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**"BLOOD IS THICKER THAN WATER...
SO STOP TRYING TO SPILL YOUR BROTHER'S & SISTER'S!"
UNDERSTANDING & DEALING WITH SIBLING RIVALRY**

DESCRIPTION:

The presentation brings together self-esteem theory, tantrum principles, developmental theory, family systems therapy principles, and communication skills as they apply to sibling relationships and rivalry. The presentation uses a family to illustrate how and why sibling rivalries develop due to birth order, temperament, parenting styles, and the family life cycle. Self-esteem among siblings is presented as a primary cause and cure for sibling rivalries. This theoretical knowledge is presented with practical techniques for prevention, mitigation, and resolution of sibling rivalries, including the "Working It Out Plan"- a practical guide to resolving conflict between siblings.

SUMMARY OF CONTENT:

- 1) Underlying Issues in the Development of Sibling Rivalry
- 2) Four Criteria for Self-Esteem and How It Affects Sibling Relationships
- 3) Tantrum Theory as It Relates to Siblings
- 4) Developmental Issues with Different Age Children
 Piaget and Erickson
 Adolescent Egocentrism & Sibling Rivalry
- 5) Family Systems: Roles & Structural Principles Affecting Relationships
- 6) Temperamental Differences & Issues Affecting Families & Siblings
- 7) Victim/Bully Theory
- 8) Principles of Discipline with Siblings
- 9) Step Family and Blended Family Considerations
 Cinderella- Fact or Fantasy?
 From Fantasy (The Brady Bunch) to Reality
 Recommended Approaches to Step-parenting
- 10) The Working It Out Plan-
 A Practical Guide to Better Communication and Conflict Resolution