



证道心理

Session 9

第9节

PARENTING AND CHILD DEVELOPMENT: ADOLESCENCE

养育及儿童发展：青春期

Overview of today's session

今日课程纵览

- Definition
定义
- Brain Development
大脑发展
- Role of Adolescence
青春期的作用
- Characteristics of Adolescence
青春期的特点
- Strategies for dealing with an adolescence
应对青少年的策略



Definiton 定义



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- Adolescence: roughly from puberty to adulthood
青春期：大约从青春期到成年
- Puberty is about reproduction
青春期与生殖相关
- Adolescence is about preparing to be an independent adult.
青春期是为了成为一个独立的成年人做准备

Brain Growth

大脑发育



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- ❑ A stage of Brain remodeling
大脑重塑的一个阶段

- ❑ Most brain growth occurs in 3 areas:
大脑大部分发育体现在3个方面:
 - Pre-frontal Cortex
前额叶皮层
 - Limbic System
大脑边缘系统
 - Reward Centers
奖励中心

The Role of Adolescence

青春期的作用



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- Each developmental stage has a specific role or task
每个发展阶段都有特定的作用或任务
- For adolescence: preparation for becoming an independent adult
对于青春期：为变成一个独立的成年人做准备

The characteristic behaviors of adolescence

青春期的典型行为



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- Intensity of peer relationships
紧密的同伴关系
- Increased emotionality
情绪增强
- Risk Taking
敢于冒险

Strategies for responding to an adolescent 应对青少年的策略



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- **Mindset: Don't' take it personally**
思维方式：不是针对你个人的（就事论事）
- **Stay connected but loosen your grip**
保持连接但放松你的控制
- **Techniques and Strategies: Respect their ideas, independence and maturation**
技巧和策略：尊重他们的想法、独立性和成熟性



Additional Question 补充问题

- 有创伤史的母亲，可能被日常生活中的事件激发出创伤性体验。例如，当（母亲自己）生病的时候，她小时候没有人照顾、被忽视的感受就不可控地涌出来，陷入悲伤、无助、无力的感受之中。如果这个时候孩子对母亲有期待和要求（比如希望母亲陪他玩或希望母亲关注他），母亲该如何与孩子沟通和联结呢？
- Mothers with a history of trauma may be triggered by events in their daily lives to re-experience their trauma. For example, when (the mother herself) is ill, her feelings of being neglected when she was a child would come out uncontrollably and she would fall into the feelings of sadness, helplessness and powerlessness. During this time, if the child has expectations and requirements for the mother (such as wishing the mother to play with him or expecting the mother to pay attention to him), how can the mother communicate and connect with the child?



Additional Question 补充问题

- 当家长急需心理咨询师给他们一个确定的答案或答复时，心理咨询师怎么做合适呢？如果咨询师不给到家长一个明确的答案或答复，可能会感受到来自家长的持续的压力。
- When parents are in urgent need of a definite answer from psychotherapists, what can the therapist do? If the therapist does not give the parents a clear answer, they may feel the continuous pressure from the parents.

Additional Question 补充问题



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- 一位六年级孩子的妈妈，非常焦虑孩子能否考上重点中学，所有的注意力集中在孩子的学习方面，她对孩子的学习态度很不满意，她无法控制自己的情绪，逼迫孩子学习，指责孩子，孩子抗拒，双方冲突不断。妈妈甚至经常会让孩子下跪，打自己的脸，想让孩子内疚，但依然无效，很无力很绝望。对这位妈妈的行为老师如何理解？
- A sixth grader's mother is very anxious about whether or not her child can enter a premium middle school. All her attention is focused on the child's learning. She is very dissatisfied with the child's attitude to learning. She can't control her emotions, she forces the child to learn, she blames the child, the child resists, and they have constant conflicts. The mother even makes the child kneel down and asks him to hit his own face because she wants to make him feel guilty. However, this is still ineffective, so she mother feels very powerless and desperate. How do you interpret this mother's behavior?