



证道心理

Session 10

第10节

SETTING LIMITS, DISCIPLINE AND PUNISHMENT

设立限制，纪律和惩罚措施

Overview

总揽



证道心理

- Reflective Parenting Program
反思性养育计划
- setting limits
设立限制
- discipline
纪律
- helpful tips and techniques for therapists
对治疗师有帮助的提示和技巧

Reflective Parenting Program

反思性养育计划



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- ❑ A parent-group workshop series designed to strengthen parent-child relationship enhance reflective capacity, reduce parents' stress, Improve parents' self-confidence

家长小组工作坊系列主要针对加强亲子关系、增强反思能力、减轻父母压力、改善父母自信心而设计。

- ❑ 8-10 parents in a group
每小组8-10位家长
- ❑ 2 group leaders
2位小组带领者
- ❑ 12 weekly sessions; 90 min.
12周课程；每周课时90分钟。



Many parents have problems setting limits. 许多父母在设立限制时感到困难

- Why kids need limits

为什么儿童需要限度

- Sometimes limits are unclear or fuzzy and it leaves children feeling confused and unsure if they have to listen to the limit.

有时限度不清晰或者模糊，这会让孩子感到困惑并且使他们不确定自己是否必须听从限度。

- Why do some parents have difficulty setting limits?

为什么一些父母在设立限制时会感到困难？

- What therapists can do for parents who have difficulty setting limits?

治疗师能为有设立限制困难的父母做些什么？

Role of the therapist and tips to help 治疗师的作用和协助提示



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- There are no right or correct limits. Limits come from what the parents is OK with and what they are not OK with
没有正确或者错误的限度。限度来自于父母觉得什么是可以的和什么是不可以的
- Help parents clarify and be clear about what their limits actually are.
协助父母澄清和搞清楚他们的限度到底是什么。
- Examples of Reflective language to use with parents
父母使用反思性语言的例子
- Concepts to explain to parents
需要解释给父母的概念

Discipline 纪律

Positive/teaches

正面/教导

Teach child how to behave in the future

教导孩子在今后如何表现得体

Teaches self-control, responsibility

教导自控力，责任心

Cooperation

合作

Develop self-motivation to behave

培养行为的主动性

Punishment 惩罚措施

Negative/does not teach

负面/不教导

Focuses on 'payback' for past behavior

关注对过去行为的“返还”

Imposes control & responsibility from outside

从外部施加控制和强加责任

Obedience

顺从

Needs constant parental oversight

需要父母不断的监督





Role of therapist

治疗师的作用

- **As the therapist it is your role to help a parent who uses punishment to be able to shift over more into discipline.**
作为治疗师，你的责任是帮助一个使用惩罚措施的父母能够更多地转变为使用纪律。
- **Do not scold, reprimand or blame parents who use punishment.**
不要责骂、斥责或责怪使用惩罚措施的父母。
- **Remember that from their perspective punishment is what they believe the child needs**
记住，从他们的角度来看，他们认为孩子需要惩罚。

Reflective Techniques to use as a therapist

作为治疗师所使用的反思性技巧



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- Join them in recognizing their goal
与他们共同认识他们的目标
- Empathize with their anxiety
共情他们的焦虑
- Inquire about how they learned about discipline
询问他们是如何学习纪律的
- Explore what their goal is
探索他们的目标

Question 问题



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- 我很好奇，作为父母，如何识别自己跟孩子是有真实联结的，还是只是出于虚假的自体回应。
- I am wondering, as a parent, how do we identify whether we have a real connection with the child, or it is just out of a false self-response.



Question 问题

- 我的孩子已经很胖了，但还吃巧克力；他也知道自己需要拿毕业证，但就是不努力学习。这是什么原因呢？我该怎么办呢？
- My child is already quite fat, but he still eats chocolates; he also knows that he needs to get his diploma, but he just doesn't study hard enough. What are the reasons? What should I do?