

## 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-