



Reframing Challenging Behaviors

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1



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2



3



4

“For infants and young children, mental health may be defined as the capacity to grow well and love well.”

— A. Liberman and P. VanHorn



5

IECMH
is a young
child's
capacity to...



Form close relationships



Explore the environment & learn



Manage & express emotions

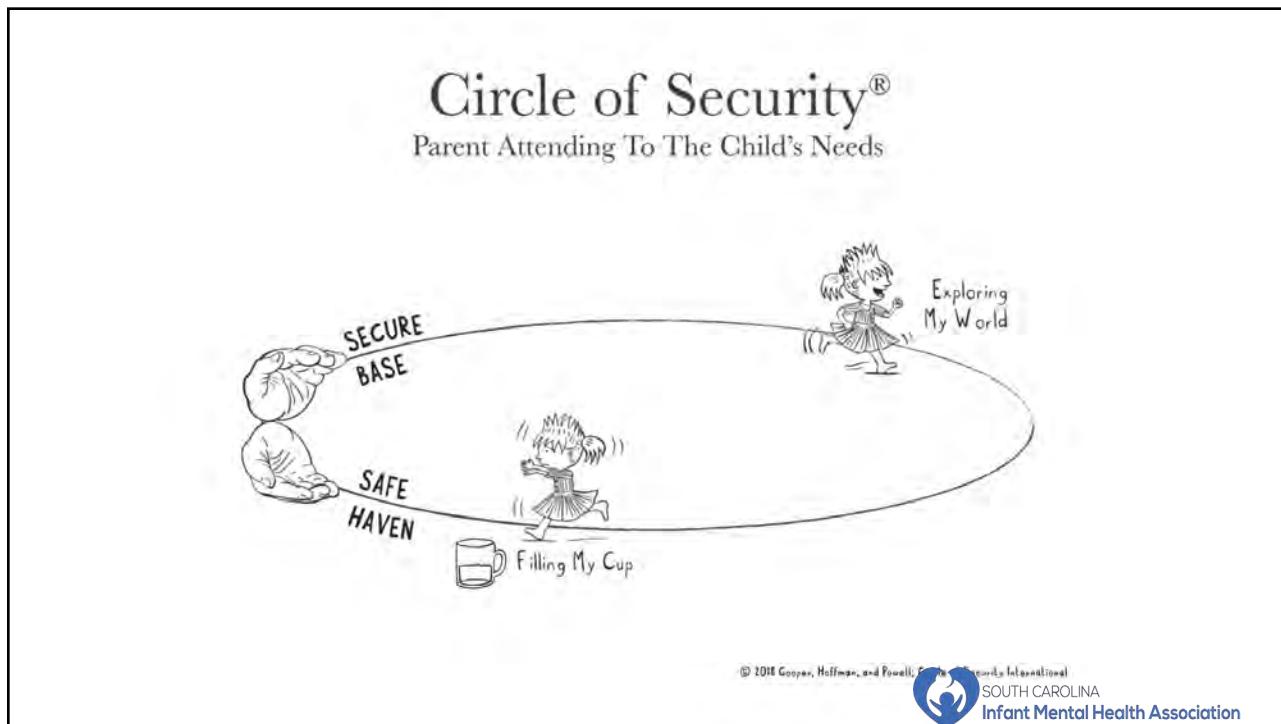
(adapted from ZERO TO THREE)



