

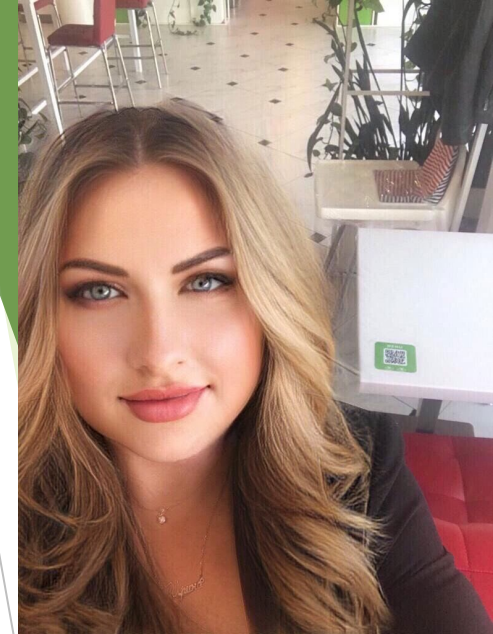
«Parables as a tool for a
psychologist's work with the
requests of parents of children with
abnormal development in a
transcultural approach»

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- ▶ The use of parables to solve the problems of the psychologist's work with parents of children with impaired development depends on the psychodynamic stage of the family at the time of contacting the psychologist. There are 4 stages in total, which replace each other and are characterized by various emotional manifestations of family members (feelings of anxiety, confusion, helplessness, etc.) and the search for different ways of adaptation (method of trial and error, reassessment of values, etc.) (Shulzhenko, 2017).

- ▶ At the *first stage*, which is characterized by a state of confusion, a feeling of helplessness, and guilt, you can use parables that show that in a similar situation, other people will feel the same way. The purpose of their use will be to reduce the feeling of isolation associated with the experience of guilt. Also, parables can give parents a new cognitive basis for experiencing guilt, limit the personal responsibility of parents

- ▶ At the *second stage* - denying the reality of problems in the child's development identified by specialists - parables gently help to realize the real state of affairs.
- ▶ At the *third stage* - a state of depression associated with the gradual awareness of the child's developmental problems - it is important to work with a sense of shame. Here you can use parables aimed at the development of work cooperation, parables that will help parents realize and express their sense of shame, parables that will help emphasize the beneficial areas of family life.

- ▶ At the *fourth stage* - the family's exit from a deep emotional crisis, the beginning of social and psychological adaptation - parents are already able to adequately assess the situation, be guided by the child's interests, establish working contacts with specialists and follow recommendations

So, we could use the parable as means of establishing contact with parents of children with developmental problems at any stage of family`s psychodynamics (Krotenko, Naydonova, 2022)

- ▶ It could be used as diagnostic tool, as psychocorrectional tool etc. As practice shows, that parables is an effective in diagnostics for different aspects of parental-child relationships. How parents behave while listening to the parable, what are the details during its discussion, - all this give the psychologist an important information about the relationship between parents and child

Psychologist can use the parables proposed by N. Pezeschkian (2016) in his/her work or can choose a story for a specific situation

In our work with requests regarding the establishment of relations between the spouses, we use parables “The curious people and the elephant”, “About the happiness of having two wives”, “Dirty nests”, “Married life is a flower”, etc.

- ▶ In work with parent's requests about particular problem in child-parental relationships we also propose some parables, which can become a starting point for discussing this problem. For example, parable "*Two Little Boys*" (Krotenko, Naydonova, 2022, p. 112). It is intended to help parents of children with impaired development to realize the need of a judgment-free acceptance of their child, as well as the important role of parental attitudes and expectations, in the child's personality formation, his or her self-esteem and beliefs

Parable "*Two Little Boys*"

“The teacher was sitting on the seashore, resting after a long excursion. He was gazing at the open, watching two six years` boys playing together. They were running, laughing, and then, having become tired, sat down together close to him and began talking:

–Who do you want to be when you grow up? I want to be a neurosurgeon.

–I don't know. I have never thought about it. You know, I'm not very smart ...

The wind blew their conversation away. And the teacher was thinking about where the second boy had found such confidence in his own limited opportunities. From a teacher? From parents? He is sixyears old, and if he won`t change his thoughts or if someone else won`t help him change his opinion, it will have a negative impact on his life, limiting confidence in his own opportunities and potential ...”

Questions for discussion:

- Close your eyes. Imagine your child and your communication with him or her. What are the words, phrases that you most often use, when talking to a child?
- How does your child react to praise and comments?

Another example of parable use in counselling of parents of children with abnormal development is *Parable of understanding* (Krotenko, Naydonova, 2022, p. 111-112). Its aim is awareness of the need to establish more close relations with children.

“Once upon a time young people came to the wise man from a remote village.

–Sage, we heard that you give everyone the wise advice, show them the right way, reveal the truth. Please, help us as well! The older generation in our village has stopped to understand us, but it is very difficult for us to live with it. What should we do?

The sage looked at them and asked:

–And what language are you speaking?

–All younger generation speaks Tarabar.

–And the older inhabitants?

Young people thought and admitted:

–We did not ask them.

–That is why you could only listen to them, but not understand!”

Questions for discussion:

–How can you describe your communication with a child? Imagine some image that characterizes your communication. Remember and describe typical situation of your communication with a child.

–What helps you in communication? What stands in its way?

Conclusions

Parables as an effective tool in psychologist's work with parents of children with abnormal development can perform different functions: developing a relationship; gathering information; accessing and utilizing resources; suggesting ideas; reframing; facilitating new patterns of thoughts, feelings and behavior. There two groups of tasks of psychological work with parents of children with abnormal development, the solution of which can be achieved with the help of various options for using parables: the first is the creation of psychological conditions for adequate understanding of the child's problems and psychological readiness for long-term work with these problems; the second - creating a normal climate in the family. Depending on the psychodynamic stage of the family at the time of contacting the psychologist, parables can be used on each of them to work with specific request of the parents of children with abnormal development or/and behaviour. So, the competent use of parables in the psychological work with the parents of children with developmental problems could take place until establishing contact to the decision making and its review

**Thank you for your
attention!**