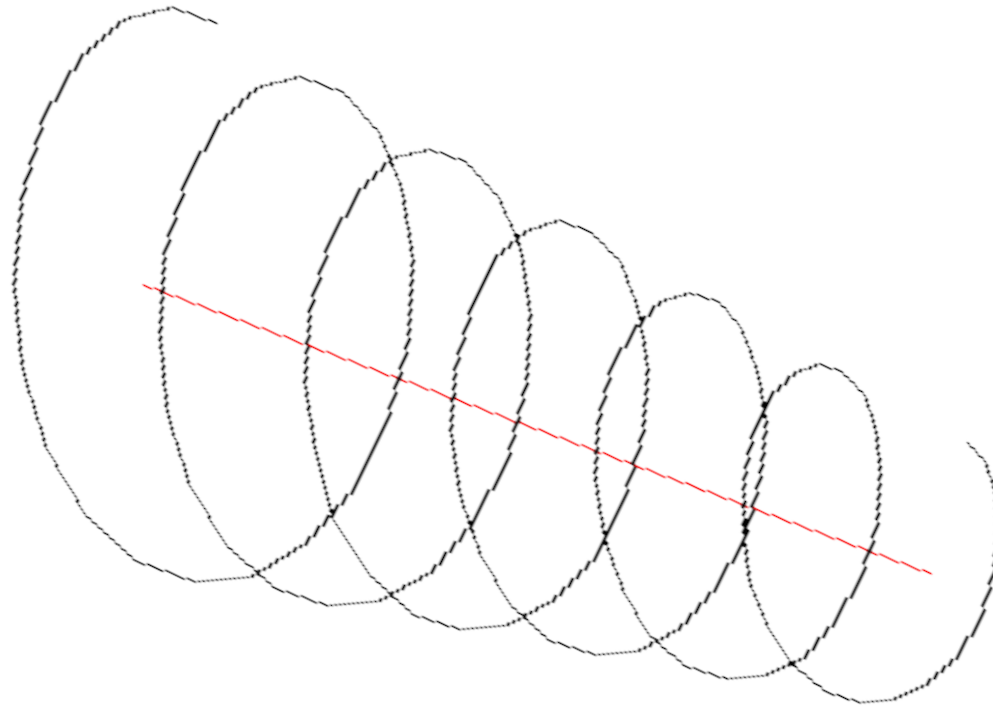


From Here to There and Over Again:
*Developing Through CCT Studies, My Ability
As a Parent to Take Action on Teenage
Non-Suicidal Self-Injury*



By Kerri Arruda

Journey

Non-Suicidal Self-Injury in adolescents

Growth and failures

Seven Passes

Pass 1 : The CCT Journey – The Basics

Pass 2 : Achievements and Failures

Pass 3: The Underlying Situation

Pass 4: Exercising the Principles of Action Research

Pass 5: Authentic Reflection

Pass 6: Journey to Date

Pass 7: Looking Forward to the next, ‘There’

YOUR TASK: *At one point I identify that there is an aspect to my own personality that is an obstacle to my progress. Listen along the way and see if you can determine what that personality trait is before I discover it myself in Pass 5.*

Before we enter Pass 1..... a brief background.....

Non-Suicidal Self-Injury (NSSI).

Scratches

Self-inflicted

“Not a big deal” “Lots of kids are doing it

CCT student - guidance with a project that was of importance

Goal conceived

Pass 1 : My CCT Journey – The Basics

Changed my way of thinking

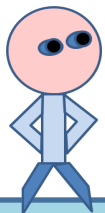
Foundation

Toolbox

Balance.

While Creative Thinking allowed for **unbridled thought**, Critical Thinking offered a **scaffolding**.

In CCT, our failures are not seen with the negative connotation that the word routinely implies. Failures are seen as a part of our learning, a portion of the pathway to achievement; merely a signal to reassess and redirect.



Here...

1

There...



Pass 2 : Achievements and Failures

“The best leaders in every setting reward people for taking worthwhile risks even if they are likely to fail. These leaders know that the death of an initiative – if it was tested for good reason – is always a source of new learning.”

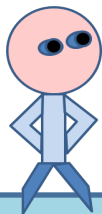
Palmer, “Let Your Life Speak”

Maybe the journey isn't worthwhile telling if there weren't failures to learn from.

Difficulty - 'ambiguity'

In the Handbook of Creativity, Robert J. Sternberg states that a, “Tolerance for ambiguity”, is a factor associated with creativity.

- Recognize my achievements along with my failures
- Comfort with ambiguity, or lack of direction
- Consideration to balance



2

There...



