

## Study Day 2 : Vulnerable times in a person's growth and ways to help`

If you have time to look through Erickson's Stages Chart 2 before the day that will help with our use of time.

Change points in our personal growth happen in the same sequence and order for everyone, but they may happen at different times in different people eg if a person is ill, or has a serious upset in life, their move into the next 'stage' may well be delayed until they are a bit older and have been able to make up for time lost during the difficulties.

As you read through the chart, see if you can think of any examples in it of people you know or have read about

For Instance

Middle Adulthood, where people can either move into a new phase of life or become very negative (eg the film Shirley Valentine ( positive) or in Alan Bennet's film, 'The Lady in the Van' ( stagnation). Many of Alan Bennet's monologues, 'Talking Heads ' are helpful eg 'crisp in the sugar'.(watch on U-tube) He made the original ones some times ago, but he did some updated ones more recently

In the second part of the study day we will Look at how we can help people through the turmoil as they move up from one 'stage' in life to the next 'stage'.