



STUDYDADDY

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2nd
class

Counseling Ch

Dr. Esther Park



Review of Last Class

- Overview of Syllabus: Goals, Textbook, Course Assignments, Your Grade
- Activity: Drawing Fish Family in a Fish Tank
- Any Comments?
- Any Questions?



Thoughts on Fish Family

- Tells a lot about yourself
- Do it individually vs in a group setting
- Something to explore: How you are formed in your personal identity, certain behavioral characteristics, taste, habit,



From Transaction Analysis Theo

- Child
- Adult
- Parents



Before Birth—Prenatal Environment

- Genetics + Environment of your birth
- DNA from both M and F
- Environment:
- Example: --the baby leaped in joy....
- Elizabeth's (John the Baptist's mother);
- Mary's (mother of Jesus Christ) song in Luke 1: 46 -

+ Perspective from Neuroscience

- MIT Professor, Dr. Sebastian Seung
- <http://connectomethebook.com/>
- [Sebastian Seung: I am my connectome | Video on TED](#)
- <http://www.openconnectomeproject.org/>
- <http://www.humanconnectomeproject.org/gallery/>



From Neuroscience

- If mapping the human genome was one route to identity, another lies in charting the brain's circuitry.
- Connectome: The project of tracing the connections among neurons and synapses that compose each brain's unique wiring, a project that, if successful, could reveal new information about personality, memory, and disorders such as autism and schizophrenia.



Brain Forest

- No road, no trail can penetrate this forest. The long and delicate branches of its trees lie everywhere, choking space with their exuberant growth. No sunbeam can fly a path tortuous enough to navigate the narrow spaces between these entangled branches. All the trees of this dark forest grew from 100 billion seeds planted together. And, all in one day, every tree is destined to die.
- http://connectomethebook.com/?page_id=58#all



Needs of Children

- Example
- Attention
- Affection
- Support



More about Brain in Emotional Functioning =

- Emotional Quotient==EQ
- Intelligence Quotient==IQ
- Adversity Quotient==AQ
- See the handout



Infant's Needs and Tasks

- See the handout



Goals of Counseling/Therapy in Neuroscience Language

- **Reweighting** means changes in the strengths of synapses.
- **Reconnection** is the creation and elimination of synapses.
- **Rewiring** is the creation and elimination of neural branches.
- **Regeneration** is the creation and elimination of new neurons.
- See more at: http://connectomethebook.com/?page_id=1260#sthash.c9vImUx6.dpuf

+ Review Today's Class



Next Class



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