition to Humanities. Furthermore, I have earned certificates in Parenting, Anger Management, Conflict Resolution, Effective Communication and Victimology. I have also earned certificates in addictions abuse, along with marriage and family counseling. Additionally, I have training in domestic violence abuse, along with course completions in personal integrity, ethics and restorative justice.

I have had the privilege of doing this, and related work, since 2005. My formal education has, of course, enhanced my ability to help people solve their challenges, integrating theoretical frame works and valid therapeutic practices. My personal transformation has been amplified by giving me a heightened sense of shared empathy and an ability to more deeply relate to the experiences of my “transformation partners. My practice has been limited to “old-fashion” letter writing, and through pre-paid telephonic phone calls. No gift could be more gratifying than overseeing the process of others heal.

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