6

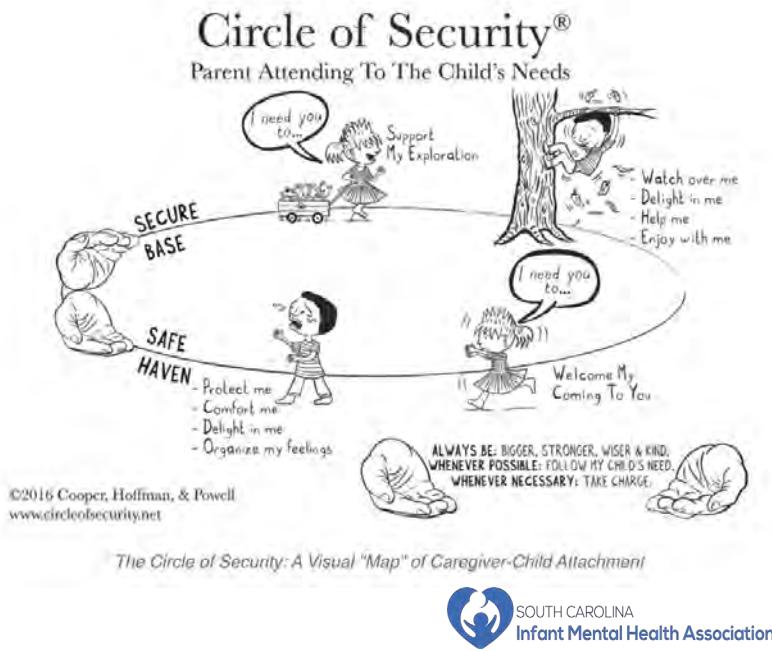


7



8

Needs on The Circle



9



10

Being With

Choose one color:

Shame

Curiosity

Joy

Sadness

Fear

Anger

Choose another color:

Think about one child who you look forward to seeing every day. How does it feel for you to Be With and organize these 6 key feelings?

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11

Reflection

What are you curious about after doing this activity?

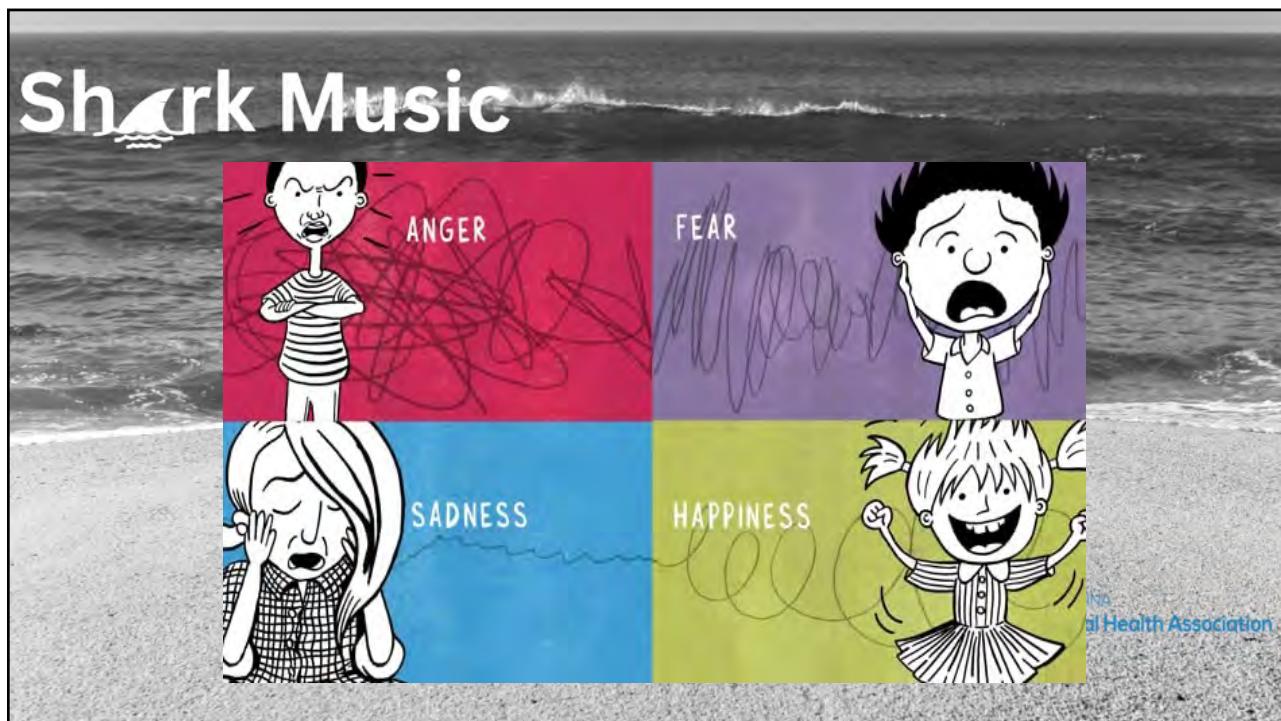
Did anything surprise you?

