

# RDI Guide to Happiness

**1) Investing in Relationships:** Within the RDI model, the power and potential of the human relationship is at the forefront. In fact, this is one of the theoretical underpinnings that makes this model unique. RDI positions the parent-child relationship as a necessary and critical relationship.

**2) Managing Stress & Hardships:** Our first goal within the RDI program is to support each parent in reducing the external and internal parts of parenting that are problematic. Our consultants help parents uncover and discover ways to respond to their own stressors and to physically and emotionally nurture their whole family.

**3) Committing to Your Goals:** In the RDI program, we help parents confirm their values and recognize their real goals that they have for their children. When parents are given space to let go of clinical goals, we find that most re-discover that dreams for their children include: finding happiness, feeling like they belong, and living purposefully.

**4) Practicing Gratitude & Positive Thinking:** It's so easy to lose sight of the positive things that are occurring in our lives. We can all get bogged down by the negative. We might even be hardwired to store our negative episodic memories at a higher weighted value. That is why we focus on learning to practice gratitude and positive thinking.

**5) Living in the Present:** The whole model of RDI is about learning to be mindful guides to our children. As parents learn to mindfully guide their children, they learn the art of slowing down. When we are able to live in the present with our children, it's almost impossible for our children to not feel safe, understood and loved.

**6) Taking Care of Body & Soul:** Dr. Gutstein describes a concept called agency where children learn to "intentionally influence one's functioning and life circumstances." As families move through the RDI program, the focus grows to include helping children learn to take care of their own bodies and souls.

**619-600-0683**

We are currently accepting new patients.

[www.familyguidanceandtherapycenter.com](http://www.familyguidanceandtherapycenter.com)

