

Session 3 (topics)

第3节 (话题)



证道心理

- What is the mind and what can it do for you?
什么是心智和它可以为你做什么？
- How the mind, brain and body interact
心智，大脑和身体是如何相互影响的
- Emotion and emotional regulation
情绪和情绪调节

What is the mind and where is it? 什么是心智？它存在于哪里？



证道心理

- Awareness, make sense of ourselves, others and world around us
意识，理解自我，他人和我们周围的世界
- Contents of mind: emotions, thoughts, intentions, beliefs, goals, personal "I"
心智的内容：情感、思想、意图、信念、目标、个人的“我”
- Source of Meaning, satisfaction, purpose
意义、满足、目的的来源
- Experience of the intangible elements of life: such as beauty and hope
感受生命中的无形元素：如美和希望
- Mind comes from brain and body activity and triggers brain and body activity
心智来自于大脑和身体的活动并触发大脑和身体的活动

心智-身体-大脑
Mind-Body-Brain



下
皮
层
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x

CORTEX

大脑皮层

丘脑
THALAMUS

杏仁核
AMYGDALA

眼眶皮质
ORBITOFRONTAL

脑干
BRAIN STEM

下丘脑
HYPOTHALAMUS

身体 (有形的)
Body (tangible)

心智 (无形的)
Mind (intangible)

- Organs/Physiology/chemistry
器官/生理机能/化学反应
- Behavior: Limbs, torso, face
行为: 四肢, 躯干, 面部

Emotion, Thought, Intention,
Goal, Purpose, Memory,
情感, 思想, 意图, 目标, 目的, 记忆



证道心理

Emotional Regulation: the core of all healthy functioning 情绪调节：所有健康功能的核心



证道心理

- One of the main roles of a parent is to regulate their child's emotional distress
父母的主要职责之一是调节孩子的情绪困扰
- Physical presence, comfort and soothing; understanding and reassurance; support and acceptance
身体的存在、舒适和抚慰；理解和安慰；支持和接受
- A parent must be regulated themselves in order to regulate their child
父母必须进行自我调节才能够调节他们的孩子

Emotional Regulation: Optimal level of arousal

情绪调节：最优唤起水平



证道心理

Too much arousal

过分唤起

- Impairs, Hippocampus, memory
损伤, 海马体, 记忆
- Elevates blood pressure , glucose
提升血压, 血糖
- Anxiety, depression,
焦虑, 抑郁,
- Poor health: heart, diabetes
不良的健康状态: 心脏, 糖尿病

Too little arousal

唤起不足

- Emotional detachment
情感隔离
- Impairs transfer between hemispheres
削弱大脑半球间的转移
- Impairs verbalization, integration of trauma
对语言表达和创伤整合有损伤
- Can lead to blunted cortisol & PTSD
会导致皮质醇减少&创伤后应激障碍

The You-Me-We Relationship regulates the child 用你-我-我们的关系调节孩子



证道心理

- “You” is the child
“你”是指孩子
- “Me” is the parent
“我”是指父母
- “We” is their mutual impact on each other
“我们”是指彼此间的相互影响



Parent Development Interview (PDI) a few questions

家长发展访谈（PDI）中的几个问题



证道心理

- What 3 adjectives describe your child?
请使用三个形容词描述一下你的孩子
- What 3 adjectives describe your relationship with your child?
请使用三个形容词描述一下你跟孩子的关系
- Tell me about a time that you and your child were really 'in sync'
请回忆一次你与孩子“同频”的经历
- Tell me about a time that you and your child were 'out of sync'
请回忆一次你与孩子“不同频”的经历
- Have you ever felt you wanted someone to take care of you?
你是否曾想过要某人照顾自己？
- When you feel that way, how do you think that impacts your child?
当你有这种想法的时候，你认为它会对你的孩子带来什么样的影响？
- How does it affect your child when you are angry? 当你愤怒时，你的孩子会受到什么样的影响？



Question 问题

- At present, the gap between the rich and the poor in China is relatively large. Whether in materialistic or psychological terms, poverty brings great pressure to parents and children. What can parents (in relatively poor families) do to reduce the pressure and impact of poverty on their children? At the same time, when parents can't give their children something, they would feel helpless and ashamed. As a counselor, how do we to help parents with these experiences?

目前中国的贫富差距是比较大的,无论在物质上还是在心理上,贫穷都会给父母和孩子带来很大的压力。父母(在相对贫穷的家庭)能做些什么以减少贫穷带给孩子的压力 and 影响呢?同时,当父母不能给到孩子一些东西时,他们会感到无助和羞愧。作为心理咨询师,如何帮助有这些体验的父母?