

## Chapter 17: A class in Parenting/Relationships in High School; A class in Developmental Personology in graduate schools.

On May 22, 2007, the Legislature of the State of Texas voted to mandate that all Texas high school students be required to take a class in parenting and paternity awareness. HB 2167 provided that a curriculum called the "p.a.p.a program" be developed and taught in the health class that was already a requirement in the state's curriculum. This simple class in a huge step toward mandating that an entire class be required for students to learn about relationship issues, relationship skills, parenting of babies and teenagers, and paternity issues. Millions of teenagers are launched into the world every year with only a smidgen of knowledge about how to create a healthy relationship or how to ease out of a relationship with the least amount of conflict and terror. This new curriculum which began in the fall of 2008, will prepare these young people to enter into a sexual relationship with some awareness of what they are getting themselves into in the event they both get pregnant. The Senators should be named and given an award. They are Deshotel, Chisum,

### Self-knowledge and Understanding of Personality

The study of "self" may seem redolent of eastern philosophy and the study of "personality" steeped in the tradition of the lore of psychology. But think about it. If a young person were to be asked simple questions about his own knowledge of his own behavioral style and engaged in a class discussion of others who have exhibited "personality styles," he or she would undoubtedly develop an ability to "see" when and where he or she would be stepping out of line. A young person's inability to see their behavior as problematic is the core attribute of most unhappy couples' conflicts and disagreements.

I would like to put forth that this class would be the sine qua non of a healthy student body that would have these advantages:

1. Sound psychological ideas would be disseminated out to the student body from this class.
2. Troubled teens could know of at least one person (the teacher) that they could go and talk to and get a reference for a counselor if one is needed.
3. Any aberrant teens who are headed toward infamy by becoming a rampaging shooter could be identified by the teacher and sent for counseling (with his family.)
4. The teacher would be a trained mental health professional (the minimum requirement: a bachelor's degree in psychology; extensive extra curricular classes in counseling, family therapy, psychology, or psychiatry.)

There ideally should be two classes in each high school. The Freshman class would be full of cartoons, film clips, and roll plays by the students. The Senior class would be more of theory, research, and cognitive understandings of personality development and relationship enhancement.

### A Graduate Class in Developmental Personology

I would like to propose that a class be added to the regular curriculum in each

graduate program in mental health; be it psychology, counseling, family therapy, social work, and psychiatry. It is inconceivable to me how this basic group of psychological technologies have been marginalized in every program. To graduate from a graduate

All students of the human mind need to understand how it develops to be the cradle of personality. Each student takes a class in "human development" which focuses mostly on the genesis of the fetus and the childhood development. Each student takes a class abnormal psychology which focuses on the DSM criteria for diagnoses of mental disorders. Most students take a class in "personality" which focuses on "personality development" as theorized about and constructed by the famous fathers and mothers of the individual fields: mostly Freud, Jung, Adler, Rogers, etc.

There are scads of research and erudite writing, however, which are never mentioned or only briefly skimmed over which could be giving the graduate student in depth knowledge and understanding of the underlying constructs of all personalities. Furthermore, it would help the students understand the more aberrant personality disorders that plague our society from boardrooms to bedrooms. And furthermore, still, it would help the students identify their own foibles and "shortcomings" and "defects of character" (AA 12 Steps) which not only create havoc in their own lives but create heartache and headaches in the lives of their students and fellow professionals as they move out into the academic and professional workforce. (See Chapter 9 for details and stories).