Thriving: Using Psychological Principles to Help Families

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Psychology Applied to Hearing Loss

- Sensory & perceptual processing
- Cognitive abilities
- Language development
- Memory
- Spatial abilities
- Identity formation
- Psychosocial & emotional aspects of hearing loss
Note to Parents

Children’s development depends in large part on you

- Not ‘fragile’
- Not in need of ‘over parenting’
- Can do anything; may need to do some things differently
- Taking care of oneself allows for better caretaking of children
Applications of Psychology to Hearing Loss

- Not a CLINICAL perspective ~
- Unique experiences result in different ways of interacting with the world
- Recognition of similarities & differences with individuals with normal hearing
  - A historical perspective…
Child Development

- Family
- Support people/communities
- Care providers
  - EI, Audio, SLP, Psych, ORL/ENT…
- Individual child
  - Temperament
  - Personality
  - Goodness-of-fit
Maslow’s Heirarchy of Needs

- Self-actualization*
- Self-esteem*
- Belonging & Love*
- Safety
- Food, water, shelter
Erik Erikson’s Formation of Self-Concept

- No Self
- Emerging self-awareness
- Factual self-concept
- Egocentric view of self-concept
  - Self-confidence & self-esteem emerging
- Comparative
- Peer pressure
- Individuation
Bowlby’s Styles of Attachment

- Secure
- Avoidant
- Ambivalent/resistant
- Disorganized/disoriented

- Long term implications:
  - Relations with peers, teachers, S.O.
  - Secure - more curious, competent, empathic, resilient, self-confident
  - More positive self-image
Language as a Social Act

- Language - shape brain development & our conceptualization of the world
  - To be 80%...
- Communication needs change with age
  - Common events
  - Desire to fully express oneself
- Ability to communicate influences self-esteem
  - Being special/unique
  - Being different/unusual
Vygotsky’s Education & Learning Theories

- Scaffolding
  - Provide the structure to ‘reach’ the next level

- Zone of Proximal Development
  - Teach just above what a child can do on his/her own
  - D/Hoh children - appropriate learning level is sometimes unclear…
Seligman’s Positive Psychology

• Ideas of learned helplessness
  • Dogs being shocked
  • Elephants on a chain

• …lay the foundation
  • Thoughts can be more detrimental than actions
  • Thoughts can help a person overcome obstacles

Shift from a negative to a positive focus
(-10 to 0; 0 to +10)
Szarkowski’s Positive Psychology & Hearing Loss

- Parents’ level of acceptance
- Difficulties & improvements in communication
- Focusing on positive fosters ability to see the positive
- Parenting a D/Hoh child may:
  - Truly appreciate milestones
  - Expand your social circle
  - Allow you to set priorities, change goals, alter aspects of your life FOR THE BETTER
Positive Psych & Post Traumatic Growth

- Hearing loss is one aspect of a person - it may be more than that, but it need not be all the time.
- Hearing status impacts development; understanding the ‘normalness’ of a child can help in parenting.
- Post-Traumatic Growth
  - The study of the positive changes that result from life challenges.
  - Finding one’s own strengths.
Thriving

- Advocacy skills
- Closeness between parent & child
- Understanding development
- Enhanced communication
- Flexibility with roles
- Appreciation