

Learn about running a
parenting group using a
reflective approach

Reflective Parenting Program
(RPP)

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学习运用反思性方法管理
一个养育小组

反思性养育计划
(RPP)

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Experience in the USA

- Parents are often initially reluctant to commit to a 12-week course
- Different kinds of parents respond differently to Reflective Parenting groups

来自美国的经验

- 家长们一开始往往不愿意参加为期12周的课程
- 不同类型的家长对反思性方式的养育小组的反应不一



Research on RPP

- **Pilot:** reduced symptoms of depression in parents and increased child cooperation.
- **UCLA:** parents have better understanding what is going on with their child and have a more positive attitude toward their child

对RPP的研究

- **试点型项目:** 家长的抑郁状态减轻, 孩子的合作性加强。
- **加州大学洛杉矶分校:** 家长对孩子的情况有了更好的了解, 以及对孩子有了更积极乐观的态度。



How Reflective Parenting groups operate

- Group has 8-10 parents with 2 group leaders
- Weekly for 12 sessions.
- Brief didactic portion about the topic
- Interactive discussions
- Homework reflection

反思性养育小组如何运作

- 小组有8-10名家长和2名小组带领者
- 12次会面，每周1次
- 就特定议题做简短的指导性教学
- 互动式讨论
- 家庭作业反馈



Reflective Capacity

- 2-way understanding to make sense of each other's behavior
- Outward behavior has meaning in terms of what's going on inside the mind
- Child's behavior connected to something inside child's mind. Parents behavior is connected to something inside parent's mind

反思性能力

- 通过双向理解去了解对方的行为
- 外在的行为有着内在心理的含义
- 孩子的行为与孩子内心的某些东西有关。家长的行为与家长内心的某些东西有关



We need to teach parents how to be reflective

- Although 2/3's of people are reflective, stress and other factors can lead mistakes, misunderstanding, conflict
- Some are not reflective because they had parents who were not reflective
- Others had trauma which impairs reflectivity

我们需要指导家长如何具有反思性

- 尽管2/3的人是具有反思性的，但压力和其他因素会导致错误、误解和冲突
- 有些人没有反思性是因为他们的父母缺乏反思性
- 创伤影响了另外一些人的反思能力



Benefits of being a reflective parent

- **Parent-child relationship** stronger & more secure
- **Children** resilient, socially competent // better in school & job // greater wellbeing
- **Parents** emotionally responsive to inner reason for child's behavior; not reactive to behavior itself

成为一个具有反思性的家长的好处

- 亲子关系更牢固、更安全
- 孩子的适应力和社交能力强// 在学校和工作中表现更好 // 更幸福
- 家长对孩子行为的内在原因有情感上的回应; 而不仅是对行为本身有反应



The course also includes:

- Details how to form a group
- Techniques to help parents be more reflective
- Different interventions for parents with different attachment & parenting styles
- Topics for each session
- Tools: Role playing, reframing and storytelling

课程还包括：

- 如何建立小组的细则
- 协助家长变得更具反思性的技巧
- 对不同依恋类型和养育方式的家长采用不同的干预方式
- 每节课的主题
- 工具：角色扮演、重构和讲故事



2 short video clips of RPP

- Bowl Exchange: a group with parents and their infant. (Some parents are court ordered to attend the group.)
- Growing Place: a group with just the parents (children ages 4-7 at a childcare center for working parents)

2段RPP短片

- 碗的交换: 家长和婴幼儿在一起的小组。(法院强制一些家长参加这个小组)
- 成长园地: 只有家长参与的小组 (因工作需要把4-7岁的孩子放到托儿中心的家长)

