

World Summit on

# Psychiatry, Mental Health Nursing and Healthcare

International Conference on

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# Applied Psychology, Psychiatry and Mental Health

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## Operationalize Erik Erikson's theory of development to empower your life for current and future success

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**Statement of the problem:** People are not aware of the impact of their social development of the personality on their ability to achieve healthy relationships and personal success. This workshop will utilize Erik Erikson's stages of development to empower the life of your clients. Erikson's theory of development has eight stages that span across someone's life time. The family of origin, school, intimate relationships and extended peer groups impact the development of people. The purpose of the Erik Erikson Stages of Development is to assist clients in their understanding of past and current developmental stages in their life and gain insight into where they might be stuck in certain areas in their life (Vogel-Scibilia, Cohan McNulty, Baxter, Miller, Dine, Frese III, 2009). Erikson's theory of development identifies socialized developmental experiences throughout the life that mold the personality, social development and perspective of identity juxtaposition to others. This is a powerful theory that helps lead clients to the discovery of their development from birth to their elderly years. This theory provides a look at people's past and a guidebook for their future. Erikson's theory will help the client to discover areas of life that need to be unlocked to actualize satisfaction, peace and fulfillment. The tools of this workshop will help the client to transcend psychological roadblocks that have been unconsciously in their pathway to success. This workshop demonstrates a life journey inventory to identify previous experiences that have developed resiliency or stagnation in a person's life. The discovery of this information will be utilized as a weapon of knowledge, power and transformative change. Upon completing this workshop, you will have an innovative tool powered by Erikson to assist clients with the knowledge that they always had the power to move their life forward regardless of internal or external barriers. Finally, this workshop will provide counselors with a guide to give clients for future planning for an internally empowered life.

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