

NEUFELD INTENSIVE I: Making Sense of Kids

COURSE OUTLINE

PART I: The Maturation Factor: *why the immature have trouble learning and behaving*

Session 1 – Distinctives of a Developmental Approach

- a. Main tenets, assumptions and distinctives of the attachment-based developmental approach of Dr. Neufeld. *Neufeld (inedit); Maddi (2001); Crain (2010); Bronfenbrenner (2005); Erikson (1985); Turner (1981)*

Session 2 – The Maturation Factor

- 1) The three maturing processes are responsible for moving our children to grow up:
 - a. Emergence. *Rogers (1961); Deci (1995); Bronfenbrenner (2005); Erikson (1985); Kohut (2009); Kohn (2018)*
 - b. Adaptation. *Jung (1954; 1969a); Kohut ((2009); Erikson (1985); Konner (2010)*
 - c. Integration. *Jung (1954; 1969a); Piaget (1953); Kohlberg (1981; 1983; 1984); Maslow (1968); Werner (1963)*
- 2) The construct of stuckness is introduced as the most likely explanation for many learning and behaviour problems. *(Dawson 1994);*
- 3) The developmental approach is differentiated from the behavioural or learning approach. *Neufeld (inedit)*
 - a. Behavioural approach *Watson (1914); Skinner (1974);*
 - b. Developmental approach *Dawson (1994); LeDoux (1996); Damasio (2005)*

Session 3 – The Emergent Process

- a. If conditions are conducive, a child is moved to become increasingly more viable as a separate being. *Rogers (1961); Erikson (1985); Brazelton (2000); Kohn (2018)*
- b. The emergent process is responsible for a host of wonderful characteristics including curiosity, independence, responsibility, a sense of agency, emergent play and much more. *Bronfenbrenner (2005); Erikson (1985); Kohut (2009); Maslow (1968); Rogers (1961); Kohn (2018)*
- c. Reviewed are the main impediments to the emergent process, including our typical responses when children are missing the fruit of emergence. *Lepper (1973); Deci (1995); Dawson (1994); Kohn (2018)*

Session 4 – The Adaptive Process

- a. The fruit of adaptation includes
 - i. resilience. *Jung (1954; 1969a); Kohut ((2009)*
 - ii. recovery. *Erikson (1985); Konner (2010)*
 - iii. resourcefulness. *Goleman (1996); Brooks (2001);*

- b. The key to this basic growth process is sadness and tears. *Frey (1985); Vingerhoet (2013); Konner (2010)*

Session 5 – Adaptation, Aggression and Discipline

- a. Aggression distilled to the essence *Dollard et al (1939) Sears (1941) Panksepp (2012)*
- b. Other possible solutions to Frustration. *Sears (1941)*
- c. Adaptation as a solution to the aggression problem. *Konner (2010); Vingerhoet (2013); Frey (1985)*
- d. The problem with conventional discipline (*Neufeld, inedit); Kohn (2006)*

Session 6 – The Integrative Process

- a. Integration introduced. *Werner (1963)*
- b. Understanding the role of conflicting thoughts and feelings. *Jung (1954; 1969a); Piaget (1953); Kohlberg (1981; 1983; 1984); Maslow (1968)*
- c. The role of the prefrontal cortex and its development is reviewed. *Klahr (1981); Luciana (1998); Tsujimoto (2004)*

Session 7 – The Tempering Effect

- a. How the integrative process leads to a mature temperament,
 - i. including the capacity for courage, patience, work, *Dawson (1994); Dodge (1986)*
 - ii. morality. *Kohlberg (1981; 1983; 1984);*
 - iii. balance. *Bronfenbrenner (2005)*
- b. The role of the integrative process in closing the door to impulsive behaviour, including aggression. *Schore (1994)*

Session 8 - The Vulnerability Factor

- a. Every human brain is equipped to defend against a vulnerability too much to bear. *Freud (1901); Van der Kolk (2014); Maslow (1968); LeDoux (1996);*
 - i. Emotional Defense. *Freud (1901); James (1884); Schore (1994)*
 - ii. Perceptual Defense. *Ramachandran (1998); Rank (1929-31)*
 - iii. Attachment Defense. *Bowlby (1973) (1980) (1982); Rutter (1971)*
- b. Factors that lead some children to be more vulnerable than others. *Rank (1929-31); Ellis (2011); Werner (1992)*
- c. The impact of defendedness on learning and behaviour is reviewed. *Ellis (2011)*