Pass 3: The Underlying Situation

Personal battles

Research revealed that self-injury is on the rise

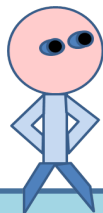
A Key Incident

“What a shame”

“Trending”

Awareness about NSSI

“The journey...is open-ended and full of disruptions, confusion, and breakdowns, but also breakthroughs”.
Otto Scharmer (2013)



3

There...



Pass 4 : Exercising the Principles of Action Research

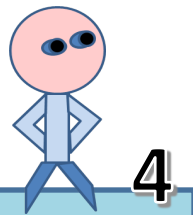
After substantial research....

- NSSI is increasing among adolescents
- Resources available that will help schools create an awareness program
- Few schools have implemented such programs

My problem and solution were now defined...

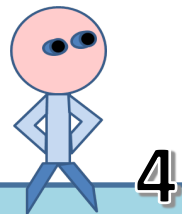
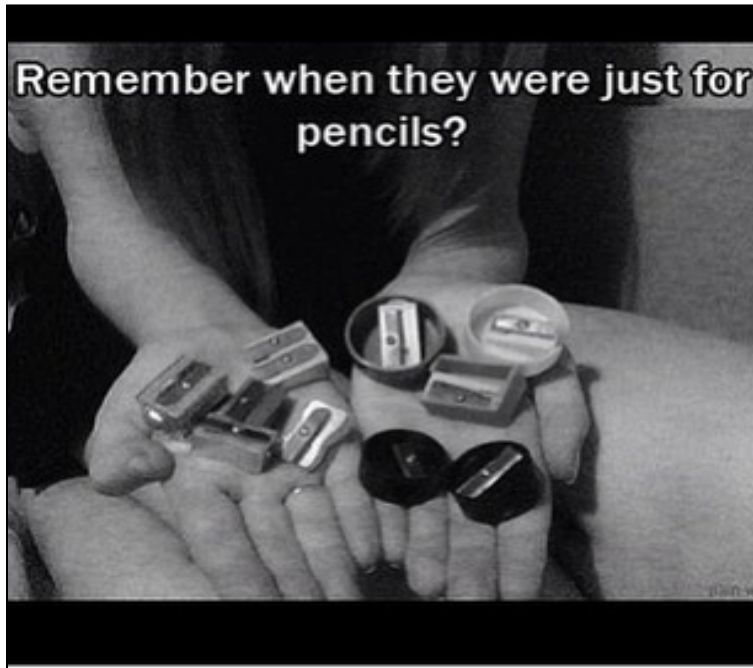
- Adolescents were participating in self-injury
- Statistics revealed that NSSI is on the rise
- My proposed solution - an awareness program
- Research and resources collected could fulfill my goal

I would create a Power Point full of shocking images and facts; the mere shock value alone I deemed certain to persuade my audience to speak out about NSSI.

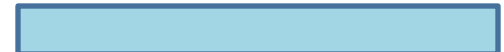


There...

Excerpts from early Power Point...



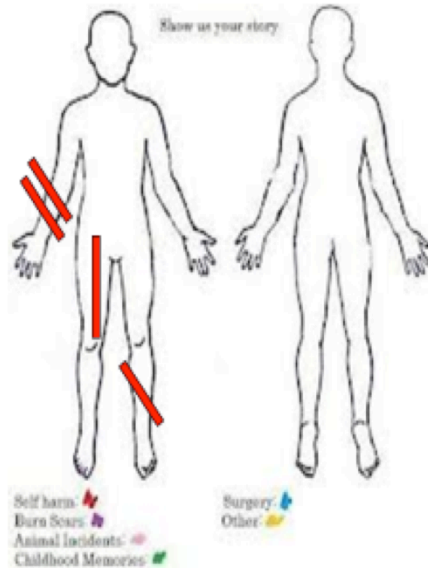
There...



Excerpts from early Power Point...

It's called **Show Me Your Story.**

My daughter and her friends add marks to these body outlines to show **where they have cut themselves.**

