

Adult Development & Relationships

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Robert S. Wright, MSW, RSW

When “Adulthood” Became a Verb

- From Urban Dictionary:
 - Adulthood (v): to do grown up things and hold responsibilities such as, a 9-5 job, a mortgage/rent, a car payment, or anything else that makes one think of grown ups.
 - Being a responsible adult. Used by immature 20-somethings who are proud of themselves for paying a bill.
 - Post adolescence when the light in your eyes fade away and dies.
 - To carry out one or more of the duties and responsibilities expected of fully developed individuals (paying off that credit card debt, settling beef without blasting social media, etc.) Exclusively used by those who adult less than 50% of the time.

- A theory that explains normal/healthy human emotional (psycho) and social development
- A theory of personality development
- A theory that explains how external influence affect human development

Adolescence is a New Phenomenon

- Adolescence, that latent state between childhood and adulthood, is a relatively new phenomenon for most peoples.
- How Green Was My Valley (1:22:00)
<https://www.youtube.com/watch?v=e-kE3CC2uDc>
- Young Huw Morgan is the youngest of the 4 sons in this, turn of the century, Welsh, mining family. After the death of his brother, he leaves his promising life as a young scholar to go “down the colliery” to work, making the stark transition from boy to man. Some wicked hard adulting!

Adult Development - Erik Erikson

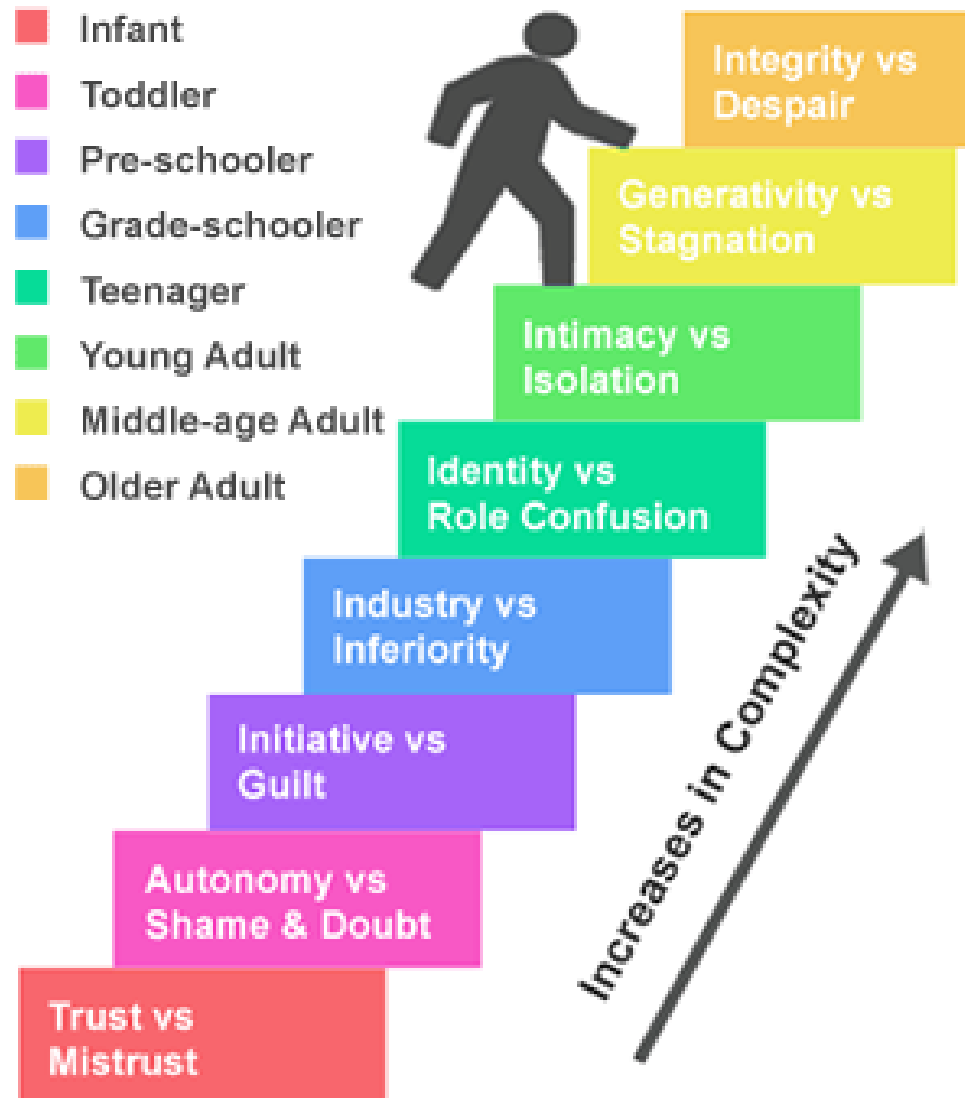
- Born in 1902 in Germany, Danish/Jewish
- Influenced by Anna Freud to study psychoanalysis (VPInst.)
- Emigrate to USA in 1933
- Taught at Harvard, Yale, Berkeley and Austen Riggs
- Psychosocial vs. Psychosexual emphasized importance of environment



