

# Session 2 (topics)

## 第二节 (话题)



证道心理

- Reflective Capacity (Neurobiology, Measurement)

反思能力 (神经生物学, 测量)

- Strong Parent-child Relationship (Characteristics, When Misunderstanding or Conflict Occurs)

强大的亲子关系 (特征, 当误解或者冲突发生时)

- Engaging Parents In A Reflective Process

协助父母进入反思过程

# Reflective Capacity

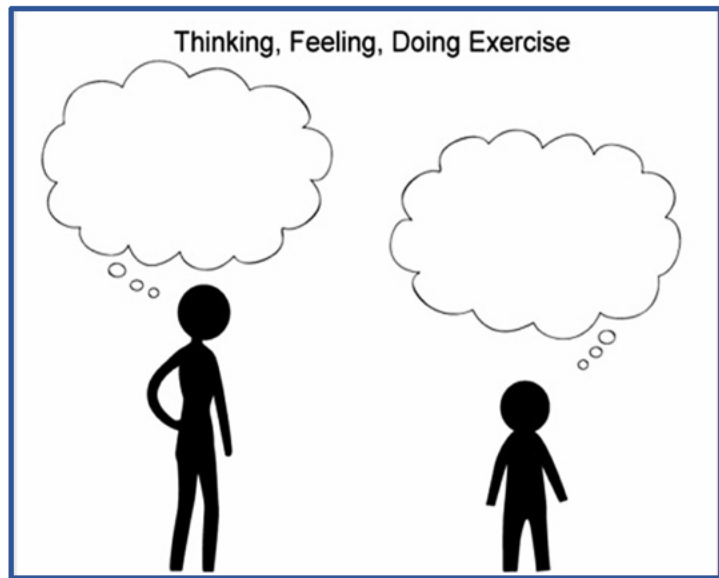
## 反思能力：定义&讲义



证道心理

思考，感觉，做练习

- ❑ All behavior has meaning in light of underlying mental states  
考虑到潜在的心理状态，所有的行为都有意义
- ❑ True for Self and Other  
自我和他人的真实情况
- ❑ Behavior observable  
能够观察到的行为
- ❑ Mental state only inferred  
仅通过推断得出的心智状态
- ❑ Flexibility to change inference if necessary  
如果需要可改变推断的灵活性



# Reflective Capacity Measurement Scale

## 反思能力测量表



证道心理

- Parent Development Interview: scores 1-10 (5 average)  
家长发展访谈：1-10分（平均5分）
- More links: associated with higher reflective capacity.  
更多链接：与更高的反思能力有关。



# Neurobiology of Reflective Capacity

## 反思能力的神经生物学



证道心理

### Mirror Neuron System (Lateral)

镜像神经元系统（侧面）

- ❑ Present at birth  
出生时存在
- ❑ Motor matching  
运动神经匹配
- ❑ Fixed, limited, 'survival' assumptions about others  
固定的，有限的，关于他人的“生存”假设
- ❑ Automatic/Non-conscious only  
仅自动的/无意识的

### Mentalization System (Mid-line)

心智化系统（中线）

- ❑ Develops if parent is reflective  
在父母有反思性时发展
- ❑ Perceptual system for the Mind (self and other)  
心理的感知系统（自我和他人）
- ❑ Flexible/Corrects misperceptions  
弹性的/纠正误解
- ❑ Can switch between Auto/NonCs and Effortful/Conscious  
可在自动/无意识和需要努力/有意识间切换

A strong parent-child relationship is  
one where a child feels.....  
一个强大的亲子关系是孩子能感觉到...

- |   |   |
|---|---|
| <input type="checkbox"/> Safe<br>安全         | <input type="checkbox"/> Accepted<br>被接纳  |
| <input type="checkbox"/> Comforted<br>被抚慰   | <input type="checkbox"/> Supported<br>被支持 |
| <input type="checkbox"/> Cared about<br>被关心 | <input type="checkbox"/> Trusting<br>信任   |
| <input type="checkbox"/> Understood<br>被理解  |   |



# A strong Parent-Child Relationship balances... 一个强大的亲子关系平衡...

## ❑ Dependence & Independence

依赖&独立

## ❑ Closeness & Separateness

亲密&分离

## ❑ Getting Along & Not Getting Along

相处融洽&相处不好

## ❑ Following Rules & Autonomy

遵守规则&自主性



# Misunderstanding and Conflict

## 误解和冲突



- ❑ We respond to our interpretation of the meaning of the other person's behavior  
我们对自己所理解的他人行为的含义作出回应
- ❑ We respond to what we feel about other person's behavior  
我们就我们对他人行为的感受作出回应
- ❑ Our perspective feels like the true and only perspective  
我们的观点仿佛是真实的和唯一的观点

# Reflecting in clinical setting with Parents

## 和父母在临床环境下反思



证道心理

- ☐ Be non-judgmental, be empathic, validate  
不妄下评论，共情，确认
- ☐ Wonder, be curious, try to understand, be provisional  
想弄明白，保持好奇，试着理解，暂定的
- ☐ If parent seems rigid, inquire about other potential options  
如果父母看起来很僵化，询问其他可能的选项
- ☐ Inquire about where parents learned about how to parent  
询问父母在哪里学习如何育儿
- ☐ Resist the temptation to fix or give answers  
抵抗修正或给出答案的诱惑
- ☐ Acceptance: No Right Way; You don't have right answers  
接受：没有“正确”的方法；你没有“正确”的答案





证道心理

### Question :

At present, parents in China often have no systematic and visionary education for their children. When they encounter difficulties, they would learn a method and then use it on their children. If it has no effect, they would change to another method. There are many parenting methods and theories in the market, but these could also be competing against each other. Some parents, who are eager to study, may learn a lot of knowledge and methods, but these knowledge and methods may contradict each other, and parents would not be able to integrate them. Can you please give us some guidance regarding this situation?

### 问题:

当前中国的家长对孩子的教育往往没有系统性和远景性。遇到困难就学习一种方法，然后用在孩子身上。如果没有效果，他们将换一种方法。市场上有很多育儿方法和理论，但是它们也在相互竞争。一些好学的家长可能会学习很多知识和方法，但这些知识和方法可能是相互矛盾的，家长无法对它们进行整合。你能对这种情况做一些指导吗？