



PHP / IOP FREQUENTLY ASKED QUESTIONS

1. *What will my child be doing during their time in PHP / IOP?*

Your child will be immersed in a rich experience of learning based on the Three Principles, with the purpose of:

- Experiencing relief from daily drama and conflict that reinforce poor behavioral / interpersonal habits.
- Enjoy the benefits of an uncommon pro-social community.
- Discovering the strength and wisdom inside himself/herself to manage their own problems; realizing this strength and wisdom by understanding the role of the “busy mind”.
- Rediscovering the self-esteem they were born with by realizing how simple ‘dropping’ thoughts can be.
- They will be learning: (examples of group subjects)
 - The role that thought plays in how it is that they are creating their perceptions of reality.
 - That no one thinks their thoughts, no one makes them feel and the feelings they have are merely indicators of the quality of thoughts they are having moment to moment.
 - How not to react or trust their thoughts when their mood is low.
 - Where self-esteem comes from and how it can never be diminished.
 - How do high moods and low moods change their relating to the world around them?
 - Listening for not knowing. Seeing past their thinking and really hearing impersonally.
 - Learning to overcome obstacles (anxiety, poor habits, etc.) that prevent establishment of healthy relationships.
 - Learn how it is that their thinking creates their experience of life around them and how not to continue ‘knee jerk reactions’ to those experiences. Recognize habits of thought that are no longer healthy.
 - Anger management vs. anger extinguishing for a life time.
 - Forgiving life to better live life.
 - Emotional reaction spirals, turning into the curve.
 - Goal setting, study skills, process over content all they need to get there.
 - Motivation maintenance--in it for the long haul.



2. There seems to be some "non-structured" time in PHP / IOP, why is this the case?

We have found that when children are comfortable and relaxed, their willingness to learn increases. Setting the climate for change to occur is very important. A climate that is light hearted, safe and comfortable allows children to discover and have insights on their own. When a child discovers something, they own it more than if we make them see it. We want our participants to experience their well-being, understand it, grow in it, and become transformed by it. Settling into a calm state of mind is when learning will not seem intentional and mechanical. Techniques, gimmicks, coping and coercive tactics work on a limited basis for a short period of time. We want lasting results for a life time. We teach in ways that make sense to the child in a climate comfortable for learning.

3. I'm concerned about my child's learning "bad habits" or being negatively-influenced by other children in the group, what is PMC's stance on this issue?

Although this is of course possible, we feel certain that few things occur at PHP/IOP that are new to any given member, or that they are not likely to experience in any number of settings outside the program. One truly new experience we can assure all members is the powerfully pro-social environment in which things occur, and the powerful, non-violent pressures that encourage practice of more healthy habits. Learning in a controlled setting with caring counselors is a more likely case scenario for health to come forward.

These are not process groups where problems are exposed, analyzed and worked on. Working on problems keeps problems on our minds. We want to teach where health comes from. It is not a requirement to go into the details of problems to teach health. Mental health is much like physical health; a person would not go to the doctor with a cold and have the doctor tell them they needed to get pneumonia before they got well. Mental health is who we are. When negativity is brought up it is used as a teaching example for the entire group vs. allowed to linger and draw in others. We want to have participants learn how they already possess an immunity to all unhealthy mental problems and while the saying "misery loves company" can be tempting, it does not have to be true.

4. My child would like to maintain friendships with children in the program outside of program hours, do you think this is wise?

The overall benefit of friendships developed at PHP/IOP is a matter of individual assessment. PMC empowers parents to make all decisions regarding their children's peer group. We encourage youth to take what they have learned in PHP/IOP and become ambassadors of mental health to all they come in contact with sharing what they now know about where health comes from: the INSIDE OUT!