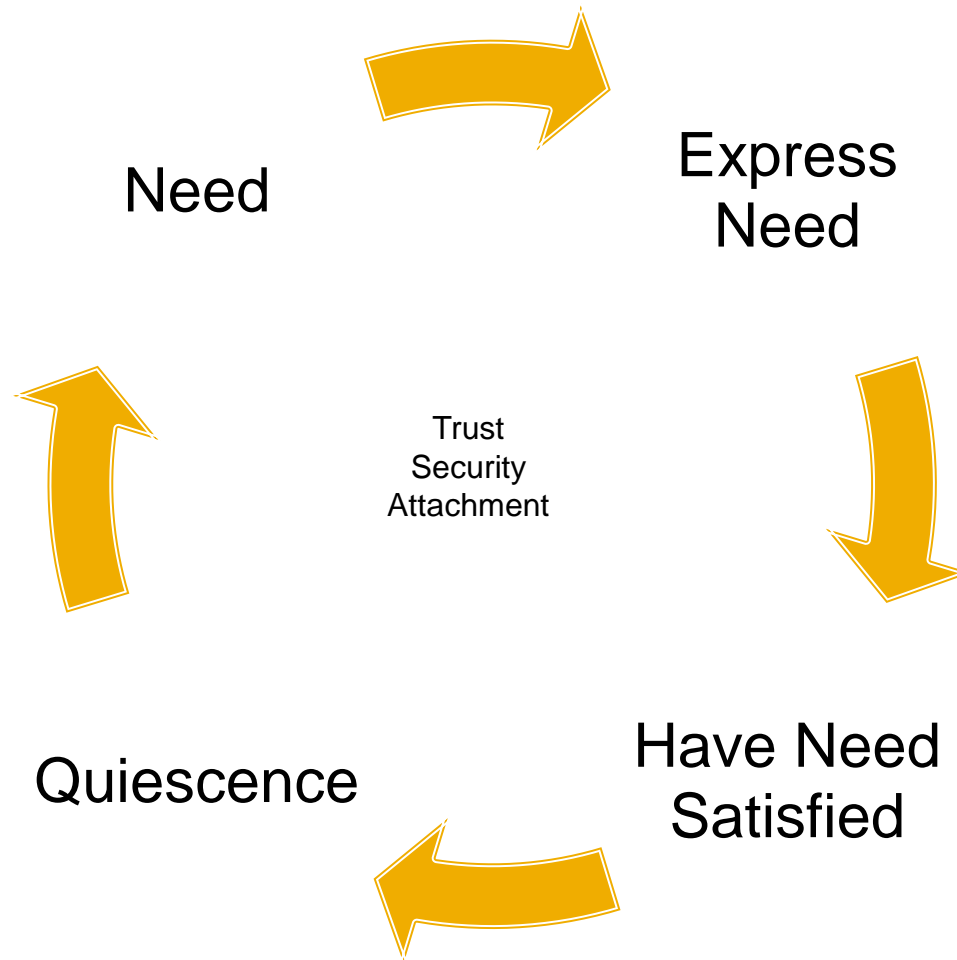
Critical Elements of Psychosocial Development and Adult Relationships

- We grow in stages - bio-psycho-social
- Development and growth is cumulative. Skills and qualities earned and learned at earlier stages are critical for later stages.
- Every stage has a central “crisis” which needs to be resolved for healthy, long term development
- External forces support development
- Our understanding of stages, and processes are described within a “majority” social construct and require some adjusting for queer folk, POC, non-monogamous
- Adult relationships are supported by healthy earlier development and compromised by developmental deficits

The Stages



Attachment – Relationship Cornerstone



Adult Relationships Defined & Discussed

- What defines an adult relationship?
- What types of adult relationships have you experienced/desired?
- What are the challenges you have/anticipate having in adult relationships?
- How can you improve you adult relationships and adult relationship skills?