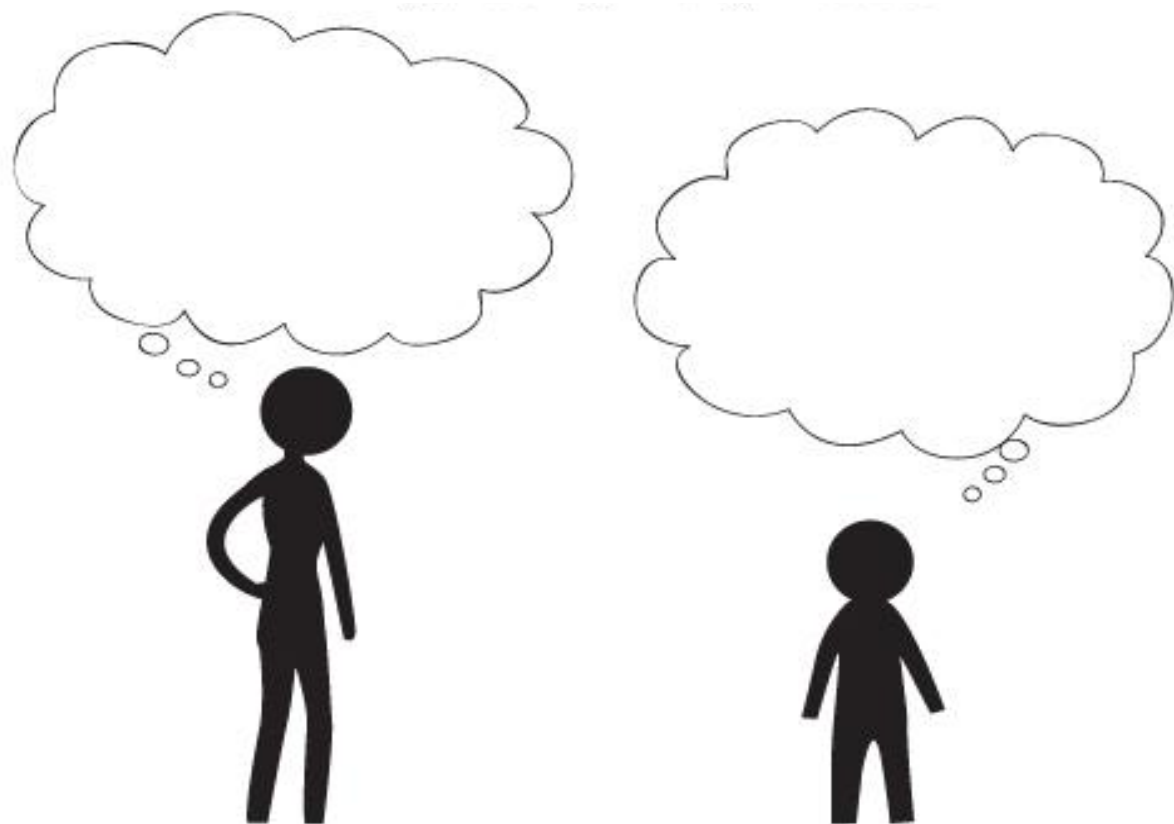


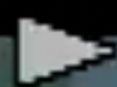


'Bowl Exchange' 碗的交换

HANDOUT FOR PARENTS 给父母的单页

Thinking Feeling Doing Exercise 思考 感受 行为 练习





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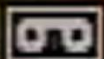
59min



DV SP

NS 48K

我记得有个家庭活动就是关于观察你孩子生气的时候，
看看是怎么回事。

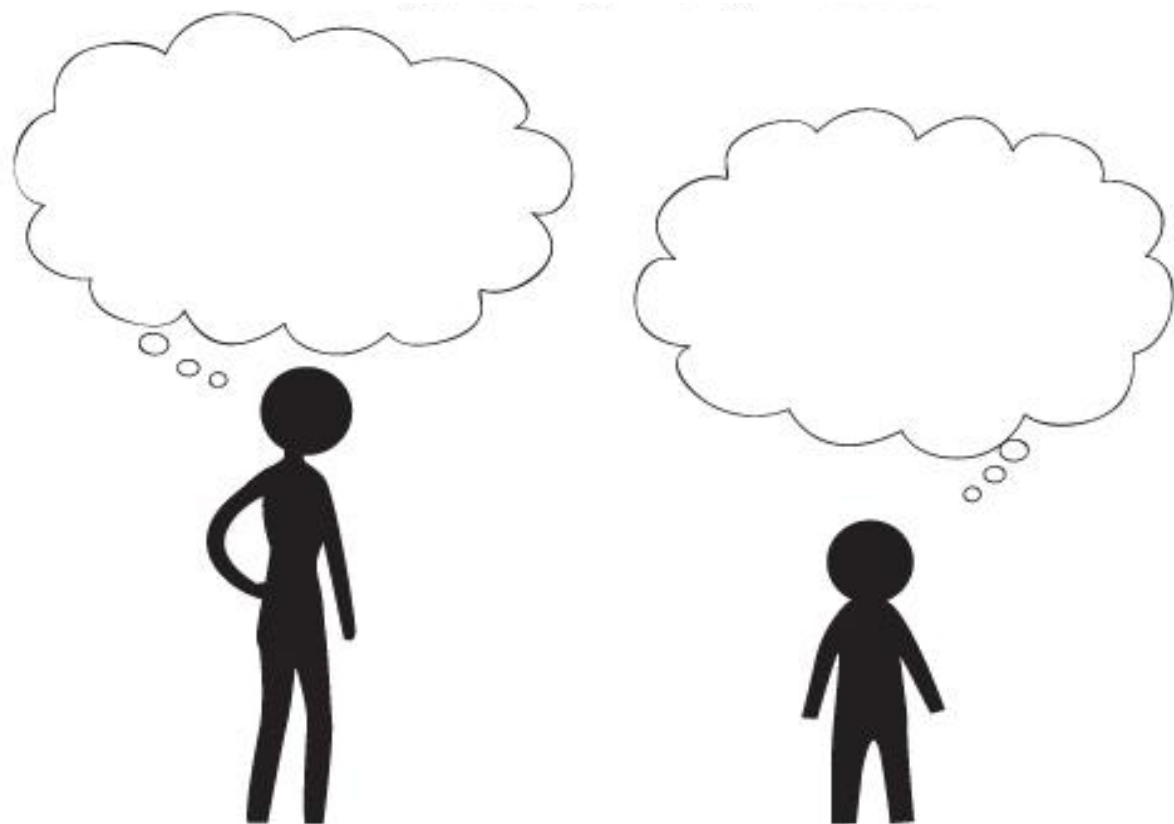
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48min 

DV SP
NS 48K
DV IN

如果我没有（空间），我会很愤怒。她的语气很重。

HANDOUT FOR PARENTS 给父母的单页

Thinking Feeling Doing Exercise 思考 感受 行为 练习



证道心理近期精彩课程

扫描二维码了解详情



如何提升咨询师和父母的功能：心智化的方法、技术与运用

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美国首席心智化治疗专家

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贝勒医学院心理健康研究主席



如何运用反移情

12种内隐关系模式的识别、理解与修通

Judith Rustin

精通于咨访临床互动的内隐维度

精神分析实践与研究的整合者

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