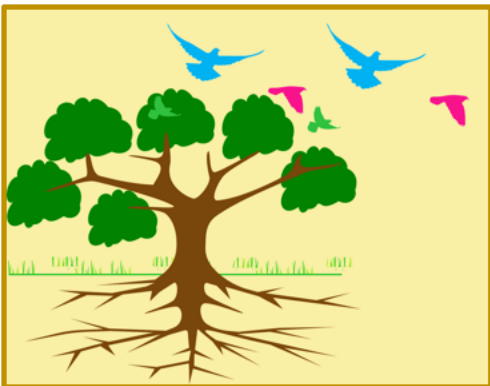# Reflective Parenting:
An application of psychoanalysis in community settings
反思性养育：
精神分析在社区环境中的应用

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Children need Roots and Wings
孩子需要根基和翅膀

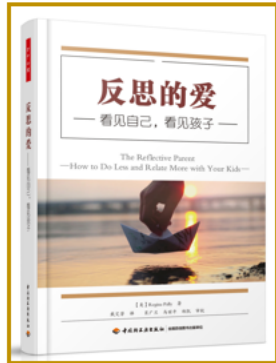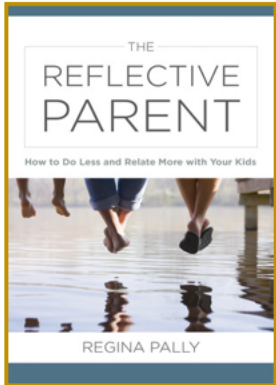Book The Reflective Parent: How to do less and relate more with your kids by Regina Pally
著作：《反思的爱：看见孩子，看见自己》

Organization Center for Reflective Communities
机构：反思性社群中心

. http://reflectivecommunities.org/

Mission: Promoting healthy child development through strong parent-child relationships

使命：通过稳固的亲子关系促进儿童的发展

Parent and Children have too much stress
父母和孩子都有很大的压力

- There is no such thing as a perfect parent

  世界上没有完美父母这回事

- Try to figure out your own answers

  尝试找出你自己的答案

Reflective Parenting and the Circle of Life
反思性养育和生命循环

Strong Parent-child relationships

Promote healthy child development

稳固的亲子关系促进孩子的健康发展

Being reflective builds strong parent-child relationships
保持反思性会建立稳固的亲子关系

With healthy development children grow into Reflective adults
健康发展的孩子长大后成为有反思性的父母

Why the parent-child relationship is important
亲子关系为什么很重要

- It is encoded into our DNA
  根植于人类的基因中

- Child's developing brain is wired by the parent-child relationship
  亲子关系影响塑造儿童正在发育的大脑

- Child internalizes the parent-child relationship:
  儿童会内化亲子关系

The Parent-Child Attachment Relationship
亲子依恋关系

❑ A deep and enduring bond
深厚而持久的纽带

❑ Function: Survival, regulation, relationship, trust
功能：生存、调节、关系、信任

❑ Infant behaviors signal need/distress
婴儿通过行为表达需要和痛苦

❑ Parent is reciprocally responsive
父母根据孩子的信号进行回应

Attachment Styles: Balanced & Flexible vs. Extremes
依恋模式: 平衡的 & 有弹性的 vs. 极端的

Secure 安全型

Relatively Balanced & Flexible
相对平衡&具备弹性的

Extreme
极端

Extreme
极端

- **Helpless-fearful**
- 无助的 – 恐惧的
- **Enmeshed**
- 缠住

- **Preoccupied**
- 忧心忡忡的
- **Dismissive**
- 轻蔑的

- **Hostile-Intrusive**
- 敌意 – 侵入性的
- **Detached**
- 不连接的

Mentalization/ Reflective Functioning (Fonagy et al., 1991)
心智化/反思功能 （福纳吉，1991）

❑ Human capacity to interpret our own and others' behavior in light of underlying mental states
人类根据潜在的心理状态解读自己和他人行为的能力

❑ Mental States: feelings, intentions, desires, goals
心理状态：感受，意图，愿望，目标

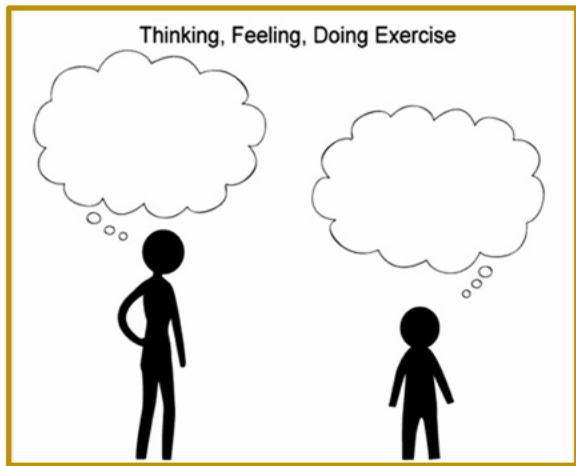❑ Make sense of, and anticipate, our own and others 'behavior
理解并预测我们自己和他人的行为

