



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

"SURVIVAL & GROWTH DURING CHANGE FOR CHILDREN & FAMILIES" **With Seven Steps to Fostering Healthy Transitions**

While change is a constant aspect of life and growth, children (and adults) often find it very uncomfortable. Since change occurs with or without children's enthusiasm, helping them take on the stress of transitions becomes a key aspect of parenting and teaching. Self-esteem, developmental challenges, temperament, and systemic issues (family, school, etc.) are examined as to how they influence the change experience for children and their process managing it.

INTRODUCTION- Change as Necessary - Change as Stressful

SMOOTH, ROUGH BUT SUCCESSFUL, & TERRIBLE TRANSITIONS (Responses to Change)

CHANGE ISSUES: ATTACHMENT, ANXIETY/STRESS (Victims), SHYNESS

SELF-ESTEEM & TRANSITION:

ACCEPTANCE, POWER & CONTROL, MORAL VIRTUE, & COMPETENCE

PROBLEMS, CHARACTERISTICS, CAUSES of VICTIMS vs. SURVIVORS

Pervasively Nonassertiveness, Anxious Vulnerability

Over-protectiveness, & Verbal Fluency

STRESS/ANXIETY/FEAR

Definition of Stress: Positive and Negatives

Physiological Factors of Stress

Developmental Change & Stress and Anxiety in a Child's World

Piagetian Cognitive Development

Erickson's Ages of Man

Ainsworth's Patterns of Attachment Theory

TEMPERAMENTAL TRAITS affecting Easy vs. Difficult Transitions

Distractibility; Intensity; Regularity; Persistence; Sensory Threshold,

Approach/Withdrawal; Adaptability; Mood

SYSTEMIC ISSUES: Family, School, Societal/Cultural

PRINCIPLES OF STRESS BUILDERS (What not to do!) & OF STRESS RELEASE

SEVEN STEPS TO HEALTHY TRANSITIONS FOR CHILDREN

1) Acknowledge Stress

2) Acknowledge Anxiety (& Deal with It!)

3) Identify & Accept Development

4) Identify & Accept Temperament

5) Plan

6) Inform

7) Support

TRAITS OF RESILIENT CHILDREN

MODELING HEALTHY CHANGE & STRESS