What emotions are easier for you to be with? Which are more challenging?

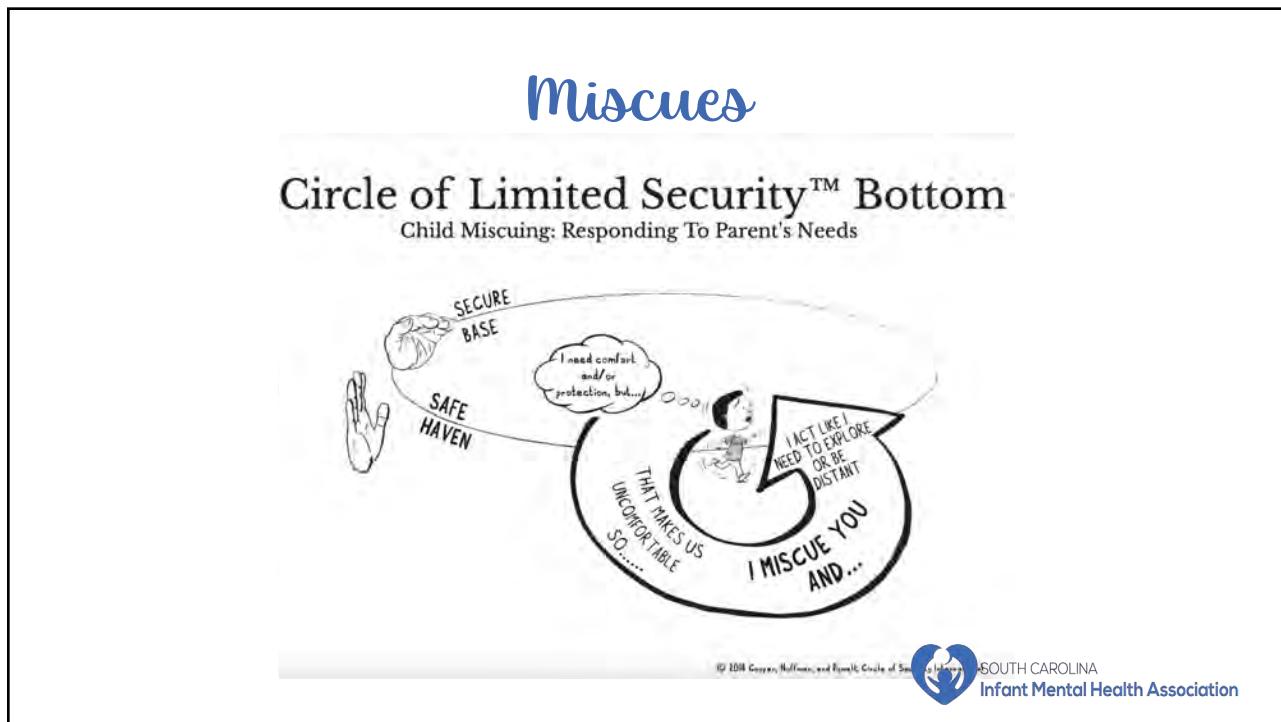
How might show up in your work?

