

Session 1

Introduction to leading a parenting group using the Reflective Parenting Program (RPP)

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Founder of Center for
Reflective Communities



第1节

运用反思性养育计划 (RPP) 带领一个养育 小组的介绍

Regina Pally

反思性社群中心创始人



证道心理

Reflective Capacity: How we make sense of each others behavior

- All behavior has meaning in terms of something in the mind: e.g. thoughts, feelings, intentions
- Mind is hidden. Can't know meaning for certain
- Always more than one possible meaning
- All you can do is make your best guess
- Remain open & flexible to other possible meanings.

反思性能力： 我们如何理解他人的行为

- 所有的行为都有其心理上的含义：如思想、感情、意图
- 心智是隐藏的。不知道确切的含义
- 总是多于一个可能的含义
- 你所能做的就是做出最好的猜测
- 对其他可能的含义保持开放和灵活的态度。



Benefits of Group vs. 1:1

- Parents learn from each other
- Parents feel validated and less alone, when they see other parents have the same experiences

小组的优势 vs 1 : 1

- 家长互相学习
- 当家长看到其他家长也有同样的经历时，他们会感到自己被认可并且不那么孤独



Benefits of being reflective

- Crucial to development of secure attachment (Slade, 2005)
- Increases parent's willingness, motivation and competence in regulating children's distress (Rutherford et al., 2013; Slade, 2005)
- Protective factor against hostile and abusive parental behavior (Grienenberger & Slade, 2005)

具有反思性的好处

- 对发展安全依恋关系至关重要 (Slade, 2005)
- 增强家长调节孩子痛苦的意愿、动机和能力 (Rutherford等, 2013 ; Slade, 2005)
- 是防止家长敌对和虐待行为发生的保护因素 (Grienenberger & Slade, 2005)



Benefits of being reflective

- Protective factor against the development of mental illness (Fonagy & Target, 2002)
- Correlates with a parent's sense of competence and satisfaction in their parenting role (Burkhart et al., 2017)

具有反思性的好处

- 是防止精神疾病发展的保护因素（Fonagy&Target, 2002）
- 与家长在养育角色中的胜任感和满意度相关（Burkhart等人，2017）



Our experience in US

Some parents start out resistant to being reflective.

By group #6 parents, even initially resistant parents:

- Start to 'get it'
- Form attachment to each other and facilitators
- Feel safe to open up about how they really feel

我们在美国的经验

有些家长开始时对反思性有抵触情绪。

到第六次的时候，即使最初有抵触情绪的家长：

- 都开始“明白”
- 互相建立依恋并和促进者建立依赖
- 感受到安全并敞开心扉分享他们的真实感受



Our experience in US

By end of the group, parents

- Feel a better connection with their child
- See their child in a more positive way
- Describe their child as more cooperative
- Feel more confident and competent in their role as parent
- Don't want to end the group

我们在美国的经验

在小组结束时，家长

- 感觉和孩子的联接更好了
- 以更积极的方式看待他们的孩子
- 形容他们的孩子变得更愿意配合
- 对自己作为家长的角色感到更有信心和能力
- 不想结束这个小组



Reflective Capacity

Reflective Capacity is the natural & and innate way we make sense of each other's behavior.

Definition: Reflective Capacity means we recognize that all behavior has meaning in terms of something going on inside a person's mind....feelings, thoughts, intentions

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

反思性能力是理解彼此行为的方式，这种方式是本能的和与生俱来的

定义：反思性能力意味着，我们认识到所有行为都是有心理意义的...比如感受、想法、意图

孩子的行为与孩子的内心世界相关联

家长的行为与家长的内心世界相关联



What is involved in a reflective approach?

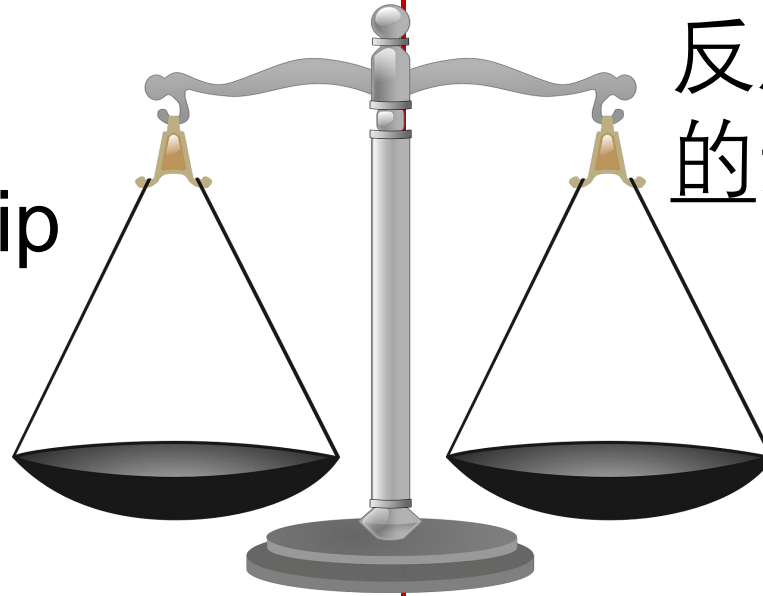
- Slow down; Be in the present
- Listen and try to understand the other's perspective
- Accept uncertainty
- See if own emotions, beliefs, past experiences interfere with understanding your child
- Be open and flexible to to change your perspective

