

# STAGES, SEASONS, STORIES, SPECIFIC LIFE EVENTS, PSYCHOMETRICS AND SCANS

## FIVE POSITIVE ADULT DEVELOPMENT PARADIGMS

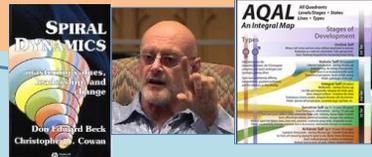


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# PARADIGM 1: STAGES

The contemporary scene



Theories postulate an invariant series of qualitatively different, organised stages of development

Piagetian origins

Based on Werner's orthogenetic principle: Development = increases in complexity

Very popular in the world of integral theory

Past names



# PARADIGM 2: SEASONS

**Contemporary scene**

Laslett  Arnett 

**Ssea** Society for the Study of Emerging Adulthood

**U3A**  
THE UNIVERSITY OF THE THIRD AGE

**Past names**

Erikson  Levinson 

Theories proposes series of “soft stages” or ‘seasons’:  
Reversible, biopsychosocial,  
historically contingent,  
normative, overlapping

e.g. “Adolescence”, “Emerging Adulthood”, “Third Age”

Positive adult development is relative to age and season

# PARADIGM 3: STORIES

**Contemporary Scene**

McAdams  

Pasupathi

**Foley Center** for the Study of Lives

Birren 

**The Birren Center**  
For Autobiography & Life Review

*Telling the Stories of Life through GUIDED AUTOBIOGRAPHY GROUPS*

“Life must be lived forwards, but can only be understood backwards.”  
Kierkegaard

Development as conveyed through personal, retrospective narrative: The ‘life story’

Integrated account of events, changes, transitions and developments across adult life, or a period of adult life

Essential to mental health, resilience and identity

# PARADIGM 4:

## ADULT LIFE EVENTS AND TRANSITIONS

**Contemporary scene**

Bonnano - bereavement



Tedeschi - post-traumatic growth



Schlossberg - retirement





Part of American Counselling Association

Quantitative and qualitative changes associated with specific adult life transitions and events, e.g. parenthood, retirement, empty nest, bereavement, menopause, midlife crisis

Uses longitudinal designs, survey studies and narrative-based research

Has a link with counselling theory and practice

# PARADIGM 5:

## PSYCHOMETRICS AND SCANS

**Contemporary Scene**

Salthouse



Tyler





Schaie



Carstensen



Past



Terman

Terman Study of the Gifted

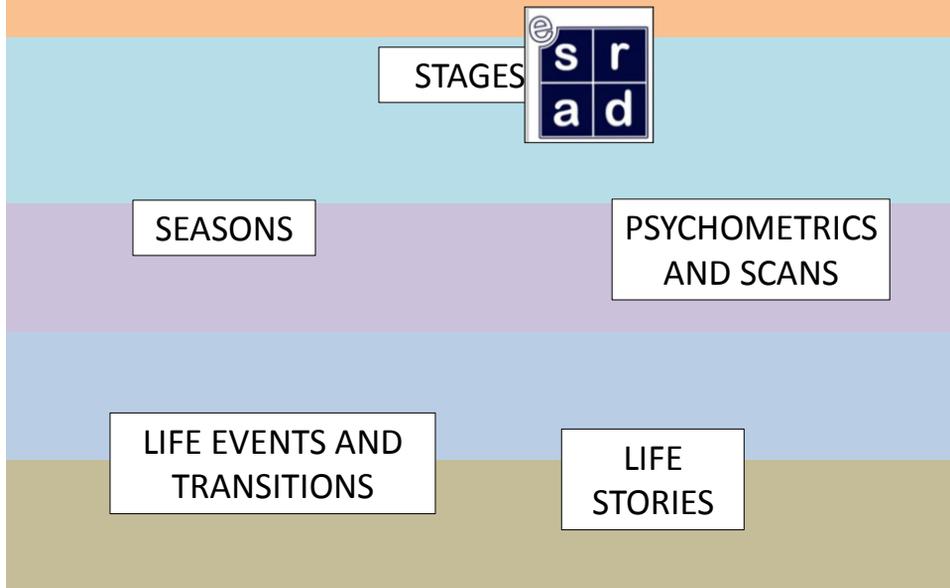
Also called 'quantitative ageing' paradigm.

Studies measurable quantitative changes on cognitive ability tests and other psychometric variables (traits / moods / emotions)

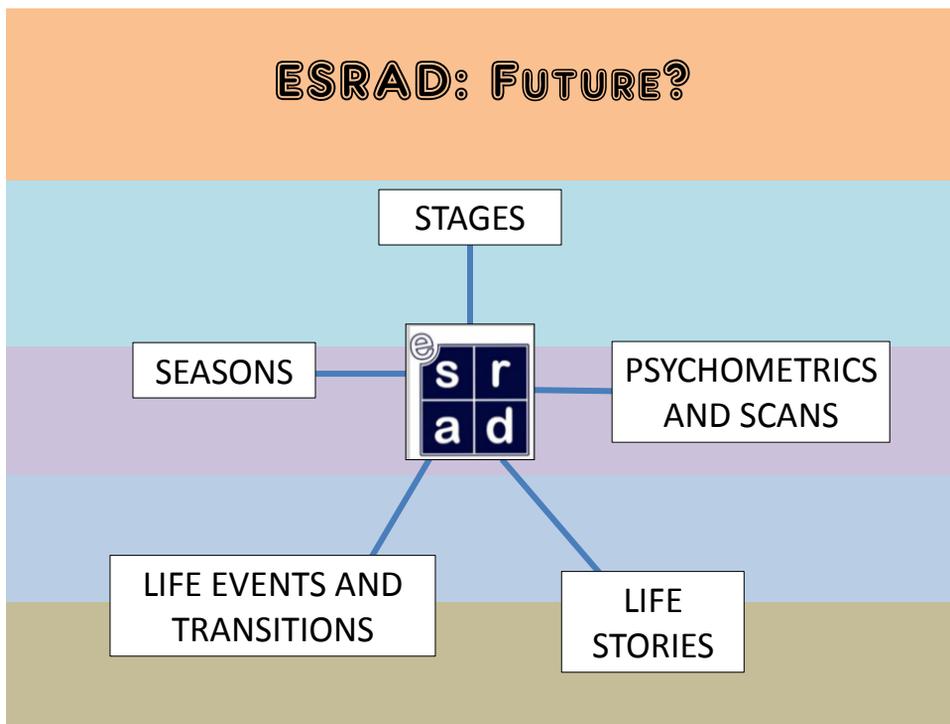
Cross-sectional and longitudinal research

Brain changes studied through scan technology

## ESRAD: PRESENT



## ESRAD: FUTURE?



Thanks for listening!

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