



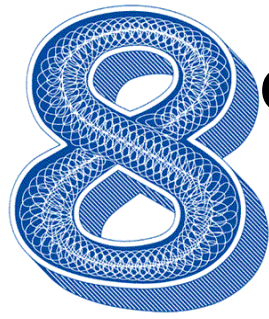
Needs and Stages for All Ages

Practical information about Erikson's Theory
of Psychosocial Development

Psychosocial development theories

	Behaviorism	Social Learning Theory	Erikson's Life Stage Theory	Personal Construct Theory	Symbolic Interaction
Aim	Prediction and control	Prediction and modification	Understanding to facilitate help	Understanding individual's construct system	Explain relationship between individual and society
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Erikson's Developmental Model



developmental challenges.

- One stage builds on another
- “Resolution” is finding a balance, not 'perfection'



Stages one through five: Infancy→Adolescence

This theory is practical.



Regular people can understand this theory and use it to help their children.



Parents can understand their children who seem to be very confusing.



It provides a practical tool to make decisions about appropriate privileges and consequences, and assists in setting expectations.



Children can and do 'revisit' prior stages in order to heal missing pieces. A parent's awareness of the child's work can facilitate healing.



Infancy: Trust vs. Mistrust

When a child's basic needs (food, shelter, attention, affection) are met consistently, the child learns **trust**: Others are dependable and reliable.



Neglectful or abusive caregivers teach the infant **mistrust**: The world is in an undependable, unpredictable, and possibly dangerous place.