反思性的方法包含什么？

- 放慢脚步；关注当下
- 倾听并试着理解对方的观点
- 接受不确定性
- 看看自己的情绪、信念、过去的经历是否阻碍了自己对孩子的理解
- 对改变自己的观点保持开放和灵活的态度



Reflective capacity
supports a balanced
parent-child relationship



反思性能力支持平衡
的亲子关系

- ❑ Closeness & Dependency
with
Separateness & Independence
- ❑ Comfort, Empathy, Validation
with
Limits, Boundaries, Expectations

- ❑ 亲密相依但是彼此是分
开的和独立的
- ❑ 安慰、共情、确认，但
有限制、界限、期望



Always more than one
possible meaning for any
given behavior.

What is this man doing?

对于任何行为，总
是有多于一个可能
的含义。

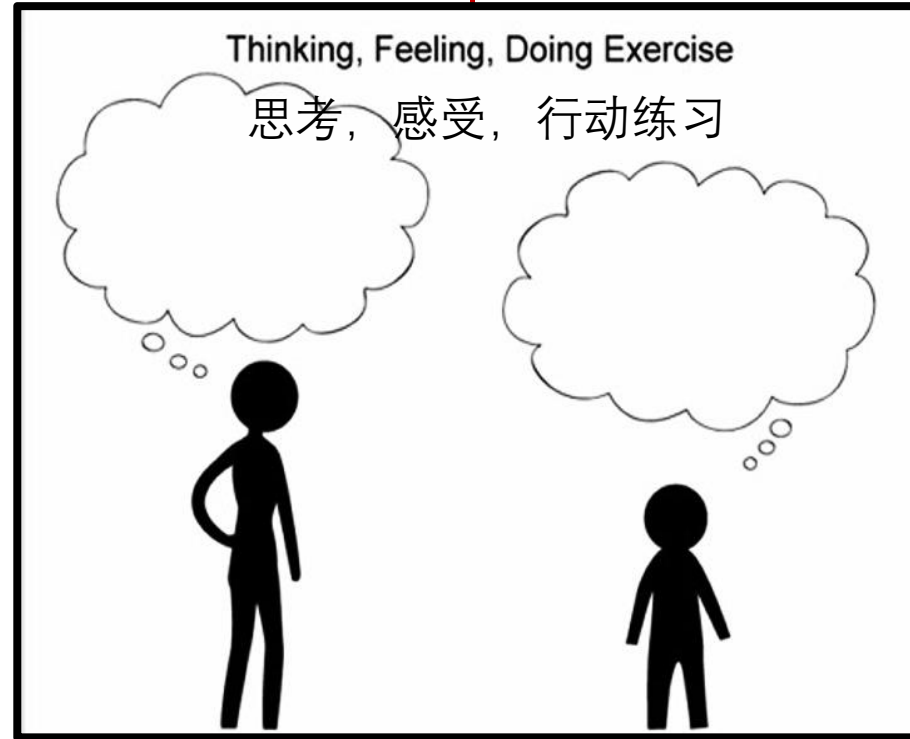
这个人在做什么？



How Reflective Capacity Operates

反思性能力如何运作

- ❖ Can observe child's behavior
- ❖ Infer inner meaning of behavior
- ❖ Recognize need to be flexible
- ❖ Be aware that stress, intense affect, Hx trauma, impair reflective capacity



- 可以观察孩子的行为
- 推断行为的内在含义
- 认识到需要保持灵活性
- 觉察到压力、强烈的情感、创伤史会削弱反思性能力



Why we misunderstand each other so much

- We respond to our own interpretation of other person's behavior
- We respond to what we feel about other person's behavior
- We each have a different perspective that feels like it is the true and only perspective

为什么我们那么容易误解彼此



- 我们回应的是自己对他行为的解释
- 我们回应的是我们对他人行为的感受
- 我们每个人都有自己不同的观点，并且认为这是真实且唯一的观点



Let's practice being reflective

Observe What is this girl doing?

