



HOW PARENTS HELP BUILD THE EMOTIONAL MUSCLES OF THE FOLLOWING:

父母如何帮助建立以下情感肌肉:

USING EMOTIONAL MUSCLES

使用情感肌肉

Parents help by

父母通过以下方式帮助

- **HELPING CHILDREN REMEMBER THE MUSCLES THEY HAVE**
- 帮助孩子记住他们拥有的情感肌肉

PLAYING COOPERATIVELY

发挥合作

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父母通过以下方式帮助

- **EXPECTING AND ALLOWING CHILDREN TO INDEPENDENTLY INITIATE, SUSTAIN, AND ENJOY COOPERATIVE GROUP PLAY**
- 期望并允许儿童独立地发起、维持和享受合作性的团体游戏

WITHSTANDING INTERNAL AND EXTERNAL PRESSURES TO BLUR THE DISTINCTION BETWEEN REAL AND PRETEND

承受会模糊真实与伪装之间的区别的内部的和外部的压力

Parents help by

父母通过以下方式帮助

- **INSISTING ON REALITY-BASED SOLUTIONS**
- 坚持基于现实的解决方案

RESTRAINT

克制

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父母通过以下方式帮助

- **EXPLAINING, DEMONSTRATING, AND COACHING RESTRAINT**
- 解释、示范和教导克制

EMBRACING THE RULES OF REALITY

接受现实规则

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父母通过以下方式帮助

- **REINFORCING YOUR CHILD'S PLEASURE IN MASTERY OF REALITY RULES**
- 增强孩子在掌握现实规则方面的乐趣

PLAYING WITH WHOLEHEARTED PLEASURE

全情投入地玩耍

Parents help by

父母通过以下方式帮助

- **PLAYING WITHOUT GUILT OR RESENTMENT**
- 不带内疚或怨恨地玩耍

SYNTHESIS AND INTEGRATION

合成与整合

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父母通过以下方式帮助

- **ADMIRING PUTTING IT ALL TOGETHER**
- 欣赏将事情统整到一起

FLEXIBILITY

灵活性

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父母通过以下方式帮助

- **INTRODUCING NEW EXPERIENCES**
- 引入新体验

ENJOYING COMPETENCE

享受胜任感

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父母通过以下方式帮助

- REINFORCING THE SATISFACTION OF EFFORT AND DOING IT WELL
- 强化努力、做好事情的满足感

SEEKING THE SOURCE OF PAINFUL FEELINGS

寻找痛苦感受的来源

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父母通过以下方式帮助

- ENSURING THAT CHILDREN LEARN TO TRY TO IDENTIFY THE SOURCE OF ANGER, FRUSTRATION, OR DISAPPOINTMENT
- 确保儿童学会尝试识别愤怒、挫败或失望的来源

KNOWING HOW TO HAVE A GOOD GOOD-BYE

知道如何有一个良好的告别

Parents help by 父母通过以下方式帮助

- **TEACHING THAT SADNESS COMES FROM LOVING**
- 教导悲伤来自爱意

USING STRATEGIES

使用策略

Parents help by

父母通过以下方式帮助

- **TEACHING ANTICIPATION AND PREPARATION**
- 教导预期和准备
- **TEACHING AND MODELING SELF-TALK AND TALKING WITH OTHERS**
- 教导和示范对自己说话以及与他人交谈
- **ENLISTING PHYSICAL STRATEGIES**
- 加入身体策略
- **MAKING A “TOO BIG FEELING” INTO A “JUST RIGHT SIZE FEELING”**
- 将“太大的感觉”变成“大小刚好感觉”
- **FINDING AND IMPLEMENTING PLEASURABLE POSSIBILITIES DESPITE ADVERSITY**
- 在逆境中寻找快乐的可能性并实现它

- PROMOTING DRAMATIC PLAY
- 促进扮演游戏
- ENCOURAGING ASKING FOR HELP TO PROBLEM SOLVE
- 鼓励寻求帮助以解决问题
- INTRODUCING THE CONCEPT OF STRATEGY
- 介绍策略的概念

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