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3rd
class

Counseling Ch

Dr. Esther Park



Review of Last Class

- Overview of Syllabus: Goals, Textbook, Course Assignments, Your Grade
- Text Book: Counseling and Children (1989), Walter Byrd and Paul Warren, MD
- ISBN 0-8499-0597-4
- Any Comments?
- Any Questions?



Thoughts on Fish Family

- Feeling “Uncomfortable...”
- Asking for a permission—create a sense of safety
- Natural to feel uncomfortable
- In a counseling situation
- Moderate level of anxiety
- Intentionally created “feeling uncomfortable”
- Duration of “feeling uncomfortable”



Psychological research findings, including counseling

- Brain functions from brain damaged patients (War victims with certain parts of their brain damaged from gun shooting)
- Counseling principles/techniques from clinical practices with traumatized patients (War victims with Post-traumatic Stress Disorder)
- Animal research by controlling conditions



A Child's Temperament (p. 24-5)

- 1. Quality of mood
- 2. Adaptability
- 3. Sensory Threshold
- 4. Regularity
- 5. Reaction intensity
- 6. Desirability
- 7. Activity level
- 8. Approach-withdrawal
- 9. Stubbornness



Needs of Infant and Pre-schooler (Erik Ericson's Developmental Tasks)

- 1. Basic Trust vs. Mistrust
- 2. Autonomy vs. Self-Doubt
- 3. Initiative vs. Guilt and Embarrassment



Science of Love by Harlow from Research with Monkey

- Cloth mother vs Wire mother
- http://www.youtube.com/watch?v=_O60TYAlgC4



Before Birth—Prenatal Environment

- Genetics + Environment of your birth
- Examples of Prenatal Environment



Chrystal: Loss of father before b

- By Karl Lehman, M.D., Psychiatrist
- Remembering the pain of losing her father to cancer, who was still in the womb (pre-natal environment)
- After the healing...
- A number of positive changes—including the physical battle with pain
- The earlier the pain, the harder to heal
- This is an exceptional.



- Perceiving herself as a baby in the womb that “doesn’t want to uncurl.”
- Dad’s gone, I just want to die. It’s ok, He knows how much it hurts.
- I don’t want to live, I want to be with my father...It’s only a temporary separation.
- Mom doesn’t want me → later... Underneath that [all of that hurt], she really did want me.
- I want to live, somebody please help me...I want you to help me too. I can uncurl for Him. Now I’m totally uncurled there.

+ After Birth—Early Childhood

- Environment + Temperament
- Deficient environment—abuse, neglect, and abandonment



Attachment Style

- Secure Attachment vs. Insecure Attachment
- Strange situation <http://www.youtube.com/watch?v=s608077NtNI>
- http://www.youtube.com/watch?v=DH1m_ZMO7GU



Angry when train get stuck

- <http://www.youtube.com/watch?v=WYVWAqbAA70>
- [Quieting Big Feelings](#)
- <http://www.youtube.com/watch?v=WYVWAqbAA70>
- [Joy building with dad](#)
- [Returning to joy from fear http://www.youtube.com/watch?v=r5dXSzgcTzo](http://www.youtube.com/watch?v=r5dXSzgcTzo)



Terrible two tantrum

<http://www.youtube.com/watch?v=ts0rcpGrbM8>

- At 2 1/2 years there will be no shortage of opportunities to p and learn how to manage big, intense and overwhelming emotions. Now that the brain's emotional amplifier is on, an becomes rage and upset becomes, well, very intense upset can prove challenging at the least and overwhelming for mo parents. Every parent needs key brain skills to successfully navigate these frequent storms. In this video clip, not only is Matthew feeling under the weather, he is simply losing it in a way father must remain calm and non-anxious to stay availa and attune so his son successfully learns to manage "super emotions instead of avoiding or side-tracking emotions as h grows. This video demonstrates the importance of staying grounded in relational mode when tempers fly! This 5-minute condensed from a 15-minute full-blown tantrum. Learn more THRIVE relational brain skills at www.thrivetoday.org.



Needs of Children (p. 14-17)

- Example
- Attention
- Affection
- Support
- Importance of Early Relationship:
- <http://www.youtube.com/watch?v=RYj7YYHmbQs>

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