Positive outcomes

*Hope
&
Drive*

a trust in life and
self and others



faith, inner calm,
grounding

feeling of security;
basic feeling that
everything will be
okay

inner resolve and
strength

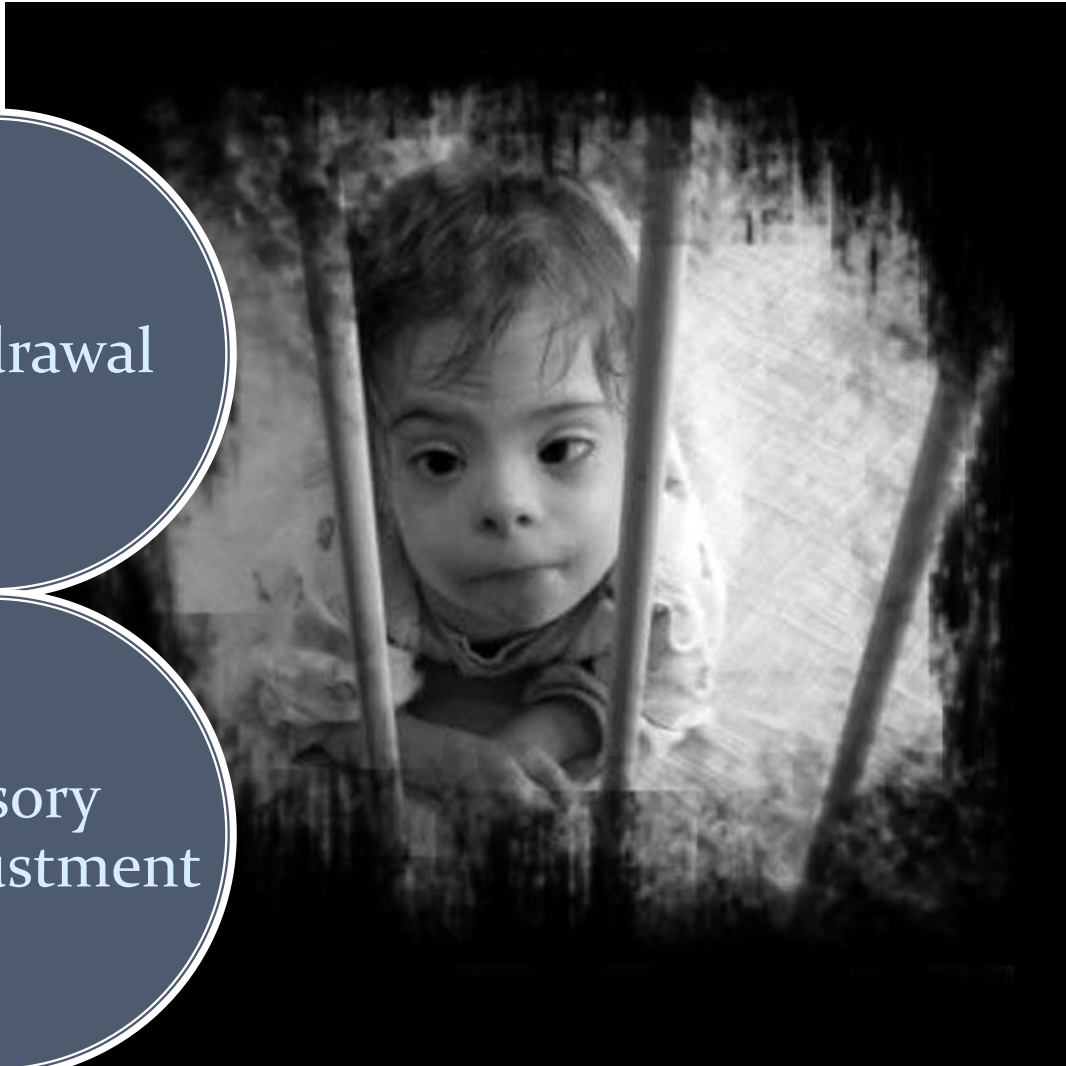
ability to self-sooth



Negative outcomes

Withdrawal

Sensory
Maladjustment



resistance to
risk-exposure

resistant to
exploration

oversensitive to
abandonment

fearfulness

rage



Toddlers: Autonomy vs. Shame & Doubt



Autonomy:
Personal
independence;
self-
government.

**Shame &
Doubt:**
Feelings of
inadequacy;
lack of
confidence,
uncertainty.

The toddler begins
to recognize himself
as a separate person
with separate ideas.



Positive outcomes

*Willpower
& Self-
Control*





Negative outcomes



Impulsivity (shameless willfulness)

Compulsiveness (fear-based perfectionist)

believes self is not capable

entitled to a free ride

believes everything should be easy



Preschool: Initiative vs. Guilt

Initiative is the capability to devise actions or projects, and a confidence and belief that it is okay to do so, even with a risk of failure or making mistakes.

Guilt is a feeling of culpability, of doing something wrong. “Good guilt” allows for amends. Guilt can also develop over something out of our control. “False guilt” closely resembles shame.





Preschool

The “play age”.
Child builds on the
previous stages by

learning new
skills,

responding
to the world's
challenges,

feeling
purposeful,

taking on
responsibilities,

and developing
relationships
outside the
family.



Fantasy, curiosity,
imagination and challenge
are important.

Preschool: Positive outcomes

Sense of Purpose

Courage



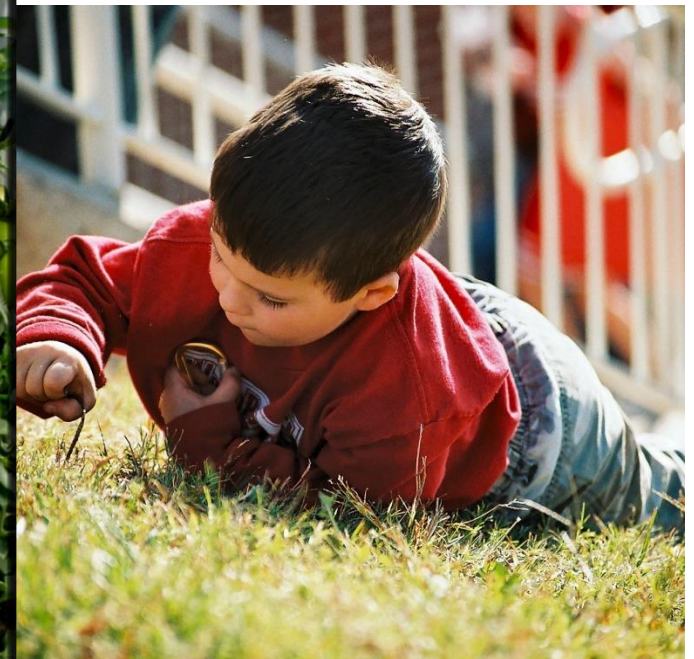
appropriate
guilt (internal)



beginnings of
value system



confidence





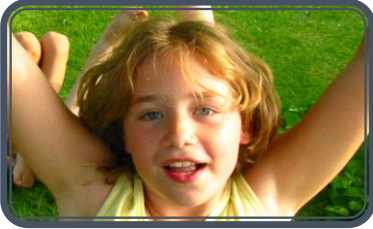
Negative outcomes



Ruthlessness: Too much initiative and too little guilt.



