Diminish pain, enhance joy, psychologist tells parents

By SHIRLEY MOSS

Young children are like soft cement. Any mark that falls on them makes an impact.

So says Dr. Alice Ginott, psychologist-psychotherapist, who maintains that while a therapist can cure, only those with whom a person has daily contact can prevent emotional distortions.

Dr. Ginott is the widow of the late Haim Ginott. She aided Him in writing several best selling books on interpersonal relations which have been translated into 36 languages. On Wednesday she was guest speaker at Congregation Shaarey Zedek Sisterhood's 1979 Woman's World.

More than 800 women gathered at the Southfield synagogue for a morning of boutique shopping followed by lunch and Dr. Ginott's talk.

Author of a syndicated column called Between Us, which appears in 70 newspapers, Dr. Ginott has just completed work on the book "Between Husband and Wife," which she started with her late husband.

Her next book is "How to Drive Yourself Sane."

Keeping up the work she undertook when her husband first became ill, she travels extensively appearing on radio and TV as well as conducting workshops and seminars. She also continues a weekly guidance group with parents and teachers in New York City.

Dr. Ginott defines her own chief goal as helping people to communicate with each other.

NATIVE of Czechoslovakia, which she fled with her parents in 1938, she holds degrees from Indiana University and the New School for Social Research in New York, including B.A., M.A. and Ph.D.

She has lectured in this country, Canada, Brazil, Africa and Mexico and was a member of the 1970 White House Conference on Children.

Speaking on communicating with loved ones, Dr. Ginott said the way parents respond to a child determines the child's destiny.

"Communication principles do have rules, and if learned and applied 60 percent of the time, it's extremely well. The trick is to make it clear that what you are expressing is your feelings, not a judgment about the other person.

"We need to be concerned with feelings more than behavior. If one feels right, one acts right."

She maintains that to love truly is to know what brings pain to the one you love. And although parents cannot expect to be perfect, they should understand how to diminish pain and to enhance joy.

"Years ago, I decided not to revive in my own home what made me miserable when I was a child," she said. "For me that meant speaking to my husband and children as I did to my patients."

Dr. Ginott said most people lack the language to make those we love feel loved.

"WE COMMAND, we order, we give advice when not asked and we are usually imperceptive and often incorrect," she said. "We offend and are unaware that words are just like knives.

"We perform daily emotional operations, but without training. Unlike a surgeon who is careful where he cuts, we use words randomly. We make incisions until we hit the right spot, heedless of the open wounds we leave behind."

Asserting that "we treat those we love essentially as we ourselves were treated," she said "it's time for us to make a new tape and write a new script."

What is necessary for parents to learn is to treat their loved ones just as they would treat guests.

"Would you ask a guest 'Why can't you be like your sister?'" she asked. "Or would you say 'Everytime you come here you forget something?'"

She reminded her audience that parents have only about 18 years to make an impact on their children's character but the child is dependent on the mirror of themselves as reflected by their parents.

"Parental mirroring determines a child's self-image," Dr. Ginott said. "With people, the diagnosis becomes the prognosis. Keep telling a child he is selfish or clumsy and he will think of himself that way.

"WHAT WE really don't know is what's right with us and this is what we should be able to expect to learn from those we love."

She suggested "a nice way to let a child know how we feel about him or her is to let them overhear us praise them on the telephone."

"The praise becomes internalized," she said. "Parents and teachers can bring out the very best in children. They can tempt them to trust, to love and to be genuine."

Dr. Ginott said her own children were often asked how it was to be the children of Alice and Haim Ginott, how expert were the parenting experts.

"Someone asked my daughter that once and she thought about it for a moment and then responded: 'I've always felt understood.'"

Fundamentally, she advocates that parents have to think about how their children feel and, borrowing the wisdom of native Americans, "learn to walk in another man's moccasins."

Finally, asked about permissiveness in raising children, Dr. Ginott said she's permissive about feelings, but strict about behavior.

DR. ALICE GINOTT

'Parents and teachers can bring out the very best in children. They can tempt them to trust, to love and to be genuine.'

— Dr. Alice Ginott

Annual Artist Concert to showcase musicians

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[illegible] Detroit. Currently residing in New York, he is in graduate [illegible] studies at the Juilliard School of Music.

He has appeared as soloist with numerous orchestras in this country and abroad, has served in the capacity of opera coach, conductor, musical director and has been chosen a Conducting Fellow for the Aspen Festival. He presently serves as assistant conductor of the Norwalk Symphony Orchestra in Connecticut.

A versatile artist, Hulsberg is also an accomplished violist, among other proficiencies attainments. He holds a Master's degree in music from the University of Michigan and a bachelor's degree in social studies from Harvard University. Upon graduation from Harvard, he received the Henry Russell Shaw Fellowship for postgraduate study in Europe.

Alicia, 24 year old violinist, began musical studies at the Cleveland Institute of Music at age seven. Eight years later, [illegible] Philadelphia [illegible] Curtis Institute of Music. [illegible] Curtis [illegible] Philadelphia Orchestra [illegible] Philadelphia [illegible] Curtis [illegible] Philadelphia [illegible] Curtis [illegible] Philadelphia [illegible] Curtis