



4th  
and  
5th  
class



## Counseling Children

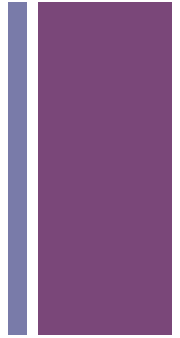
Dr. Esther Park

# + Review of Last Class

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

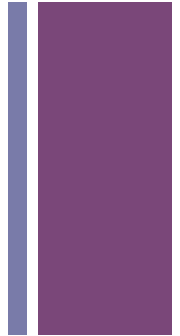
# + Thoughts on Fish Family

- 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”



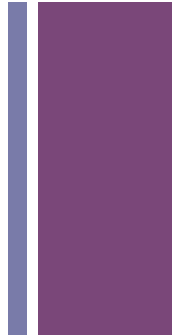
# + Psychological research findings, including counseling

- 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 Symptoms Disorder)
- Animal research by controlling conditions



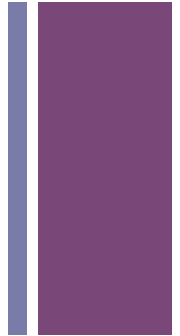
# + A Child's Temperament (p. 24-5)

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



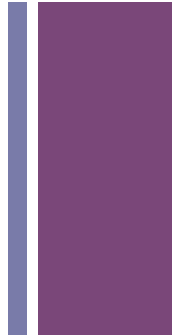
# + Needs of Infant and Pre-schoolers (Erik Ericson's Developmental Tasks)

- 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=\\_O60TYAIgC4](http://www.youtube.com/watch?v=_O60TYAIgC4)



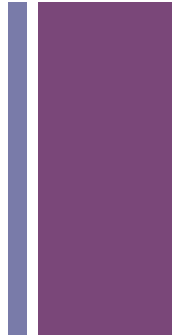
# + Before Birth—Prenatal Environment

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



# + Chrystal: Loss of father before birth

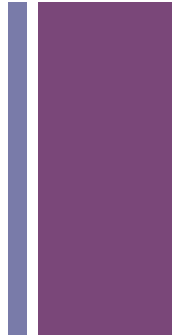
- By Karl Lehman, M.D., Psychiatrist
- Remembering the pain of losing her father to cancer, while she was still in the womb (pre-natal environment)
- After the healing...
- A number of positive changes—including the physical back pain
- The earlier the pain, the harder to heal
- This is an exceptional.



- 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 temporary separation.
- Mom doesn’t want me → later... Underneath that [all of the hurt], she really did want me.
- I want to live, somebody please help me...I want you to live too. I can uncurl for Him. Now I’m totally uncurled there.

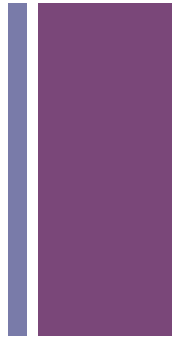
# + After Birth—Early Childhood

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



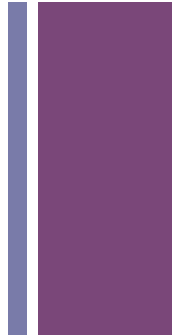
# + Attachment Style

- Secure Attachment vs. Insecure Attachment
- Strange situation <http://www.youtube.com/watch?v=s608077NtNI>
- [http://www.youtube.com/watch?v=DH1m\\_ZMO7GU](http://www.youtube.com/watch?v=DH1m_ZMO7GU)

