
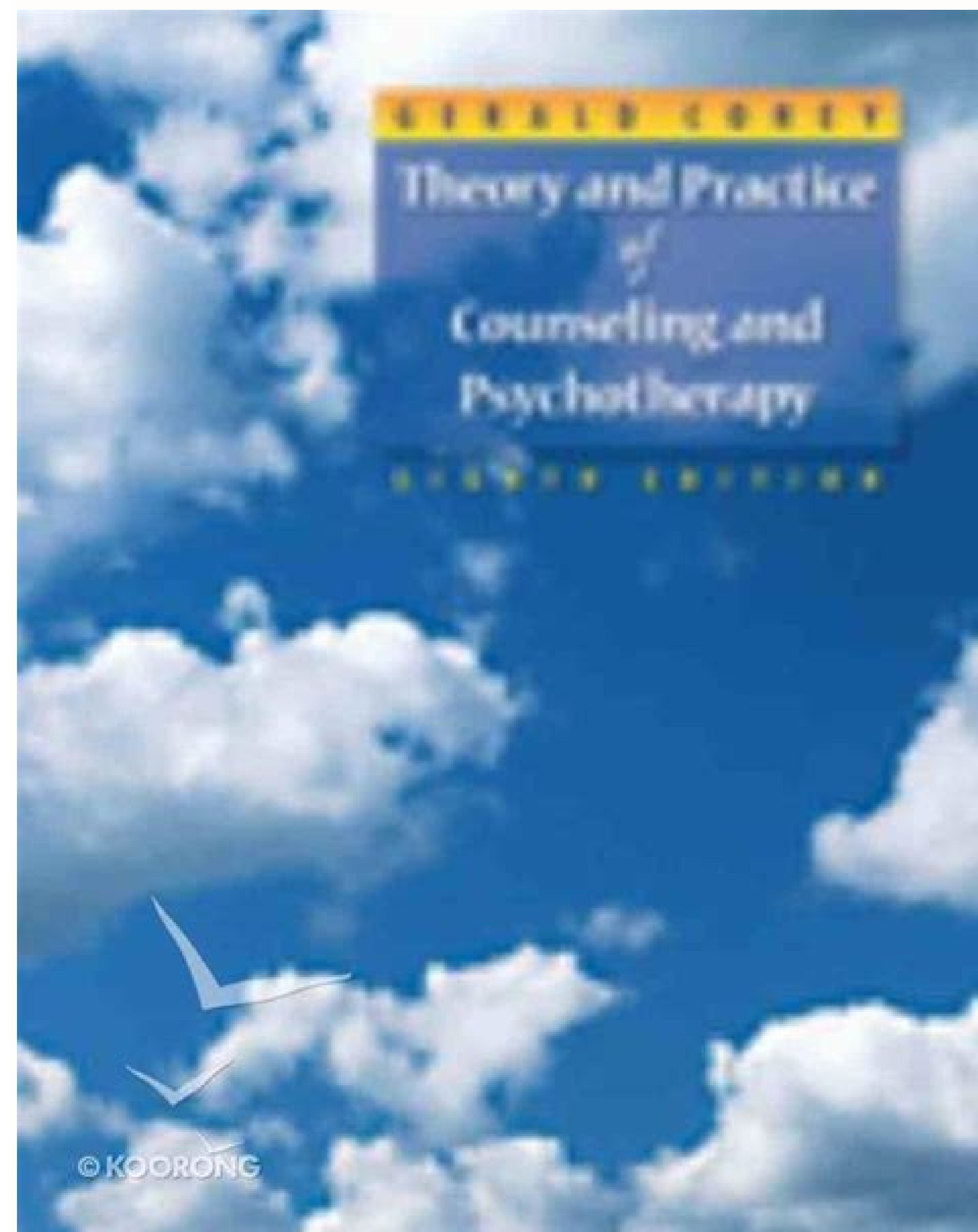
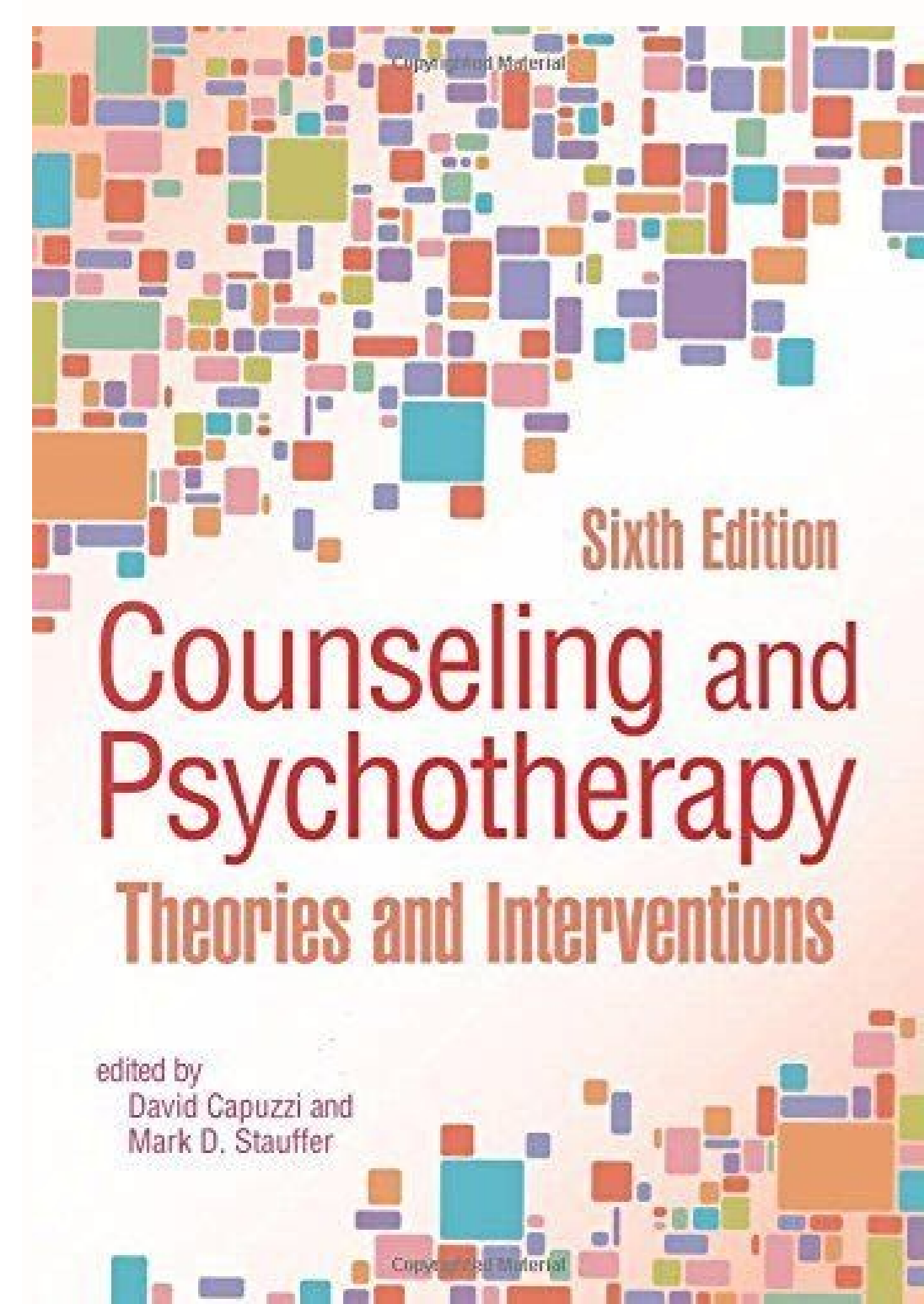


