

Erikson

Psycho-Social Development
Lifespan Theory

Foundations

Development results from **interaction** between maturational processes (bio needs) and societal forces/demands

- Emphasis on Ego
- Psycho-history
- Epigenesis—“plan” of growth
- Stage Approach (as related to communication)

Stage 1 Oral-Sensory (--year 1)

<i>Trust-Mistrust</i>	Establish Positive Attachments Patterns	Contingent Responses
		Consistent Responses
		Caring Responses

Stage 2 Muscular-anal (Years 2-3)

<i>Autonomy-Doubt</i>	Mastery of:	My Bodily Functions
		My Movements
		My Verbal Messages

Stage 3 Locomotor-genital (Years 4-5)

<i>Initiative-Guilt</i>	Create New"	Self
		Identity
		Roles

Stage 4 Latency (Years 6-11)

<i>Industriousness-Inferiority</i>	Begin to Master Skills	Presentation of Self
		Perception
		Relational
		Conversational
		Negotiation
		Conflict Management
		Entertainment

Stage 5 Puberty/Adolescence (Years 12-18)

Identity- Role Reflection on Self/Identity

Confusion Roles

Supportive Relationships

Stage 6 Young Adulthood (Years 19-25)

Intimacy- Reflection on/ Master of: Adult goals

Isolation Adult relationships

Adult Roles

Stage 7 Adulthood (Years 26-65)

Generativity- Reflection on/ Master of: Adult Life goals

Stagnation Adult relationships

Adult Roles

Stage 8 Maturity (Years 66-)

Ego Integrity-

Despair

Reflection on: Perspective on Life (successes/failures/legacy)

Relationship with Spirituality/Cosmos/After Life/Elvis/Etc.

Connectedness (Past, Present, Future)

Positive Lifespan Communication

How do we use communication to positively manage the past? Present? Future?



Martin Seligman—Flourish: A visionary new understanding of happiness & well-being. New York: Free Press. 2011

Flourishing (Seligman)