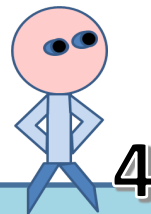


<http://telegraph.co.uk/news/uknews>

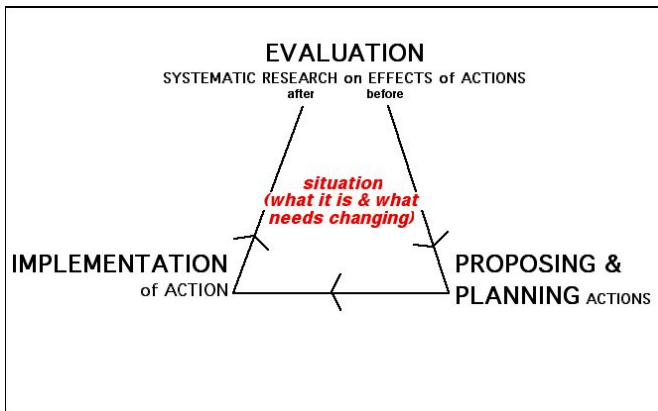
Hannah Bond's mother stated that Hannah was, "**A normal girl,**" who "**Had loads of friends,**" and, "**Everything to live for.**"

Hannah's mother said she did not know about the **cuts** because they were **hidden under bracelets.**

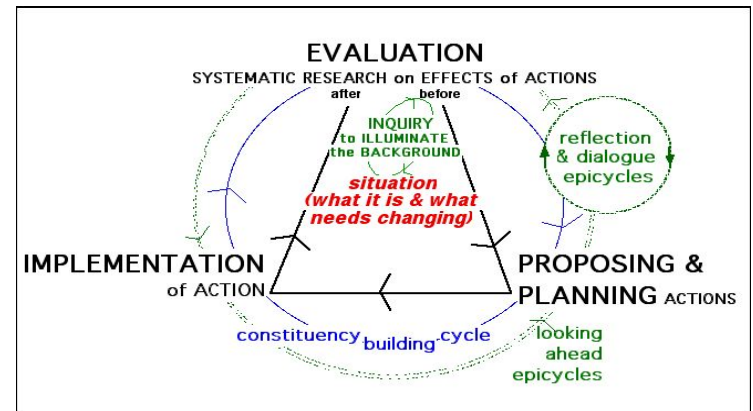
Hannah was found in her room, suspended an inch from the floor. The paramedics could not save her



There...



The basic cycle of Action Research



The Cycles and Epicycles of Action Research

'Dialogue', 'Reflection' and 'Constituency'

I would create a Blog!

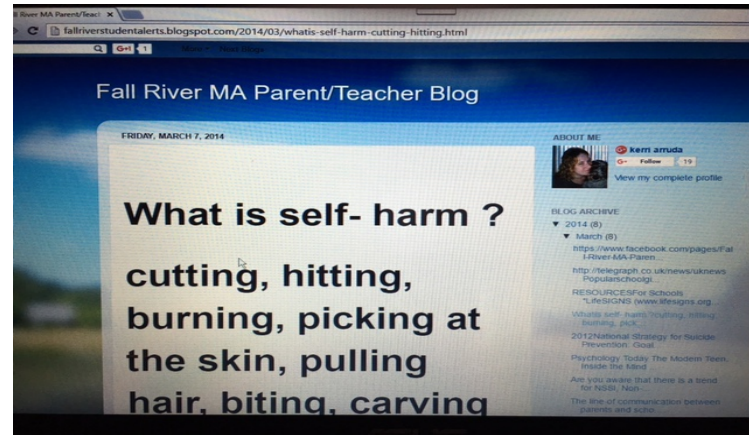
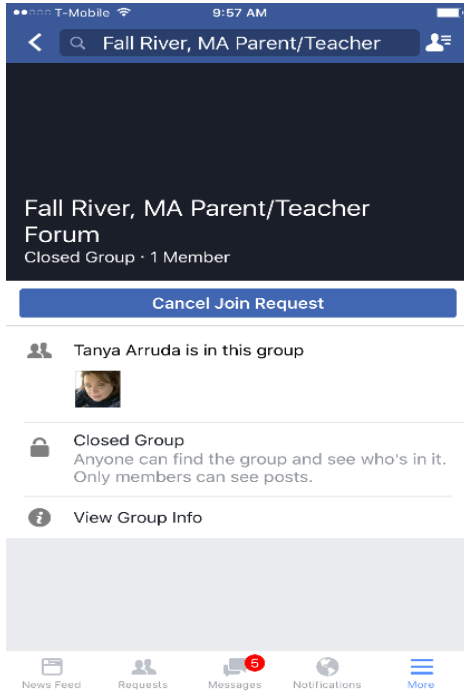
The blog would offer me a means to both **open dialogue** around the topic of NSSI while also **building a constituency**.



