

# A place for psychotherapy counseling in the development of emotional intelligence

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## Summary

*Emotional intelligence comprises a set of emotional skills that allow one to correctly select feelings and unconscious mechanisms in interacting with others, and contributes to the development of self-confidence, improved understanding of relationships with the environment, and the regulation of emotions for the purpose of emotional and intellectual development. Since the relationship is essential for the development of emotional intelligence, already in the earliest stages of life, family and parental relationships are a major factor in developing it. As parents transfer their embedded beliefs, cultural characteristics and early relationships to the parent-child relationship, psychotherapy counseling is a method of choice by which parents, recognizing and changing their beliefs and actions, stimulate positive emotional development in their children.*

**Key words:** *emotional intelligence, psychotherapy counseling, emotional development of children*

**Sažetak**

*Emocionalna inteligencija obuhvaća skup emocionalnih vještina koje omogućuju da se na ispravan način odaberu osjećaji i nesvjesni mehanizmi u interakciji s drugim osobama, a doprinosi razvoju samopouzdanja, poboljšanju razumijevanja odnosa s okruženjem te regulaciju emocija s ciljem emocionalnog i intelektualnog razvoja. Kako je odnos bitan za razvoj emocionalne inteligencije, već u najranijem životnom periodu obitelj i roditeljski odnosi glavni su čimbenik u razvoju iste. Kako na odnos roditelj-dijete roditelji prenose svoja ugrađena vjerovanja, kulturalne karakteristike i svoje rane odnose, psihoterapijsko savjetovanje je metoda izbora kojom roditelji, prepoznajući i mijenjajući svoja vjerovanja i postupke, stimuliraju pozitivan emocionalni razvoj kod svoje djece.*

**Ključne riječi:** *emocionalna inteligencija, psihoterapijsko savjetovanje, emocionalni razvoj djece*

## Introduction

The very name emotional intelligence was first mentioned in Arlie Hochschild's work in 1983 (1) and in the title of Wayne Payne's doctoral thesis in 1986 (2), and the first book on emotional intelligence was written by Daniel Goleman in 1996 (3). By many definitions, it denotes a set of emotional skills that allow one to correctly select the feelings and unconscious mechanisms in interaction with others, which contributes to improving the development of each person's understanding and relationships. Thus, it involves the ability to accurately perceive, evaluate, express emotions, understand and cognize emotions and regulate them with the aim of emotional and intellectual development.

## Development, specifics and approach

An important factor in the development of emotional intelligence are early relationships within the family, as the primary goal during development is to develop beliefs about oneself and their capacities through parental relationships, which depend on the parent's developmental experiences, cultural characteristics and beliefs. In order for parents to have a positive effect on the child, it is necessary to involve them in psychotherapy counseling in order to identify their own unconscious resistance, to develop a relationship with the child through basic listening, encouraging, seeking help, and respecting the needs of others without neglecting their own needs. Areas that encompass emotional intelligence are: self awareness, which includes our own emotions, control over emotions, how we manage emotional reactions regardless of the type and intensity of stress; motivation, which includes ways to make it easier to reach our goal and our level of perseverance, empathy towards recognizing others' emotions and responding to others' emotions, and finally, how we relate to others, which includes understanding others' emotions and helping to create relationships and resolve conflicts. The question we often ask is whether certain emotions will help us achieve our goal. Very often we meet with persons who have adequate cognitive and emotional functioning, but in their daily life function from a position of subordination, both professionally, emotionally and socially. The question that arises from this is what influences our attitudes, beliefs and behavior, who were our identification models, what messages we received in our earliest relationships, which formed our beliefs and influenced the creation of a self-image (4, 5, 6).

The family is our first school for learning emotions. Parental relationships and child-parent relationships are the basis for creating a picture of ourselves that we later transmit into all other relationships. According to numerous studies, early relationships depend on parental developmental experiences, cultural characteristics, and beliefs that parents developed during their earliest development in relation to significant persons in their environment (4, 5, 6). There is also a wealth of research that discusses the link

between performance in life, both cognitively and emotionally. The importance of the child-parent relationship from birth to earlier is emphasized. Basic skills that help secure development are the skills of listening, appreciation, seeking recognition and praise, but also helping and giving praise, and the same is possible only through alignment with the essentials, parents, and then educators and teachers.

It is important to emphasize that emotions are present at every moment of our lives in every activity and affect our thoughts, actions, relationships, and especially beliefs about ourselves. The model we get in the family through early relationships with parents and important people is an identification model that is responsible for developing our attitudes and the picture we have of ourselves, and which model we transmit later in life into all other relationships. It is imperative that parents receive through psychotherapy counseling an understanding of the importance of their behaviors, value systems and ways of functioning. In order for parents to realize the same, it is important for them to recognize their developmental patterns that they convey in relationships with their children, as well as to recognize the importance of emotions in their own functioning.

## Conclusion

It is important for parents to understand through psychotherapy counseling the importance of listening skills, encouraging them to seek help, and appreciating others' opinions through developing empathy, all through balancing relationships with important people in the environment, while respecting boundaries. It is important through psychotherapy counseling to learn how to deal with anger and that we can express it positively, deal with fear, and whether fear can be a positive motivation and finally, deal with sadness, learn how to show it and how to continue to believe it.

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