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PARALLELS BETWEEN HEALTH ENVIRONMENTS

I recently have observed that there are significant parallels between the five different paradigms I have learned or created and I have shared with clients to help define “healthy settings” and “healthy behaviors” in parenting, self-esteem development, friendship and love relationships, employment settings, and in stress-reduction interventions. Perhaps I shouldn’t have been so surprised, since we human beings have certain needs that we deserve to have met, regardless of the setting or the nature of the relationship.

Herb Rosenfield, LCSW

HEALTHY CHILDHOOD ENVIRONMENT	<i>UCARE</i> à POSITIVE SELF-ESTEEM	FRIENDSHIP & LOVE RELATIONSHIPS	POSITIVE WORKPLACE ATTRIBUTES	STRESS REDUCTON = P.A.C.T.
“Safe”	Uniqueness that is positive	Trust	Worthwhile endeavors	Perspective
“Loving”	Connectiveness that is healthy	Communication	Collegial Cooperation	Connectiveness
		Mutual expectations	Approval and Appreciation	
“Nurturing”	Autonomy that is Age-appropriate	Common goals, values, and ideas	Opportunity for Growth	Autonomy
	Role Examples -- parents who are adults with positive self-esteem	Common interests	Adequate Wages and Benefits	Tone
Rev. George Englehardt, when Pastor of Cheshire Methodist Church, describing expectations of parents by God and Jesus	Acronym created by Herbert Jay Rosenfield, LCSW, to define the 4 parts of the parental gift of “positive self esteem”	Components of the Intimacy side of “Love Pyramid”, adapted from “Three Faces of Love,” Robert Trotter, <i>Psychology Today</i> , September 1986, pp 46-54.	Connecticut Public Radio report, date unknown, on the attributes of a positive workplace and position that make employees satisfied and loyal	Acronym created by Herbert Jay Rosenfield, LCSW, to teach and to remember the “4 effective stress reduction interventions”

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