

BISC-MI 2017



THE RIVER OF CRUELTY:  
AN EXPERIENTIAL APPROACH TO  
UNDERSTANDING CRUELTY.



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ADVERSE CHILDHOOD EXPERIENCES

<p style="text-align: center; font-weight: bold; font-size: small;">AS CRUEL EXPERIENCES INCREASE</p> <ul style="list-style-type: none"> <li>Physical Abuse</li> <li>Sexual Abuse</li> <li>Emotional Abuse</li> <li>Parents separated</li> <li>Alcoholic or Drug abusing caretaker</li> <li>Criminal behavior in the family</li> <li>Witnessing Domestic Violence</li> <li>Mental health issues in family</li> </ul>	<p style="text-align: center; font-weight: bold; font-size: small;">EMOTIONAL AND PHYSICAL DIFFICULTIES INCREASE</p> <ul style="list-style-type: none"> <li>Smoking</li> <li>Teenage pregnancy</li> <li>Drinking and drug usage</li> <li>Heart disease</li> <li>Psychotropic medication</li> <li>School drop out</li> <li>Victim of domestic violence</li> <li>Perpetrator of domestic violence</li> </ul>
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WHAT IS THE "RIVER OF CRUELTY"?

The River of Cruelty is a model illustrating how cruelty is passed from person to person and from generation to generation.

WHAT IS THE DEFINITION OF "CRUELTY"?

- 1) The intentional infliction of pain and suffering
- 2) The blatant disregard for another

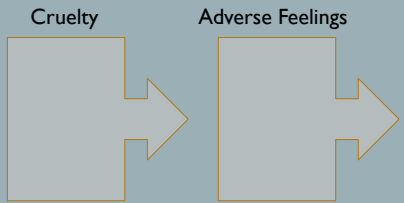
WARNING!

The remainder of this presentation can be emotionally activating. Please feel free to participate as much as you are comfortable in doing so.

BRAINSTORM A LIST OF "CRUELTY"

CRUELTY:

"CRUEL EXPERIENCES ALWAYS CREATE  
ADVERSE FEELINGS



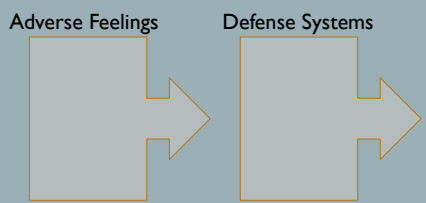
Adverse Feelings are all of those feelings we wake up  
in the morning hoping not to feel.

BRAINSTORM A LIST OF  
"ADVERSE FEELINGS"

Adverse Feelings:

A large empty rectangular box with a thin black border, intended for brainstorming a list of adverse feelings.

IF OUR **ADVERSE FEELINGS** ARE NOT  
VALIDATED AND NORMALIZED, WE  
WILL DEVELOP **DEFENSE SYSTEMS.**



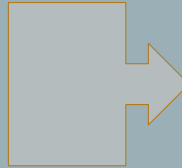
Defense Systems are designed for one purpose... to  
help us avoid our adverse feelings.

BRAINSTORM A LIST OF "DEFENSE SYSTEMS"?

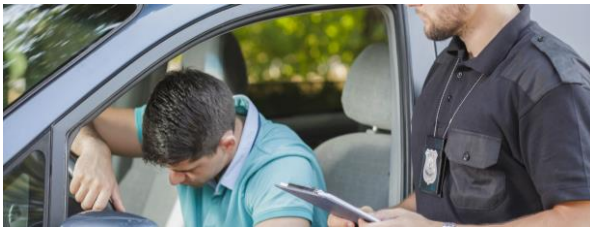
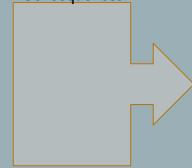
Defense Systems:

WHILE OUR **DEFENSE SYSTEMS** OFTEN WORK, THEY ALSO BRING UNINTENDED CONSEQUENCES.

Defense Systems



Unintended Consequences

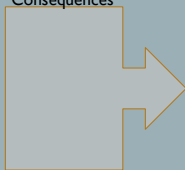


I PLANNED ON GETTING DRUNK...  
I DID NOT PLAN ON GETTING A DUI

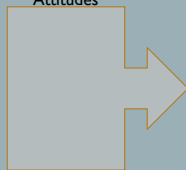
BRAINSTORM A LIST OF "UNINTENDED CONSEQUENCES"?

OUR BELIEFS AND ATTITUDES HOLD THE ENTIRE SYSTEM IN PLACE. WE KEEP GETTING THE SAME RESULTS.

Unintended Consequences



Beliefs and Attitudes



Beliefs and Attitudes are like the mortar that holds the bricks together.



BRAINSTORM A LIST OF "BELIEFS AND ATTITUDES"?

Beliefs and attitudes:

"THE RIVER OF CRUELTY" IN THEIR OWN WORDS

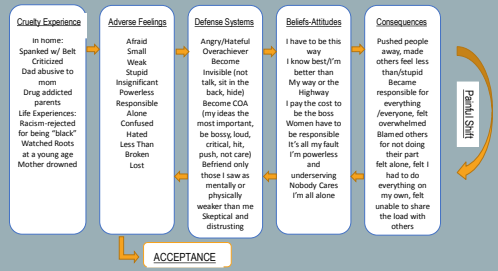


The Painful Shift:

Like deciding to swim against the current



THE RIVER OF CRUELTY MAP



IMAGINE IF WE DID NOT HAVE TO BE AFRAID OF OUR ADVERSE FEELINGS

- We begin to take more responsibility for ourselves
- We minimize, deny, and blame much less
- We begin to eliminate our unnecessary defense system
- We are more willing to be seen by others for who we are.
- People around us are less in danger as we have less to defend

Instead of living our lives in fear of our adverse feelings, we can simply live our lives.

PRESENTER CONTACT INFORMATION



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