

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

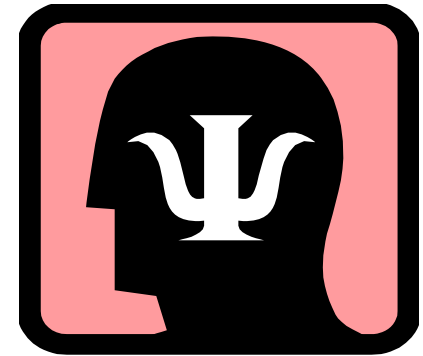
Children's development depends in large part on you

- 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 Hierarchy 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

