

Counseling 448

Developmental Stages and Significant Stressors to Child Development **Perspective for the**
"It's boner to build a child than to repair a man. "

Counseling vs Psychotherapy

Counseling is more for:

- 1 Less seriously disturbed
2. Personal, social, emotional, cognitive, educational problems
- 3 .Preventive and developmental concerns

Psychotherapy is more for:

- 1 The more seriously disturbed
2. Personality disorders
- 3 Psychotherapeutic concerns

Counseling versus Psychotherapy

Counseling is more for:

4. Educational and human services settings
5. Conscious concerns
6. Teaching and psychoeducational methods

Psychotherapy is more for:

4. Medical settings
5. Unconscious concerns
6. Healing methods

Counseling...

Counseling Concerns for Children

Concerns can be classified into one of five categories:

1. Interpersonal conflict, or conflict with others.
2. Intrapersonal conflict or conflict with self
3. Lack of information about self
4. Lack of information about the environment.
5. Lack of skill

Stages of Cognitive and Emotional Development

Stages of Cognitive Development

In the early stages of concrete cognitive thought, children face four blocks to further development of their thought processes:

1. Egocentric block
2. Centration block
3. Reversibility block
4. Transformation block

Stages of Cognitive Development

Ages 5-to-12:

- 1, Egocentric block: Inability to see another's point of view; children believe everyone thinks the same way and does the same things they do; developing a sense of empathy is difficult.
2. Centration block: Inability to focus on more than one aspect of a problem; they are perception bound; problem solving in counseling is more difficult.

Stages of Cognitive Development

3. Reversibility block: Inability to work from front to back and then back to front in problem solving; children's reactions to loss or death may seem uncaring

4. Transformation block: Inability to put events in proper order or sequence; difficulty seeing the relationship between events or consequences of behavior.

Stages of Cognitive Development

Piaget's Four Stages of Cognitive Development

0-2 yrs. Infancy Sensorimotor Stage

2 - 7yrs. Childhood = Preoperational Stage

7-11 yrs. Preadolescence Concrete Stage

11+ Adolescence through adulthood-- Formal Operations

Eight Stages of

Stage 1: Birth to Age 1 1/2 yrs Basic Trust v. Mistrust - Tasks and Interventions

Stage 2: 1 1/2 - 3 yrs. Autonomy vs Shame and Doubt

Stage 3: 3 - 6 yrs. Initiative vs. Guilt

Stage 4: 6-11 yrs. Industry vs. Inferiority

Eight Stages of

Stage 5: (Adolescence) Identity vs. Role Confusion

Stage 6: (Early Adulthood) Intimacy vs. Isolation

Stage 7: (Middle Adulthood) Generativity vs. Stagnation

Stage 8: (Old Age) Integrity vs Despair

Maslow's Hierarchy of Needs

Needs of Infancy: Physiological and Survival Needs of Early Childhood: Safety and Security

Needs of Later Childhood: Love and Belongingness

Needs of Adolescence: Ego and Esteem Needs

Needs of Adulthood: Self-Actualization

Stressors in Children

Behavioral or Emotional Disorder

Stress + Physical, Social, Emotional, Cognitive, Vulnerability

Coping skill + Social Support + Self Esteem

Specific Stressors of

Abuse

The most stressful experiences for children is to be abused by their caretakers.

It distorts the child's sense of right and wrong.

It complicates the child's identification with the same -sex parent

Specific Stressors of

Threat

The threat of violence is stressful

Of a national sample studied

38% said they avoid certain locations in school to avoid being hurt or bothered

20% were occasionally fearful

4% stayed home to avoid being hurt or bothered

Specific Stressors of

Competition

Youth are threatened by academic competition and failure

Youth who believe in luck and fate drift into hopelessness; those who believe in personal responsibility try harder

Specific Stressors of

Socioeconomic Inequalities

The stress of poverty and discrimination is paralyzing

Poor children have a special need for independent self-appraisal

Specific Stressors of

Stress of Parent Loss or Absence

Physical loss through divorce or death

Mental/emotional loss through chronic illness, psychosis, depression, alcoholism

Specific Stressors of

Helping Professional Stress

Physical, dental exams; shots, hospitalization; interviews or testimony of abused children:

Preschool children:

Use sentences that do not exceed more than 3-5 words.

Use the child's terms

Do not ask "Do you understand?" Ask the child to repeat the message.

Use statements rather than questions

Specific Stressors of

Television Stress

Prolonged viewing of crime stories and violence increases aggressiveness

Long hours of watching television has an effect on a child's cognitive, emotional, and social development

Specific Stressors of

Gender Role

Female preadolescents experience greater stress than males in areas such as acceptance by peers, relationships with the opposite sex, feelings of isolation and loneliness, and disagreements with parents

The Counseling Process...

Step 1: Define the problem through active listening

Step 2: Clarify the child's expectations

Step 3: Explore what has been done to solve the problem

Step 4: Explore what new things could be done to solve the problem

Step 5 Obtain a commitment to try one of the problem-solving ideas

Step 6: Close the counseling interview