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Development Through the Lifespan

Age or Age Range	Infant/Toddler (0-2)	Young Childhood (3-5)	Child (6-12)	Early Adolescence (13-17)	Midlife (18-30)	Late Adolescence (31-40)	Young Adults (41-50)	Middle Adults (51-65)	Older Adults (65 and over)
Physical Development	Beginning to move independently and explore the world. Rapid growth and development. Motor skills are developing.	Continued rapid growth. Fine motor skills are developing. Physical growth is slowing down.	Physical growth is slowing down. Fine motor skills are developing. Physical growth is slowing down.	Physical growth is slowing down. Fine motor skills are developing. Physical growth is slowing down.	Physical growth is slowing down. Fine motor skills are developing. Physical growth is slowing down.	Physical growth is slowing down. Fine motor skills are developing. Physical growth is slowing down.	Physical growth is slowing down. Fine motor skills are developing. Physical growth is slowing down.	Physical growth is slowing down. Fine motor skills are developing. Physical growth is slowing down.	Physical growth is slowing down. Fine motor skills are developing. Physical growth is slowing down.
Psychological Development	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.	Development of self-concept. Exploration of the world. Self-awareness is developing.
Brain Development	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.	Rapid maturation of the brain. Synaptic pruning is occurring. Myelination is occurring.
Motor Skills Development	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.	Rolling over, crawling, walking, and running. Fine motor skills are developing.
Intellectual Development	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.	Development of object permanence. Sensorimotor stage of Piaget's theory.
Emotional Development	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.	Attachment to caregivers. Exploration of the world. Self-awareness is developing.

Counseling and Psychotherapy Approaches - A cheat sheet

ALLENBY THERAPY	We are in control of our lives. We are influenced by biological factors.	COGNITIVE BEHAVIOR THERAPY	Changing thoughts is the path to changing feelings and behaviors.
EXISTENTIAL THERAPY	We are challenged to create meaning and purpose in our lives.	REALITY THERAPY	We choose how to think, feel, and act. We are responsible for our choices.
PERSON-CENTRED THERAPY	Build on the inner resources of the client. Help them to become self-directed and self-motivated.	BIOLINGUISTIC THERAPY	Helps to increase emotional and cognitive regulation by using words to regulate and help with mood.
SYSTEMIC THERAPY	Explores the present moment more fully and gain awareness of what we are doing.	TRANSACTIONAL ANALYSIS	Analyse interactions between individuals, across generations of individuals, and across cultures.
RESCUE THERAPY	Work behaviors to control and regulate, can be enhanced.	PHENOMENOLOGICAL THERAPY	Cultivation of a phenomenological, non-judgmental, flexible, creative, and compassionate, clarity, and a connection of reality.

