

Designing Program for Developing Self-Esteem of Gifted Children

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Abstract : Self-esteem implies a person's overall self-worth, self-respect, and self-value. It helps a person to maintain good mental health, personality, and achievement. Gifted students face some emotional problems, sometimes, which cause decreases in their self-esteem. Such emotional problems include loneliness, anxiety, and depression as examples. For this reason, designing a counseling program is necessary for gifted students who need a high level of self-esteem. The available counseling programs focused on developmental aspect only to the best of the writer's knowledge. While the proposed program focuses on both clinical and developmental counseling by applying psychoanalytic play therapy. The proposed program consists of; Theoretical background such as; Behavior, and RET. It also consists of counseling procedures and therapeutic interventions.

Keywords : self-esteem, gifted, program, design

Conference Title : ICPBS 2016 : International Conference on Psychology and Behavioral Sciences

Conference Location : Miami, United States

Conference Dates : March 24-25, 2016