Inhibition: too much guilt.



Schoolchild: Industry vs. Inferiority

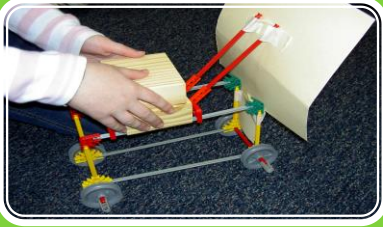


The child develops a capacity for industriousness

There is a much broader social sphere: teachers, peers, the community at large and social structure.

Children find pleasure not only in conceiving a plan, but in carrying it out.

Personal success is critical to a healthy resolution of this stage.

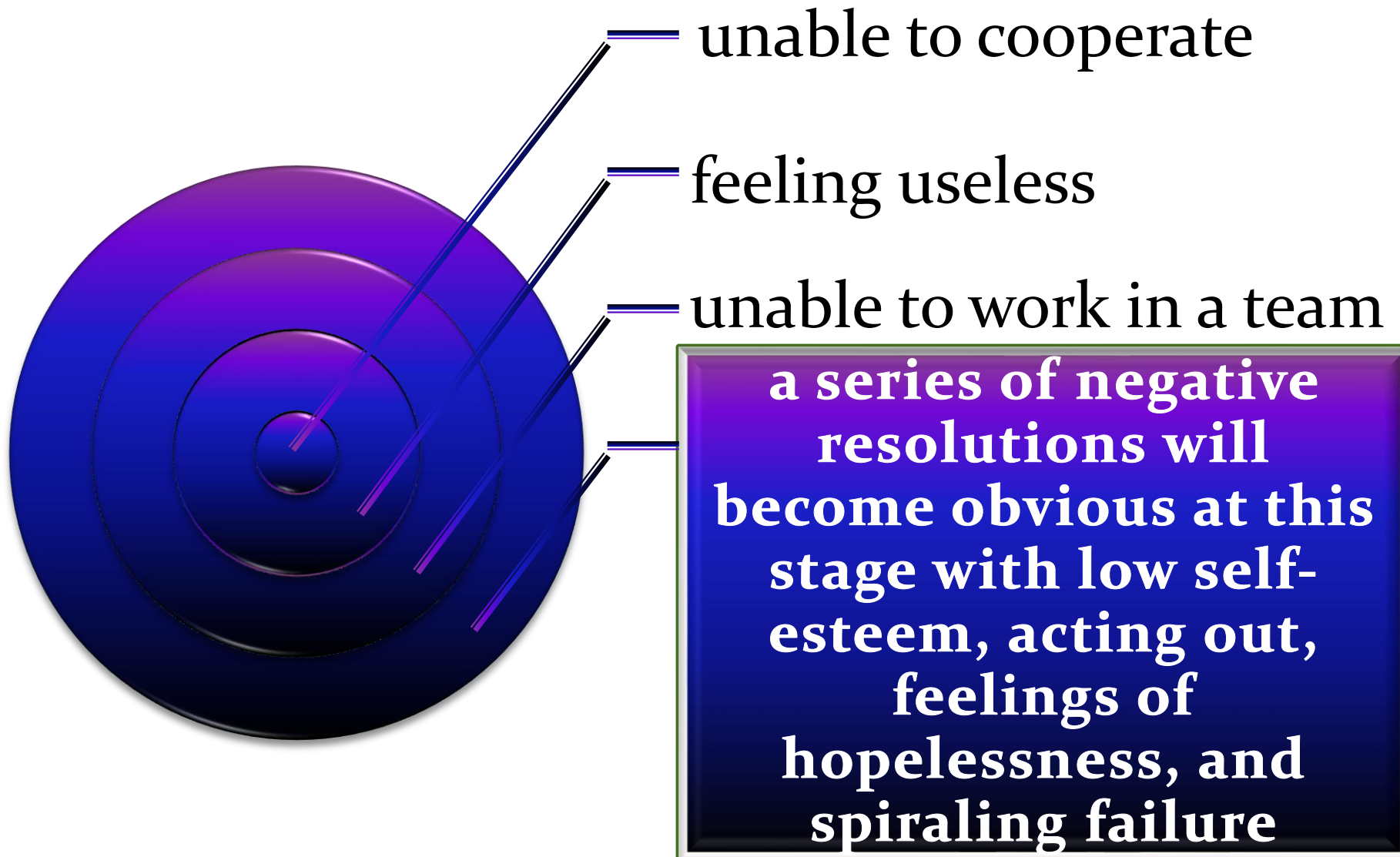


Positive outcomes





Negative outcomes





Adolescence: Identity vs. Role Confusion

Ego identity:

how a child sees himself in relation to the world: a sense of self or individuality in the context of life and what lies ahead.

