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About Life Skills:

Hood River Family Life Skills is dedicated to giving individuals the information and support necessary to break free from destructive and malignant behavior patterns. Clients can uncover the root causes of their behavior and assist in developing basic character traits that will establish healthy foundations for living and loving. As the individual heals, the cycle of generational dysfunction can be broken.'

Life Skills is taught to individuals with unacceptable behaviors such as: domestic violence, anger, addictive behaviors, infidelity, etc. or to those who simply want to learn how to put together healthy relationships. The process of 'developmental reconstruction' (restarting the brain to rewire around the trauma) brings behavior changes personally and to the family by developing character and maturity in the individual. This new dimension brings hope for the hurting and carries into the community as those who have been restored carry the hope to others.

The Life Skills program has a less than a 6% recidivism rate; the Life Skills Teen Program was used in the aftermath of the Columbine tragedy. Author of “**Angry Men and the Women Who Love Them**” and “**Broken Children, Grown up Pain**”, founder of Life Skills International is Dr. Paul Hegstrom. His life story and remarkable healing that came from Life Skills is portrayed in the T.V. movie, '**Unforgivable**', played by the late John Ritter.

AREAS ADDRESSED IN THE LIFE SKILLS CURRICULUM:

ARRESTED EMOTIONAL DEVELOPMENT (Emotional development is stopped)

One wound in childhood (**rejection** in the original home, **incest, molestation, emotional or physical abuse**) will arrest or stop emotional development. When wounded, a child becomes 'stuck' developmentally, cannot grow emotionally more than 2 years past this point of trauma, and may develop a dual personality (Dr. Jekyll/ Hyde) in order to be accepted. If arrested in emotional development, I will struggle for a lifetime with:

Anger and Anger Management

Sexuality

Intimacy

Conflict Resolution (unable to resolve conflicts)

Making Decisions (my crisis situation or someone else makes my decisions)

Doubting Knowledge and Fearing Truth

Resistant to all Authority, Making Myself My Own Authority (may also have many views and opinions)

DEVELOPMENTAL RECONSTRUCTION (The Solution for Healing)

Dr. Hegstrom has developed **4 KEYS not typically used to bring healing.**

These include:

1. Identifying being arrested in emotional development
2. Being able to heal, by restarting the brain and rewiring around the trauma
3. Understanding and applying the dynamics of a healthy Mother-Son bond
4. Understanding and applying the dynamics of a healthy Father-Daughter Bond

This is done by identifying what type of adult (underachiever, competitive, etc.) these dynamics produce and how these dynamics trigger and damage or destroy relationships. **Using these keys is why less than 6% go back to repeat the pattern.**

By laying an axe to the root causes of the unresolved wounds of childhood that drive behaviors even over a belief system, behavior can be **changed (not modified)** and skills can be taught for a lifetime of growth and change. Would a cleric marry a 6 year old to an 8 year old? One can note the maturity of a person by the stress or the amount of conflict that causes a person to get angry. Their behavior goes right back to where they were first arrested in emotional development. They may act like a 2 year-old and throw a temper tantrum.

The Life Skill's **psycho-educational** program gives the correct information, line upon line and enables each person to do his own work. As a result, the brain is able to restart, rewire around the trauma, and start the maturing process by unlocking a person where stuck developmentally emotionally. If teachable, a person can grow to age 18 emotionally the first year and gain the skills to continue their growth. This healing is called '**developmental reconstruction**'.

We at Hood River Family Life Skills Center look forward to assisting you in whatever way we can!

These classes are faith based but attendees do not need to be of a particular faith to attend.