



Termination, Summary of Points

Session 10

结束小组，要点总结

第10节

Terminating with an RPP group

- Termination should start with the first group. Begin by speaking about the length of the group. Each group is 12 weeks.
- The process of actual termination should begin by the 9th week. This allows the group members time to process the loss of what has become a cohesive, connected group.
- Many times the parents want the group to continue. What do you do?

反思性父母小组的结束

- 结束应该从第一次小组碰面开始。开始时，谈论小组持续时间。每个小组都会持续12周。
- 实际结束过程应该在第9周就开始了。这让小组成员有时间来处理即将失去一个有凝聚力的和互相连接的小组。
- 很多时候，家长们希望这个小组持续下去。这时候你要怎么做？

Termination cont'd

- Facilitators' work to have a "good" goodbye. Parents may have very ambivalent feelings about the ending.
- Facilitators also have to process the ending.
- Remind parents that they will take with them what they have learned. They have internalized the info.
- Parents are given a certificate of completion.

结束小组（续）

- 促进者要做的是提供一个“好的”告别。家长对小组结束可能会有很矛盾的感觉。
- 促进者还需要处理小组结束的过程。
- 需要提醒家长，他们要带上他们已经学到的东西。他们要把知识和信息内化为自己的思想和行为。
- 家长会获得一张课程结业证书。

Points to Keep in Mind

- Groups are meant to be co-facilitated. As facilitators we model a containing reflective stance and we are thinking together as we are teaching parents to do in the group.
- Group size is important. 6-8 group members is the best range (No less than 5 or more than 10).
- Pick the age range of curriculum first then begin: prenatal, preschool, school-aged, adolescence.

需要记住的要点

- 小组是需要共同促进的。作为促进者，我们需要示范一种包容、反思的立场，并且进行共同思考，就像我们在小组中教家长们做的那样。
- 小组的规模是很重要的。一个小组有6-8名组员是最理想的（不要少于5人或多于10人）。
- 首先选择课程的年龄范围，然后再开始：有孕期、学龄前、学龄、青春期这些年龄范围。

Points to Keep in Mind

- Groups are interactive not prescriptive
- Facilitators may have an urge to fix based on a parents' urgency for an answer.
- Reflective shifts usually happen in the 4-6 the week.

需要记住的要点

- 小组是互动的，而不是规范化、规定性的
- 由于感受到父母对寻求答案的急切心情，促进者可能会有一种想去“修理”的冲动。
- 小组成员的反思性开始发生变化通常是在第4-6周。

Points to Keep in Mind

- We have an innate tendency to seek proximity when stressed and to evoke protection, reciprocity and regulation from caregivers.
- The attachment relationship leads to the regulation and modulation of the infant's nervous system.
- Secure attachment leads to an internal working model of traumatic or fearful situations as transitory and survivable.

需要记住的要点

- 我们有一种天生的倾向，即在压力下寻求亲近感，并从照顾者那里唤起保护、互惠和调节的回应。
- 依恋关系促进婴儿神经系统的调节和调谐。
- 安全的依恋带来的内部工作模式可以让创伤或恐惧的情景被体验成是暂时的、可存活下来的。

Points to Keep in Mind

The basic steps for a parent to be reflective with their child are the same for being reflective in any relationship.

- Push the pause button and be present
- Be curious about the behavior – why is it happening, what may have caused it.
- Listen to your child; try to understand their perspective.
- Accept that you can't know for **certain** what is happening but you can imagine.
- Self reflect: Are your own emotions interfering with being able to understand you child.
- Be open and flexible to change

需要记住的要点

在任何关系中保持反思性与家长对孩子保持反思性的基本步骤是一样的。

- 按下暂停按钮并保持“在场”的状态
- 对行为保持好奇心——为什么这种行为会发生，是什么导致这种行为的发生。
- 聆听你的孩子；试着理解他们的观点。
- 接受这样一个事实：你不能**确定地**知道发生了什么，但你可以想象发生了什么。
- 自我反思：你自己的情绪是否干扰了你对孩子的理解。
- 对待改变，保持开放和灵活的态度

Points to Keep in Mind

- Reflective Capacity recognizes that for any given situation, each person, parent, child, will have their own, separate perspective, about what is happening, how they are feeling and what they are thinking.
- In the long term, discipline helps children to learn self-control, a sense of right and wrong, competency, frustration tolerance and the ability to live in society.
- Save discipline for the important issues, for things that really matter.

需要记住的要点

- 反思性能力让你认识到，在任何情况下，任何人，任何家长和孩子，对于正在发生的事情都有自己的感受，想法和独立的观点。
- 在长期目标中，纪律性有助于孩子学习自我控制、是非观、胜任力、对挫折的承受力以及在社会中的生存能力。
- 把纪律性留给重要的事情，真正重要的事情。

Points to Keep in Mind

- More secure parent-child relationships are formed when the parent finds ways to stay calm and regulated even when the child cannot.
- Parents' feelings impact their children's feelings and vice versa.
- Anger is a normal harmless feeling its what we do with our anger that makes a difference.
- Anger is not the same as hostility or aggression. Anger does not equal abuse.

需要记住的要点

- 当家长找到保持冷静和调节情绪的方法时，即使在孩子还无法冷静和进行调节的情况下，也会形成更安全的亲子关系。
- 家长的情绪和感受会影响孩子的情绪和感受，反之亦然。
- 愤怒是一种正常的无害的感受，但我们如何处理我们的愤怒情绪会产生不同的结果。
- 愤怒不等于有敌意或有攻击性。愤怒不等于虐待。

Points to Keep in Mind

- Getting to know how to handle tough situations without “losing it” takes practice and good techniques such as parental time outs, deep breathing, stepping back, and talking with another adult before taking action.
- Take home reflection help parents hold the group in mind, build observation skills, practice reflectiveness.

需要记住的要点

- 要知道如何在不“失控”的情况下处理困难的情况，这需要不断的练习并运用良好的技巧，比如说，家长做一个暂停、深呼吸、退后，以及在采取行动之前与其他成年人进行交谈。
- 带回家的反思练习帮助家长牢记着团体、培养观察技能和练习反思性能力。

Questions and Answers

1. Before becoming a leader of a reflective parent group, is it necessary to join a reflective parent group to gain some group experience?

问与答

1、成为一位反思性父母团体带领者之前，是否有必要先参加一个反思性父母团体以获得一些团体体验？

Questions and Answers

2. You mentioned that in role play, we need to provide parents who are involved in role play with clear information about "expectations.". What exactly does "expectation" mean here?

问与答

2、您说在角色扮演中，我们需要向参与角色扮演的家长提供关于“预期”明确和清晰的信息。这里的“预期”具体是指什么？

Questions and Answers

3. If you can't find a co-facilitator for a while, the pressure to lead the group alone will be greater. In this situation, do you have any suggestions for the leaders?

问与答

3、如果一时找不到协同带领者，那么独自带领团体的压力就比较大。在这种情况下，你对带领者有什么建议吗？

Questions and Answers

4. What kind of knowledge and theoretical foundations do you think a leader of a reflective parent group needs?

问与答

4、您认为一位反思性父母团体的带领者需要哪些方面的知识和理论储备？

Questions and Answers

5. "Reflective" is a concept that doesn't sound complicated, but it's very difficult to practice. What do you think is the best starting point for us to train our reflective ability in daily life? Can you share your experience with us?

问与答

5、“反思性”是一个听起来不复杂但实践起来很困难的概念，您认为在日常生活中我们训练自己的反思能力的最佳着手点是什么？您可以与我们分享您的经验吗？