

# Session 4

Group process: Building trust and empathy amongst group members

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# 第4节

团体过程：在团体成员之间建立信任和共情

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# Overview

- ❑ Definition of terms
- ❑ Group process: Building trust and empathy amongst group members
- ❑ Poor trust and empathy, vs. Good trust and empathy
- ❑ Techniques and exercises

# 课程纵览

- ❑ 术语定义
- ❑ 团体过程：在团体成员之间建立信任和共情
- ❑ 缺乏信任和共情 vs. 良好的信任和共情
- ❑ 技巧与练习

# Definition of terms

- Group Process
- Trust
- Empathy
- Validation
- Support

# 术语定义

- 团体过程
- 信任
- 共情
- 确认
- 支持

# Create a sense of trust amongst group members

- At first session address the issues of confidentiality; need for creating a group that is caring and empathic, not judgmental and critical so everyone feels safe to open-up.
- Address it in later groups as needed.
- It is a process and takes time
- Trust & empathy comments

## 小组成员之间建立信任感

- 在第1节课上，讨论过保密问题；需要创建一个关心他人与充满共情的团队，而不是批判和批评，这样每个人才能感到安全，并且敞开心扉。
- 根据需要而在后面的小组中进行讨论。
- 这是一个过程，它是需要时间的
- 信任与共情的反馈

Trustworthy/Not trustworthy;  
Empathic/Not empathic

- Trustworthy: can be consistently be relied
- Not trustworthy: someone who can't be relied on
- Empathic: able to feel inside themselves what another person feels
- Non-empathic: Not able to feel what another person feels

值得信任/不值得信任; 共情/不能共情

- 值得信任的: 可以始终如一地被信赖
- 不值得信任的: 某人不值得被信赖
- 共情的: 能够感受到另一个人的内在感受
- 不能共情的: 不能感受到他人的感受

## Video: Separation

- While you watch this clip think about how you would have responded to the crying child.
- Can you think of some reasons why the mother might not have understood at first why her son was crying

## 视频：分离

- 当你看这段视频的时候，想想你会如何回应这个哭泣的孩子。
- 你能试想一下，为什么母亲一开始不明白她儿子为什么哭吗？

# To promote group involvement

- Not too many people in the group.
- With quiet parent: Say they seem to have lots on their mind
- Stay in charge: don't let a parent monopolize the group
- Have group discussion and bring out the 'thinking, feeling doing' handout

# 促进小组的参与

- 小组里不需要太多成员。
- 对待不爱交流的家长：可以说：你看起来似乎有很多想法
- 保持负责人的状态：不要让家长垄断小组
- 进行小组讨论，拿出“思考，感受，做”（也就是冒泡练习）的单页

# Case examples from RPP groups

- Parent who hits
- Parent who directs with should
- Parent who questions leader a lot and takes over
- Parent who seeks sympathy from group members

# RPP小组的案例分享

- 打小孩的家长
- 喜欢使用“应该”的家长
- 质问带领者并且希望接管小组的家长
- 经常需要小组同情的家长



# Q&A

- When the parents in the group do not know enough about their children's growth process, they'd regard some normal phenomena as "problem behaviors", can it be considered a "fix" when the leader provides explanations or introduces them to this developmental knowledge? For example, when an infant is in the oral stage, many parents are worried that their children are 'eating random food', can the leaders explain the concept of 'oral stage'?

# 问答

- 当团体中的父母对孩子的成长历程不够了解，因此把一些正常现象当成“问题行为”时，带领者给出解释，或者介绍知识，算不算“修理”呢？比如当婴儿处于口欲期，很多父母为孩子的“乱吃东西”而担忧，带领者能不能解释“口欲期”这个概念呢？

## Q&A

- With the 12 parent groups, should the leader teach a topic in each group activity? If so, what are the topics?

## 问答

- 在12次的父母团体中，每次团体活动中带领者都会对某一个主题进行教学吗？如果是的话，这些主题具体是什么呢？

## Q&A

- If I want to lead a parent group in the future, what kind of support can I get?

## 问答

- 如果我将来想带父母团体，可以得到哪些支持呢？

## Q&A

- In the parent group, if a parent has a competitive relationship with the leader and seems to want to be the leader of the group, what should the leader do?

## 问答

- 在家长小组中，如果一个家长跟小组带领者形成了竞争关系，似乎他想要成为小组带领者，这时小组带领者该如何处理？

## Q&A

- Many dads are busy with work, so the moms are the ones spending a lot of time with their children and teaching their children, how can dads participate in their children's education better and more frequently, so that dads are not absent from their families?

## 问答

- 现在很多父亲因为工作忙，把教育和陪伴孩子的事情都交给母亲，如何能让父亲更多更好的参与到孩子的教育中来，让父亲在家庭中不处于缺失状态？

## Take Home Reflection

- First just notice when you find yourself being critical or judgmental.
- Think about how you would feel if someone else treated you that way
- Reflect on why you think you felt critical and judgmental: Was it a cultural difference; Was it something from your childhood?; Was it something you judge or criticize yourself for?
- How did you deal with these feelings?

## 带回家的反思练习

- 首先，觉察自己何时进入苛刻和批判的状态
- 想想如果别人那样对待你，你会有什么感觉？
- 反思一下为什么你会进入苛刻和批判的状态：这是文化差异吗？或是源自你童年的事情？这是你批评或批判自己的东西吗？
- 你是如何处理这些感受的？

# Sessions 5 & 6

Different types of parenting styles and how to intervene

Peggy Matson

# 第 5 & 6 节

不同类型的养育方式及如何干预

Peggy Matson