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12



13



14

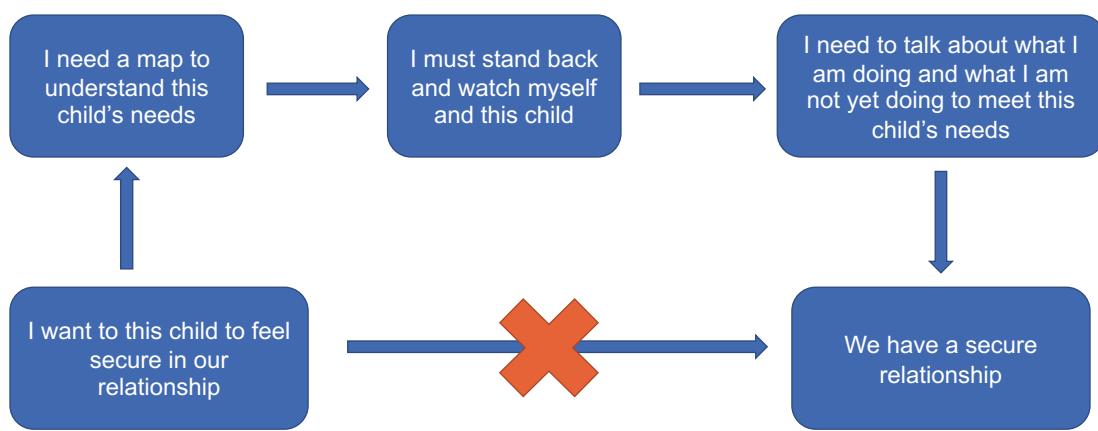


A rupture happens when a caregiver takes their hands off the circle and does *not* respond to a child's needs



15

Path Towards Security



16

Let's Practice



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17

Reflection

How did you feel watching this video?

Imagine you were the teacher: Did you recognize any of your own Shark Music?

What message(s) was the child's behavior telling us?

If you were feeling overwhelmed by the child's behavior, how might you have responded?

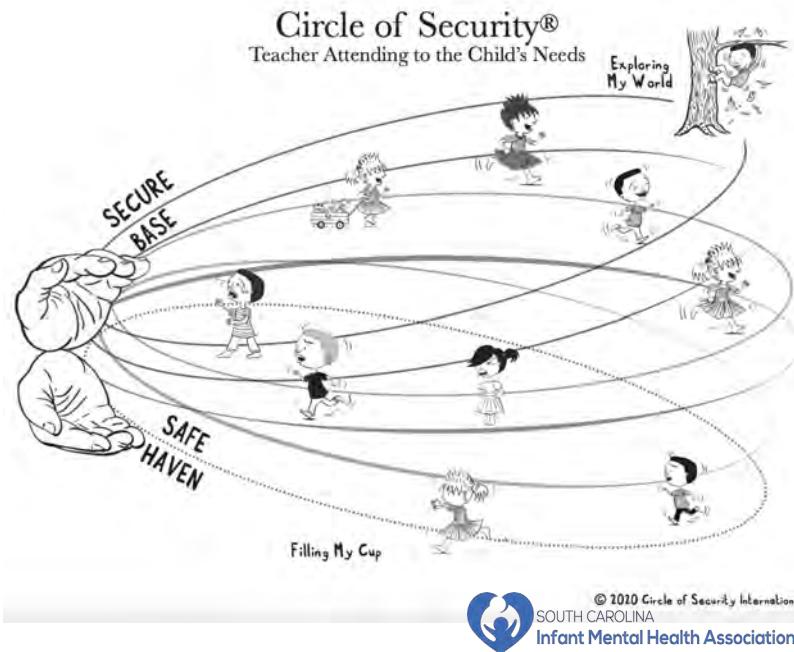
Has your response changed after what you learned in today's presentation?



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18

The Teacher Version of Circle(s) of Security



19

When I get upset
(frustrated, withdrawn, whiny, demanding, out of control):



When Good Kids Do Bad Things
Seeing our child rather than our Shark Music

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20



21



22