



Ronald Mah, M.A., Ph.D.

Licensed Marriage & Family Therapist, MFC32136

Psychotherapy, Parent Education, Consulting & Staff Development

433 Estudillo Ave., #305, San Leandro, CA 94577-4915

(510) 614-5641 Office - (510) 889-6553 fax - E-mail: Ronald@RonaldMah.com - Web: www.RonaldMah.com

**CHILDHOOD STRESS:
INTRUSIONS INTO THE MAGIC KINGDOM
w/ "Guidelines for How to Build a Powerful Child"**

S _____
F _____
F _____
S _____

S _____
S _____
S _____
S _____

S _____
F _____

I. Stress- Concerns, Fears, & Effects

DAMAGES from stress - SELF-ESTEEM and Stress - When stress becomes FRUSTRATION

Physiological Factors of Stress - The FLIGHT OR FIGHT PRINCIPLE

Type A Personalities & Hypervigilance

How to Build a Powerful Child

Learned Helplessness

II. The Development of a Child's World

Greater and Greater Spheres of Experience- First Stress and Subsequent Stress

2 to 1; 1 to 4; 1 to 12; 1 to 20/25; 1 to 30; 1 to 50/100; **zero to 100**

III. Developmental Issues for Stress Evaluation and Treatment

Dangers from Misdiagnosis

1) Piaget Cognitive Development

Rushing & Skipping Development

Cognitive Developmental Stages: Sensory-motor, Pre-Operational,

Concrete Operations, Formal Operations

2) Erickson's Ages of Man

Basic Conflicts and Virtues:

Basic Trust vs. Mistrust

Autonomy vs. Shame

Initiative vs. Guilt

Industry vs. Inferiority

Identity vs. Role Confusion

Intimacy vs. Isolation

Generativity vs. Stagnation

Integrity vs. Despair

IV. The Stress Process: Stress Builders and Stress Releasers

Denial; Intensification; Avoidance behavior; Hypervigilance; Passive-Aggressive Action; Co-Dependent Behavior

Proactive Action; Cathartic Release; Physical Release; Breathing; Rest; Self-Nurturing; Seeking Help; Understanding/Insight

V. MODELING HEALTHY STRESS