Role Confusion:

(Identity Confusion) is the negative perspective. The adolescent cannot see clearly (or at all) who they are and how they can relate positively with their environment. Erikson calls this state an identity crisis.

Successful negotiation of this stage leads to what Erikson calls

Fidelity



Fidelity:



allegiance
adherence to
a group or
cause



fealty
compelling
honor



loyalty
steadfast
faithfulness



devotion
zeal and
service

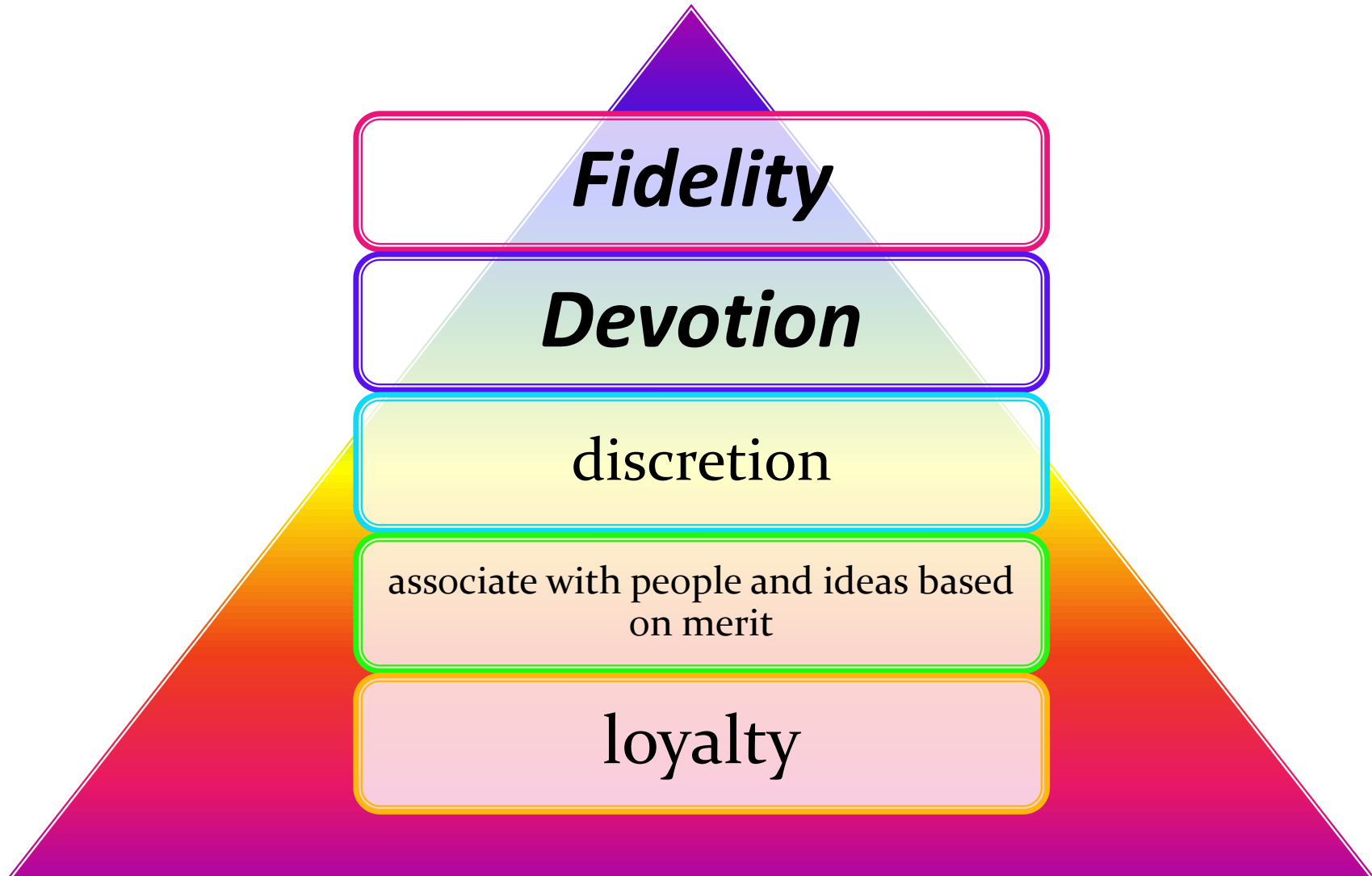


piety
obligations
regarded as
natural and
fundamental





Positive Outcomes





Negative Outcomes

Fanaticism

Repudiation

self-importance

extremist

socially disconnected
cut off



Example/Discussions

Erikson's framework is useful when you are getting to know a child, to assess his or her various emotional needs, and to plan how to respond to the needs

Review of discussions. Example of identifying a child's various levels (stages, challenges.)

Quick Quiz



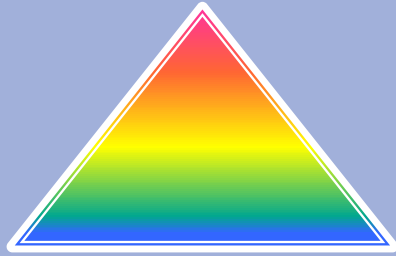
13 year old girl

Sleeps with sister
Fights with friends;
is crushed.