Why we have to learn about Reflective Parenting?
我们为什么要学习反思性养育？

Thinking, Feeling, Doing Exercise

❑ Handout for parents
为父母提供的资料

❑Parent understands child better
父母可以更好地理解孩子

❑More secure attachment
形成更安全的依恋

❑Protects and Prevents negative childhood outcomes
提供保护和预防童年期的不良后果

Reflection can be implicit and explicit
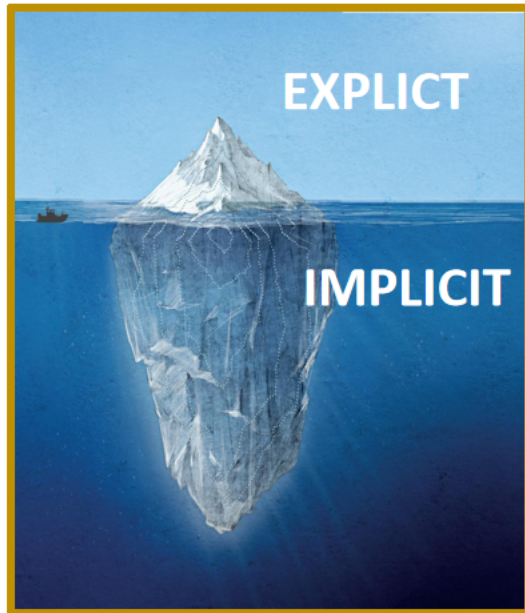# 反思可以是内隐的也可以是外显的

IMPLICIT automatic w/o conscious awareness
内隐的　自动的　在意识之外

EXPLICIT effortful and conscious
外显的　　需要努力并且是有意识的

Slow down>>Be in the present moment
慢下来>>关注当下

Common Impairments in Reflective Function
常见的反思功能损害

❑ STRESS
压力

❑ TRAUMA
创伤

Clinical concepts and techniques you will use
你会接触到的临床概念和技巧

- ❏ Mindfulness vs. Mentalization
  正念与心智化
- ❏ Empathy 共情
- ❏ Validation 确认

Let's Practice Being Reflective
让我们开始反思练习

- What is the child doing?
  孩子正在做什么？
- What is the reason for the behavior?
  行为背后的原因是什么？

# Reflective Parenting Program design and training
反思性养育项目的设计和训练

☐ **Parent-group; 12 weekly workshop sessions; 1.5 hour/week**
父母团体：12周工作坊，每次1.5小时/周

☐ **2 trained co-leaders with 8-10 parents**
2位完成训练的联合带领者
8-10位父母

☐ **Curriculum with weekly topics**
每周主题课程

☐ **We train mental health clinicians to run these groups**
陪训心理健康工作者带领这样的团体

Guiding Principle: Hold the feelings & hold the line
指导原则：抱持感觉，坚持底线
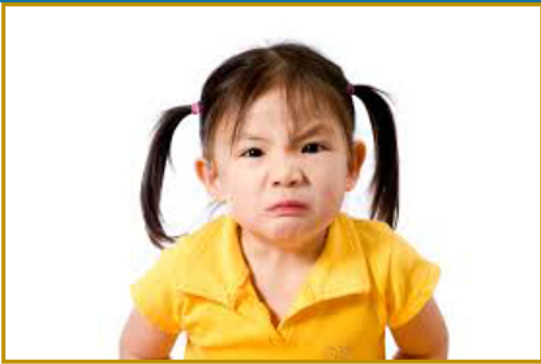
Give your child room to have their feelings
给孩子的感受留出空间
But also help them regulate their feelings
但是同时帮助他们调节自己的感受

Guiding Principles: There is always more than one way
指导原则: 总有不止一种方法

❑ **No one right way to parent**
   不存在唯一正确的养育方式

❑ **Always more than one perspective**
   总有不止一种视角

Guiding Prinicples: Accepting and Adjusting
指导原则： 接纳并适应

☐ Accept ambiguity, uncertainty, not-knowing
接受模糊性、不确定性和未知

☐ Adjust one's parenting to the needs
of one's child
调整你的养育方式来适应孩子的需要

How to help Parents
如何帮助父母

<u>Clinical Cases 临床案例</u>
- My daughter won't go to school 我女儿不愿意去上学
- My daughter is too needy 我女儿太粘人
- My son is so spoiled 我儿子被宠坏了

<u>Techniques 技巧</u>
- Empathize with and validate parent 同理并确认父母
- Be curious and wonder why 保持好奇心并且思考为什么
- Support figuring it out on their own 支持他们自己解决问题