

Clinical Worksheet Terms and Ideas

Current/Historical Stressors:

- transitions, losses, chronic family and community stressors, physical challenges, injuries and illnesses, physical/sexual abuse
- other-

Biological Factors:

- physical development-
- sensory integration-
- cognitive skills-
- motor development-

Defenses:

- denial-
- projection-
- reaction formation-
- displacement-

- dissociation-
- use of fantasy-
- distortion-
- intellectualization-
- sublimation-

Strengths and Virtues:

- Wisdom and Knowledge:
 - creativity-
 - curiosity-
 - open-mindedness-
 - love of learning-
 - perspective-

- Courage:
 - bravery-

 - persistence-

 - integrity-

 - vitality-

- Humanity:
 - love-

 - kindness-

 - social intelligence-

- Justice:
 - citizenship-

 - fairness-

 - leadership-

- Temperance:
 - forgiveness and mercy-

 - humility/modesty-

 - prudence-

 - self-regulation/self-control-

- Transcendence:
 - appreciation of beauty and excellence-

 - gratitude-

 - hope-

 - humor-

 - spirituality-

Attachment Styles:

- secure-
- insecure/avoidant-
- insecure/resistant-
- disorganized-

Piaget Stages of Development:

- sensorimotor-
- preoperational-
- concrete operations-
- formal operations-

Erikson Stages/Crises of Development:

- trust vs. mistrust-
- autonomy vs. shame and doubt-
- initiative vs. guilt-
- industry vs. inferiority-

Kohlberg Stages of Moral Development:

- preconventional morality:
 - egocentrism-

 - concrete individuation-

- conventional morality:
 - mutual interpersonal expectations-

 - the societal point of view-

- postconventional morality:
 - the societal contract and individual rights-

 - decisions based on conscience and logic-

Parenting Style(s):

- Traditional:
 - indulgent/permissive-

 - authoritarian-

 - authoritative-

 - uninvolved-

- Gottman:
 - dismissive-

 - disapproving-

 - laissez-faire-

 - emotion coaching-