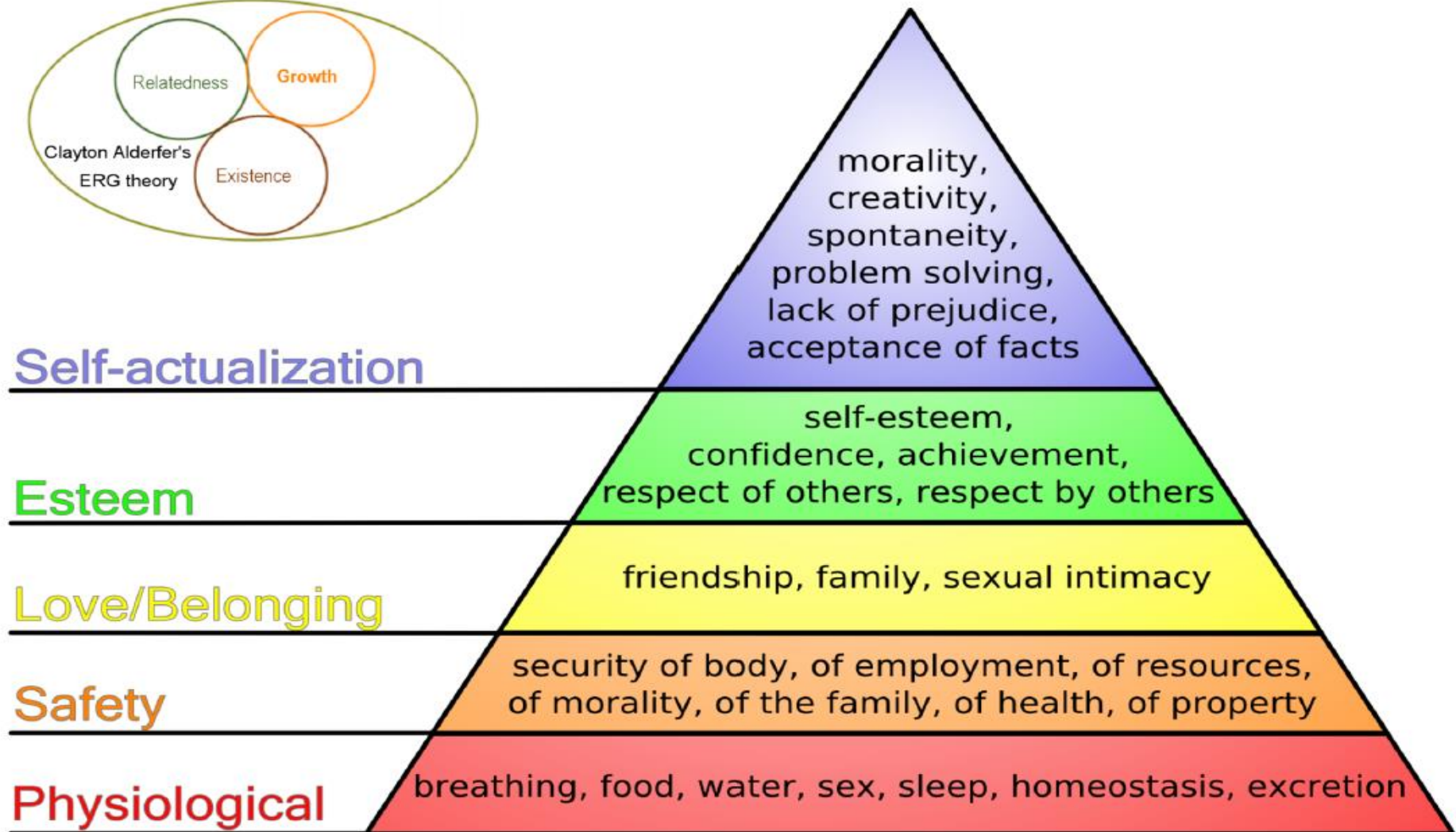
Wears raggy clothes

Wants to date

Won't do schoolwork



Maslow's hierarchy