Session 9 - Vulnerability and Maturation

- a. Role of emotions in development. *James (1884) Damasio (2005)*
- b. Vulnerability; defendedness and maturation *Schore (1994); Ramachandran (1998); Werner (1992)*

Session 10 - The Attachment Factor

- a. The importance of attachment. *Bowlby (1982); Wright (1997); Rank (1929-31); Schore (1994); Winnicott (1965); Doi (2002);*
 - i. Emotional consequences of separation. *Bowlby (1973) (Winnicott 1965) (Rutter 1971)*
 - ii. Defensive consequences of separation. *Bowlby (1980) Ainsworth (1965); Ainsworth (1978)*
 - iii. Problems resulting from separation *Panksepp (2012) Bowlby (1973) Ainsworth (1965); Dollard (1939); Ainsworth (1978)*

Session 11 - How Children are Meant to Attach

- a. Neufeld's six-stage model of how the capacity for relationship develops. *Neufeld (2013)*
- b. The impact of a child's flight from vulnerability on attachment. *Neufeld (2013)*

Session 12 - How Attachment Empowers

- a. How attachment facilitates dependence. *Doi (2002); Bowlby (1982); Bowlby (1988)*
- b. Attachment and Counterwill. *Rank (1929-31)*
- c. Using the power of attachment in parenting and teaching. *Neufeld (inedit); Kohn (2005)*

Session 13 - The Alpha Dynamic

- a. Alpha instincts and attachment hierarchy. *Doi (2002); Suomi (1997); Lorenz (1970)*
 - i. Alpha complex *Jung (1969a); Adler (1917); Rutter (1971)*
 - ii. The demanding child, the competitive child, and the bully *Suomi (1997); Adler (1917); Craig (1997); Verhovek (2001)*

Session 14 - Shyness and Detachment

- a. Polarization of attachment *Bowlby (1982)*
- b. Shyness as an attachment instinct *Frijda (1994)*
- c. Defensive detachment *Freud (1901); Freud, A. (1971); Bowlby (1999); Bowlby (1980)*
- d. Troubling symptoms and syndromes arising from defensive detachment *Freud (1901); Freud, A. (1971); Bowlby (1980); Ainsworth (1978)*

Session 15 - Attachment and Maturation

- a. Attachment - how maturation is gestated. *Maslow (1968); Rogers (1961); Bowlby (1988)*
- b. Rest and satiation are the keys to the fruitfulness of attachment. *Bowlby (1988); Maslow (1968);*
- c. How to provide these conditions. *Bowlby (1988); Rogers (1961)*

Session 16 - Collecting our Children

- a. Three-pronged approach for working with stuck kids. *Neufeld (inedit)*
- b. Cultivating a working relationship by engaging a child's attachment instincts. *Bowlby (1982); Ainsworth (1965); Fisher (1992);*

Session 17 - Bridging and Matchmaking

- a. Bridging anything that could divide. *Brazelton (2000); Panksepp (2012)*
- b. Matchmaking - Using existing attachments. *Bowlby (1982); Ainsworth (1995)*

Session 18 - Compensating for Stuckness

- a. The ABCs of working AROUND stuckness. *Kohn (2005); Kohn (2006); Kohn (2018); Wright (1997)*

Session 19 - Softening the Defenses

- a. Reversing defendedness – importance explained *Freud (1901); Freud, A. (1971); Bowlby (1980); Ainsworth (1978)*
- b. Protecting, shielding, leading. *Brazelton (2000); Panksepp (2012); Rogers (1961); Schore ((1994); Resnick (1997); Winnicott (1965); DiCenso (2002); Clowes (2000)*

Session 20 – Priming the Maturing Processes

- a. Instruments of maturation *Neufeld (inedit); Neufeld (2013)*
- b. Conclusion *Neufeld (inedit); Neufeld (2013)*

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