



Role Playing - Session 9

角色扮演-第9节

Role Playing

- Definition –the changing of one’s behavior to assume a role, either unconsciously to fill a social role or consciously to act out an adopted role.
- The approach focuses on changing problematic or repetitive behavior, feelings, and thoughts by discovering their unconscious meaning.

角色扮演

- 定义：将一个人的行为变成假定的角色的行为，无意识地代入到一个社会角色中，或有意识地扮演一个可被接受的角色。
- 这种方法关注的是，通过对无意识意义的探索，来改变存在问题的或重复性的行为、感觉和想法。

Role Play

- Role play allows parents to identify their own feelings around a given situation while simultaneously learning how others may feel.
- Role play helps parents explore both their own and their child's possible feelings in a safe non-judgmental setting.

角色扮演

- 角色扮演不仅可以让家长发现自己对特定场景的感受，同时，也可以了解其他人可能有什么感受。
- 角色扮演有助于家长在一个安全的、非评判的环境中探索自己和孩子可能出现的感受。

Role Play Frame and Activities

- You put yourself into someone else's shoes
- Stay in your own shoes but put yourself back into a difficult situation or an imaginary situation
- Provide clear and explicit information as to what is expected
- Ensure that the task is authentic and based in reality.

角色扮演的设计与活动

- 从他人的角度看问题，设身处地地进行思考
- 做回自己，但要把自己拉回到一个棘手的境况或想象中的场景中
- 提供关于“预期”明确和清晰的信息
- 确保任务是真实的以及切合实际

Benefits of Role Playing

- Encourages creativity and imagination
- According to research the capacity for cognitive flexibility and creativity especially in children are linked to role play.
- Enriches language and enhances communication skills.
- Increases the development of social and emotional skills.

角色扮演带来的好处

- 鼓励创造力和想象力
- 研究表明，认知上的灵活性和创造力与角色扮演相关，尤其是针对儿童。
- 丰富语言能力，提高沟通技能。
- 促进社交和情感技能的发展。

Benefits cont'd

- Provides ways to play out new strategies before actually putting these new strategies into use.
- Helps parents to see separateness of minds between their experience and feeling states and those of their child's

好处 (续)

- 提供了在实际使用新策略之前能够执行这些策略的方法。
- 帮助家长看到他们自己的体验和情感状态与他们的孩子的体验和情感状态是分开的。

Terms applied to Role play

- Brainstorming- a technique where group members are invited to share alternate responses to a given prompt. It is meant to elicit group participation, and provide fresh perspectives from multiple sources.
- Focusing – an activity meant to bring the group’s attention to a chosen scenario.

角色扮演用到的术语

- 头脑风暴：是一种技巧，它邀请小组成员对特定的场景进行不一样的回应。它的目的是吸引小组成员参与其中，并从多方面来提供新的视角。
- 聚焦：一项将小组注意力集中到所选场景的活动。

Terms of Role Play

- Sculpting- participants imagine and then recreate a living picture of a particular scenario. The “sculptor” usually the parent positions the participants in such a way that their postures and relationship in space to one another tell something about how the family relates.
- Differentiating – is meant to help the participants separate themselves from the experience the role play.

角色扮演用到的术语

- 塑造：参与者想象并重现一幅特定场景的生动画面。通常，某位家长作为“塑造者”对其他参与者进行定位，使他们的姿势和在空间中彼此之间的关系能够反映出他的家庭关系是如何的。
- 辨别：目的是协助参与者从角色扮演的体验中分离出来。

Examples of Role Play

Repetitive struggles:

- Brushing teeth
- Leaving the house
- Going to bed
- Going to Lego Land

角色扮演举例

反复斗争:

- 刷牙
- 离开家
- 上床睡觉
- 去乐高乐园

Take Home Reflection

If you have the opportunity role play with your child or can be done with a partner or friend an incident that may have been difficult to handle.

You play the other person or child and they will play you. See what you learn both about your feelings, thoughts and behaviors and what you may learn about the other while playing them.

家庭反思练习

如果你有机会和你的孩子进行角色扮演，或者可以和搭档或朋友一起处理一个可能很棘手的事件。

你扮演其他人或者孩子，他们扮演你，你们交换角色。你们从对自己的感受、想法和行为中学到了什么？以及在扮演别人的时候，你学到了关于别人的什么？

Questions and Answers

1. Some parents' children in the group are special children (such as autism, ADHD), and their parents feel helpless and hopeless. What kind of help can parents' groups provide for such parents?

问与答

1、 团体中有些家长的孩子是特殊儿童(比如孤独症, 多动症), 父母感到无助和无奈, 父母团体可以为这样的家长提供怎样的帮助呢?

Questions and Answers

2. In session 7, you talked about allowing and accompanying children to play games. However, most children now play online games. Parents can neither participate nor limit their children's play time. They feel very anxious and helpless. How can we help parents?

问与答

2、您在第七课的时候谈到允许和陪伴孩子玩游戏，但现在的孩子玩的基本上都是网络游戏，家长们既无法参加，也很难去限制孩子玩游戏的时间，感到非常焦虑和无助，我们如何去帮助家长呢？

Questions and Answers

3. In the last class, you talked about how to regulate parents' emotions together and how to operate the 3 Rs? Can you please talk more about these 3 Rs?

问与答

3、在上一节课上，您讲到共同调节家长的情绪，以及三个R的操作，能否具体讲讲如何操作？？