for a quick assessment

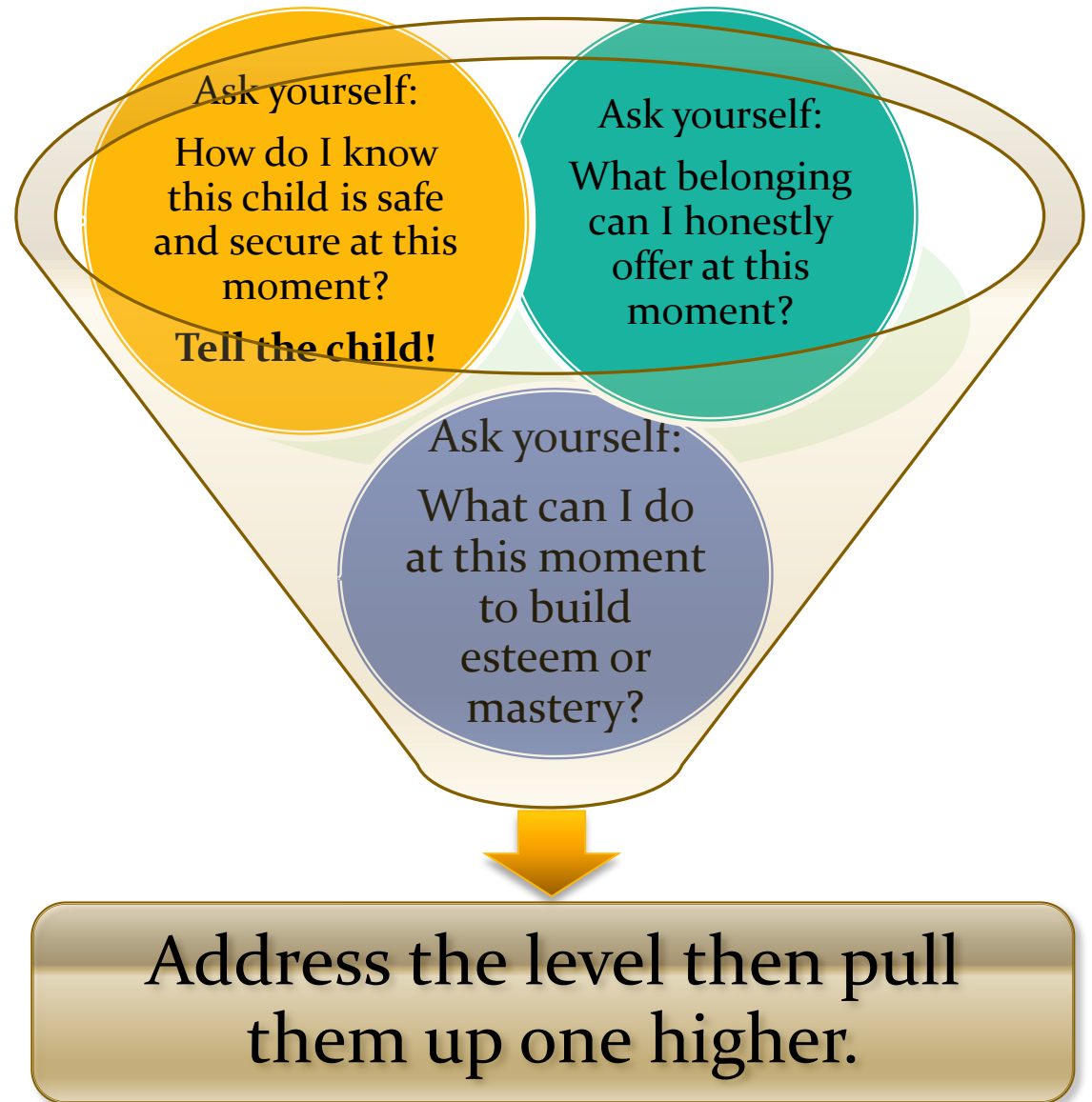


Maslow's hierarchy of needs

How to use the hierarchy.