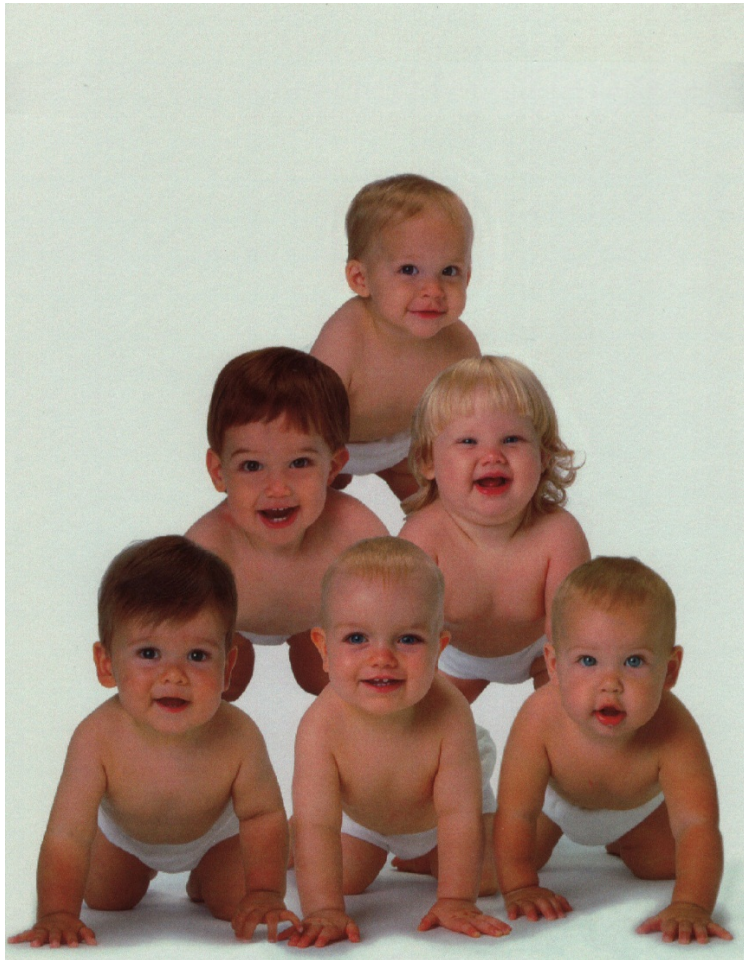


# + Attachment Process by Allen Shore

- Allen Shore—known as the Einstein of Brain Science
- <http://www.youtube.com/watch?v=WVuJ5KhpL34>
- Co-regulation=Synchronization
- Brain organization—disorganization—Reorganization
- Genetic disposition + Interactive dialogue process
- Fire together wire together
- Use or lose it



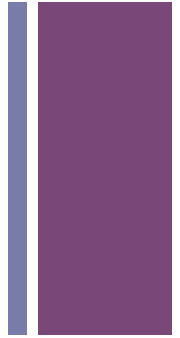
# Developmental Domains



- ❑ Social
- ❑ Physical
- ❑ Emotional
- ❑ Cognitive
- ❑ Sexual

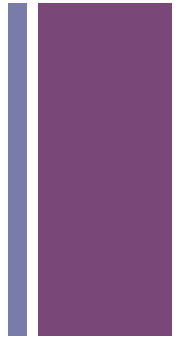
## + In Your Face

- In your face: **sparkling eyes, smiling face, tender voice, tender touch (cuddling, stroking, ),**  
**synchronized care (Attuned care)**



## + Synchronized care—

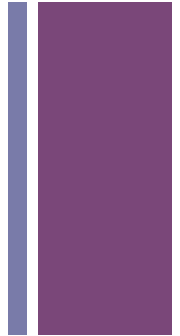
- Mother or care taker attunes to the need of a baby, not the other way around. Example, Mother feeds the baby when the baby is hungry. Mother provides a repeated, patterned physical nurturing needed to develop a well-regulated and responsive stress response system.





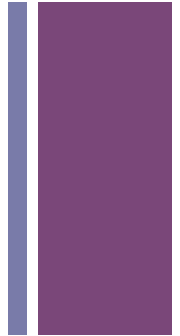
# + Karl Lehman's two-year old separation trauma

- Pp. 49-50 Outsmarting Yourself book



# + Daniel Siegel's Re-traumatized experience with his 6 month son

- Felt panicked and helpless when his 6 month son crying hopeless dependent situation



# + 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)

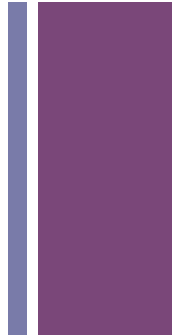
# + Terrible two tantrum

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

- At 2 1/2 years there will be no shortage of opportunities to practice and learn how to manage big, intense and overwhelming emotions. Now that the brain's emotional amplifier is on, anger becomes rage and upset becomes, well, very intense upset! This can prove challenging at the least and overwhelming for most 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 such a way father must remain calm and non-anxious to stay available and attune so his son successfully learns to manage "super-sized" emotions instead of avoiding or side-tracking emotions as he grows. This video demonstrates the importance of staying grounded in relational mode when tempers fly! This 5-minute clip is condensed from a 15-minute full-blown tantrum. Learn more about THRIVE relational brain skills at [www.thrivetoday.org](http://www.thrivetoday.org).

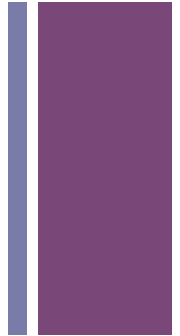
# + Needs of Children (p. 14-17)

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



# + Infant's Needs and Tasks

- See the handout



# + Review Today's Class

