Episode 23 – RTT Series – Helping Kids Reason

This podcast episode builds off of the concept of four different types of reasoning simultaneously performed by distinct parts of the brain.

The inner Artist engages in Emotional-Reasoning, associating experiences with emotions.

The inner Scout employs Magical-Reasoning, finding patterns and correlations to make sense of the world.

The inner Warrior relies on Logical-Reasoning, basing actions on evidence and logic.

The inner Chief, responsible for regulating the brain, uses Influencer-Reasoning, considering factors like relationships, authority, power, charisma, expertise, and fame.

Despite the common perception of Logical-Reasoning's superiority, it's Emotional-Reasoning that often determines choices after weighing the different types of reasoning.

The skilled residential counselor can help child-clients become more skilled at each of the four types of reasoning, and at blending the four types together to arrive at a richer understanding of how the world works.

Emotional-Reasoning can be improved by assisting clients with Affect-Labeling, which involves clients using words to describe their emotions, contributing to a calming effect on the brain. Other tools, such as Feelings Maps, Feelings Word Banks, and the Feelings Thermometer can help clients with Affect-Labeling.

Residential Counselors can nurture Magical-Reasoning in children, especially those on the autism spectrum, through copying games and pretend play. Magical-Reasoning is often times the basis of social principles and friendships.

Logical-Reasoning can be helped along by teaching the use of pro-con lists, the scientific method, and activities that exercise executive functions such as planning, prioritizing, organizing, working memory, and flexibility.

Influencer-Reasoning is addressed through positive role modeling and awareness of peer influence.

The episode concludes by highlighting the importance of cognitive flexibility and practicing all four reasoning types for the developmental growth of children.