Reflect What is she feeling? Intending? What are you feeling? Intending?

Respond

- How would you respond to her?
- Would it depend on how you feel?
- Would it depend on what you think she is feeling?



让我们练习反思性

观察这个女孩在做什么？

反思她的感受是什么？她的意图？你有什么感觉？你的意图？

回应

- 你将如何回应她？
- 这是否取决于你的感受？
- 这是否取决于你认为她的感受是什么？



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Clinical Example

- Liam is in the cradle with his baby sister Olivia
- Why is he in there?
- How will his mother respond?

What is going on inside
Liam's mind?

在Liam的心里发生了什么？

Liam

Olivia



临床案例

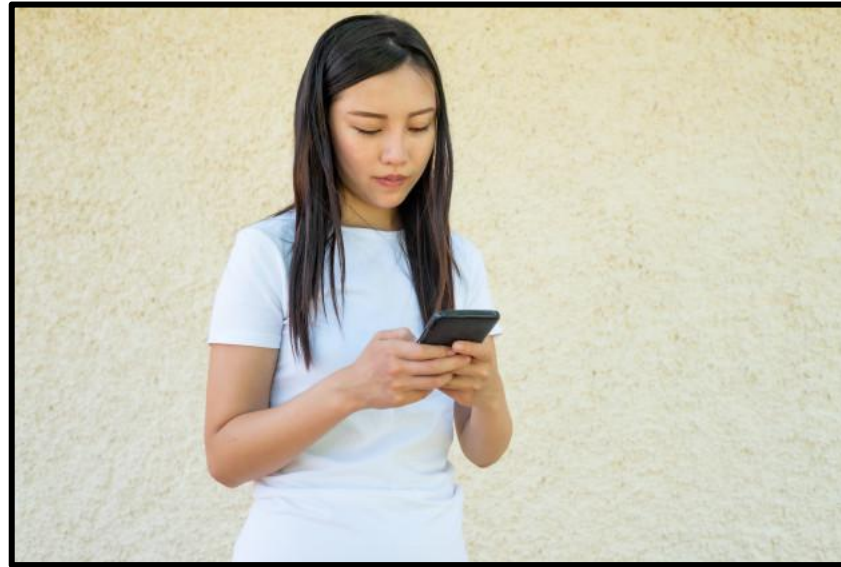
- Liam和他的妹妹Olivia在摇篮里
- 他为什么在那里？
- 他的母亲将如何回应？



Clinical Example

- Mom wants daughter to call every time she and her friends go somewhere new
- Daughter says NO! You should trust me!
- What does mom say next?
- What solution do they arrive at?

Am OK
我很好



临床案例

- 妈妈希望女儿每次和她的朋友到了新地方时都给她打电话
- 女儿说：“不！你应该相信我！”
- 妈妈接下来要说什么？
- 他们得出什么解决方案？



Take Home Reflection

During the week pay attention to your interactions with other people.

- Notice a time you really understood someone else.
- Notice a time you completely misunderstood someone else.
- Notice how it felt when someone understood you.
- Notice how it felt when someone misunderstood you.

反思性作业

在一周内，请注意你与他人的互动

- 关注一个你真正了解别人的时刻
- 关注一个你完全误解了别人的时刻
- 关注当别人了解你的时候，你的感受如何
- 关注当别人误解你的时候，你的感受如何



Q & A

Question : In the parent group, do group leaders need to be neutral and not involved? Or can they offer their own opinions on the specific problems faced by parents?

问：在父母团体中，带领者需要保持中立性，不被卷入吗？还是说带领者可以对父母们遇到的具体问题提出自己的看法？



Q & A

Question : Can I join reflective parent groups with my relatives or friends?

问：可以和自己的亲戚或朋友一起参加反思性父母团体吗？



Q & A

Question : I have learnt a lot about parenting, but my ability in execution is not strong enough. How can I improve my ability in execution?

问：我学习了很多育儿知识，但是我的执行力不够，对孩子的教育虎头蛇尾，我该如何改善我的行动力？



Next week

Session 2

The mechanics of creating
and leading a group

Peggy Matson

Senior trainer and supervisor for the
Reflective Parenting Program

下周课程

第2节

创建并带领一个小组的机制

Peggy Matson

反思性养育计划高级培训师/主管



证道心理近期精彩课程

扫描二维码了解详情



精神分析核心概念 与临床技术18讲

Vamik Volkan

五次获诺贝尔和平奖提名

美国精神分析学院前主席

弗洛伊德奖和西格尼奖双料获得者

连续15年荣膺美国最佳医生



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

纽约主体间精神分析研究所督导师