You will be surprised how often a child or adult is feeling unsafe.

Useful for quick assessments: how far up the ladder is this child at this moment?



Reminder



All these paradigms “weave”
throughout a persons' life.



In reality, even a 3-year old is
“practicing” self-actualization



In reality, even a 14 year old is
developing “safety”

resources

- This slide show is available online at www.dittany.com
- Handouts follow this page

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Source: <http://socialwork.fife.gov.uk/fds/mod/resource/view.php?id=168>

Psychosocial theories of identity

	Behaviourism	Social learning theory	Erikson's life stage theory	Personal construct theory	Symbolic interactionism
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Erik Erikson's Stages of Human Development

*The challenges
or crises*

*The positive outcomes:
virtues or strengths*

1	<i>Trust</i>	v.	<i>Mistrust</i>	<i>Hope</i>	&	<i>Drive</i>
2	<i>Autonomy</i>	v.	<i>Shame</i>	<i>Will power</i>	&	<i>Self Control</i>
3	<i>Initiative</i>	v.	<i>Guilt</i>	<i>Purpose</i>	&	<i>Direction</i>
4	<i>Industry</i>	v.	<i>Inferiority</i>	<i>Competence</i>	&	<i>Method</i>
5	<i>Identity</i>	v.	<i>Confusion</i>	<i>Fidelity</i>	&	<i>Devotion</i>
6	<i>Intimacy</i>	v.	<i>Isolation</i>	<i>Love</i>	&	<i>Affiliation</i>
7	<u><i>Generativity</i></u>	v.	<i>Stagnation</i>	<i>Care</i>	&	<i>Production</i>
8	<i>Integrity</i>	v.	<i>Despair</i>	<i>Wisdom</i>	&	<i>Renunciation</i>

Erikson's psychosocial crisis stages

<i>Psychosocial crisis stages</i>	<i>Life Stage / Relationships</i>	<i>Issues</i>	<i>Basic virtue & second named strength</i>	<i>Maladaptation / Malignancy</i>
<i>1. Trust v. Mistrust</i>	Infant / Mother	feeding & being comforted, teething, sleeping	Hope & Drive	Sensory Distortion / Withdrawal
<i>2. Autonomy v. Shame and Doubt</i>	Toddler / Parents	bodily functions, toilet training, muscular control, walking	Willpower & Self-control	Impulsivity / Compulsion
<i>3. Initiative v. Guilt</i>	Preschool / Family	exploration & discovery, adventure & play	Purpose & Direction	Ruthlessness / Inhibition
<i>4. Industry v. Inferiority</i>	Schoolchild / School, teachers, friends, neighborhood	achievement and accomplishment	Competence & Method	Narrow Virtuosity / Inertia
<i>5. Identity v. Role Confusion</i>	Adolescent / Peers, groups, social influences	resolving identity and direction, becoming a grown-up	Fidelity & Devotion	Fanaticism / Repudiation
<i>6. Intimacy v. Isolation</i>	Young adult / Lovers, friends, work connections	intimate relationships, work and social life	Love & Affection	Promiscuity / Exclusivity
<i>7. Generativity v. Stagnation</i>	Mid-adult / Children, community	'giving back', helping, contributing	Care & Production	Overextension / Rejection
<i>8. Integrity v. Despair</i>	Late adult / Society, the world, life	meaning and purpose, life achievements	Wisdom & Renunciation	Presumption / Disdain



Self-actualization

morality,
creativity,
spontaneity,
problem solving,
lack of prejudice,
acceptance of facts

Esteem

self-esteem,
confidence, achievement,
respect of others, respect by others

Love/Belonging

friendship, family, sexual intimacy

Safety

security of body, of employment, of resources,
of morality, of the family, of health, of property

Physiological

breathing, food, water, sex, sleep, homeostasis, excretion

Maslow's hierarchy of needs