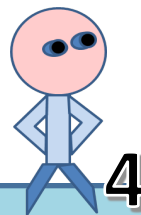
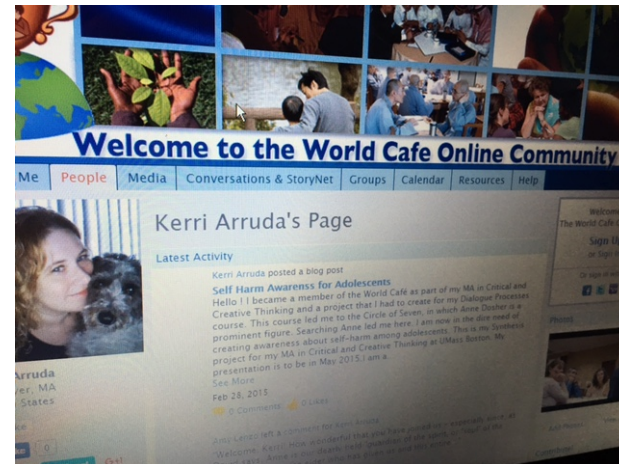
4

There...

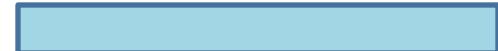
Blog attempts...



www.TheEmoProject.org



There...

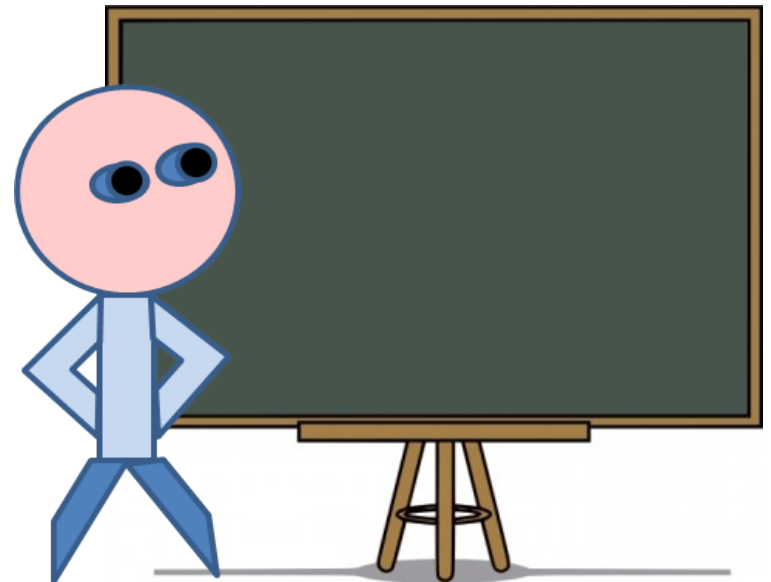
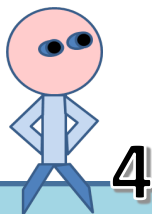


Results..... unsuccessful

Belief that each attempt would self-propel.

Neglecting to apply the cycles and epicycles left crucial aspects of the Action

Back to the drawing board...



There...



Pass 5: Authentic Reflection

This is my second CCT Synthesis attempt.

During my first Synthesis VS. second Synthesis

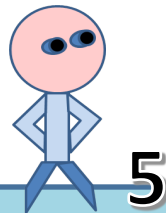
My Synthesis *could* be reflective while also sharing of my process; my journey.

Worthwhile information!

Do something

Review Vs. Reflection...

Undirected changes - weaknesses in my approach



There...



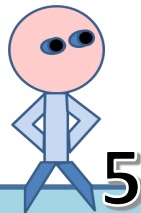
Dialogue and Constituency Building.

I seemed to be stuck. I was, 'blocked.'

This '**block**' was impeding my processes of dialogue and constituency building.

External reality does not impinge upon us as an ultimate constraint: if we who are privileged find ourselves confined, it is only because we have conspired in our own imprisonment.

Parker J. Palmer



There...

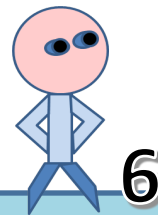
Pass 6: Journey to Date

I realize there is something about my own ontology which leads me down the path of enquiry and influences the type of research I undertake.

P. Weight 2001

My Solution...

- Address my introversion in a manner with which I was comfortable
- Utilize handouts as a crutch during the expected uncomfortable situation
- Create a brochure with the intention to place them where they could be retrieved
(*No interaction for me!*)



There...

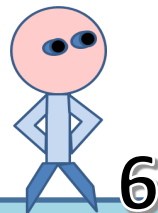
My next solution...

- Keep the original goal of awareness
- Utilize the information from my brochures
- Print out established information on self-harm from Cornell University
- Focus on the intended audience being school administration
- Bind information together to allow for an easy hand-off of information

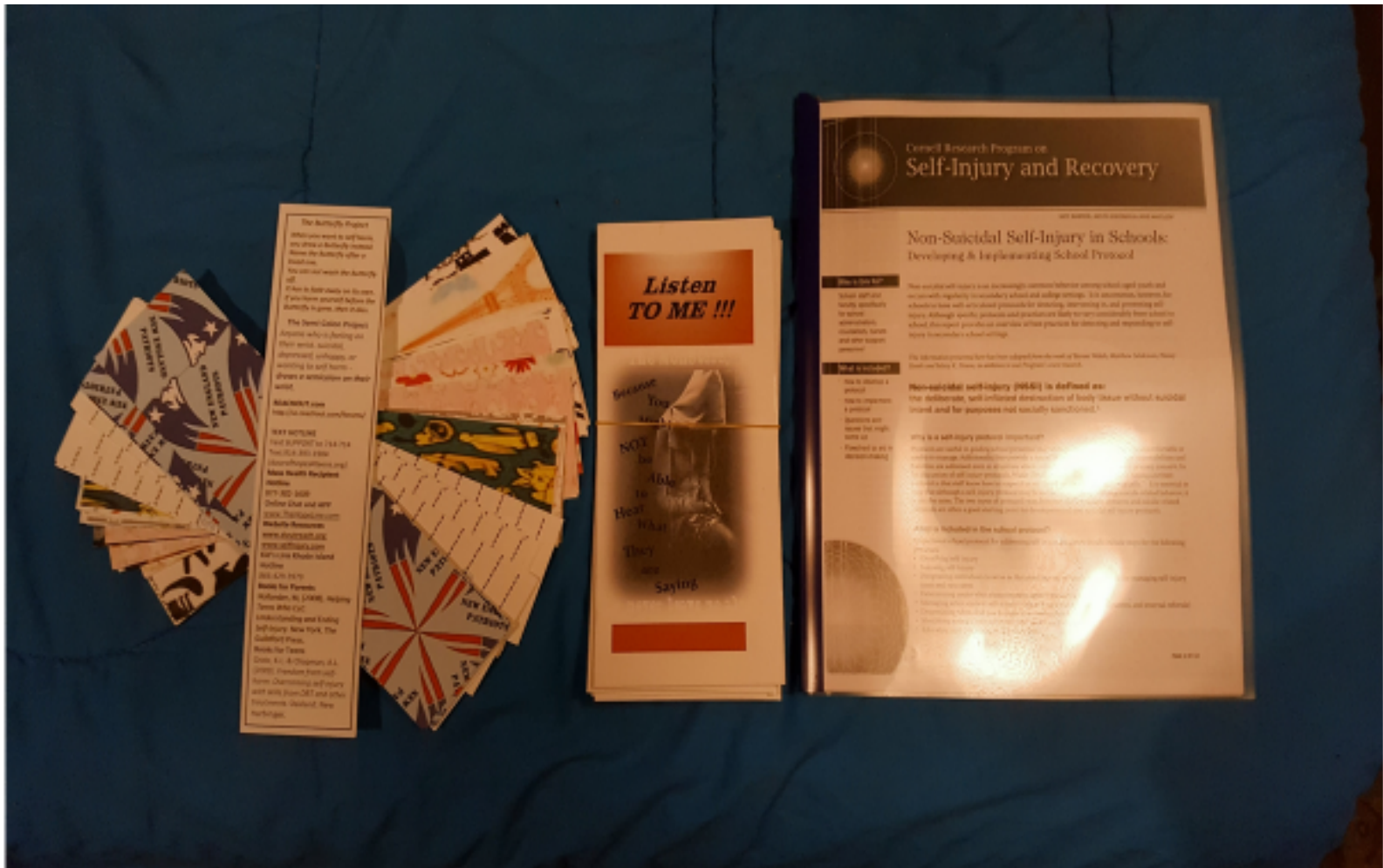
My small step- a personal goal

The elevator pitch...

My first constituent!



There...



There...



Pass 7: Looking forward to the next, 'There'

Early intentions for my Synthesis....

- paper based solely on NSSI
- paper that would share the original goal with the addition of reflective processes

With my invitation from Morton Middle School to speak about NSSI, my new goal is to create a presentation that I can use to discuss my concerns with staff and parents as well as an adolescent appropriate version.

Peter Elbow tells the writer to ask for feedback.

In his Summary of Kinds of Responses he reviews eleven approaches.

I would like to request that you, my audience, consider what I have shared today.

In doing so, I respectfully request your feedback in response to Palmer's approach #4: **"WHAT IS ALMOST SAID? WHAT DO YOU WANT TO HEAR MORE ABOUT?"**

Thank you for your time.

