

MARTE MEO METHOD

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DISCLOSURE

There are no conflicts of interest and
nothing to disclose

MARTE MEO METHOD

- Marte Meo is the programme which is based on an interaction analysis of a video recording, thus giving detailed and practical information to parents, guardians and experts who take care of the child
- The information is used to support social, emotional and communicational abilities in everyday activities
- The aim of Marte Meo therapy is to identify, activate and develop the interactions assisting the developmental process in the child

MARTE MEO METHOD

- Marte Meo programme was developed in 1970s by Maria Aarts
- Caring mother without contact information – experience which changed Maria's professional life
- 'I am his mother, I've got enough time and love; the only thing I don't have is the information how to accomplish that'

MARTE MEO METHOD

- How professionals could include parents and information comprehensible to parents and use it in everyday life (professionals talk on the level incomprehensible to parents)
- Maria started studying parents and their babies – she made video recordings of thousands of cases – and watching how parents behaved with their babies
- Analysing the interaction between parents and their children on the tape, Maria Aarts wanted to answer the following three questions for every interaction: what, when and why?
 - WHAT exactly and specifically the mother does
 - WHEN does the mother do something, at which moment
 - WHY is she doing exactly that at a certain moment

MARTE MEO METHOD

- Observing a large number of interactions in **different cultures**, she concluded that parents use the same elements in communication with their children, whatever the culture
- Those universal elements are **necessary for a child to develop properly** and are present in everyday interactions.



MARTE MEO ELEMENTS

FOLLOWING

- Every parent carefully observes their child in order to meet his/her world
- This is the way for a parent to connect and get into contact with their child



MARTE MEO ELEMENTS

WAITING

- The child's initiative is respected and recognised in this way, parents can perceive and acknowledge the child's ideas, tempo and abilities
- The child gets time to show his/her needs and the parent to perceive the child's needs

MARTE MEO ELEMENTS

CONFIRMATION

- When the child does something, the parent confirms that, thus strengthening the child's experience of his/her own value, confidence and independence

MARTE MEO ELEMENTS

NAMING CHILD'S INITIATIVE

- Parents say what the child is doing, thus letting the child know that he/she is seen, that they by the child's side and that the child is not alone in the world
- Also, parents give words and structure thus supporting the child's ideas for play

MARTE MEO ELEMENTS

NAMING OWN INITIATIVE

- In interaction with their children, the parents name what they are doing, thus becoming visible to the child, predictable and knowable
- Through naming their initiative, the parents develop social structures and social behaviour models

MARTE MEO ELEMENTS

NAMING SOMEONE ELSE'S INITIATIVE

- Parents say what others are doing, thus revealing the world of other persons to the child and teaching them to pay attention to others (social thoughtfulness)

MARTE MEO ELEMENTS

NAMING CHILD'S FEELINGS

- Parents say what they see the child feels, thus teaching them to develop emotional control (registration and emulation of emotions) and helping the child to understand and talk about the feelings

MARTE MEO ELEMENTS

NAMING OWN FEELINGS

- Parents tell their child what they feel, thus revealing to the child the world of other people's feelings, developing the ability to identify and social skills

MARTE MEO ELEMENTS

NAMING OTHER PEOPLE'S FEELINGS

- Parents tell their children what others feel thus revealing the world and emotions that other people have and helping them develop their social and emotional skills



MARTE MEO ELEMENTS

- Cooperation skill mostly comes to the fore when the child is included in pre-school and/or school system
- Cooperation skill is development since the earliest age and the parents are those who teach the child those skills

MARTE MEO ELEMENTS

POSITIVE DIRECTION

- The parents say to the child that they would like things to go on or what the child could be doing, in this way the child receives specific instructions and so has the opportunity for success

MARTE MEO ELEMENTS

POSITIVE LEADING

- Step by step, parents give their child concrete information as to how something needs to be done, until the end of process

MARTE MEO METHOD

- Having found these elements, which parents around the world use in upbringing their children, Maria Aarts started applying them to support developmental dysfunctional processes
- Marte Meo therapy is conducted by making a video recording of a free play or structured situation in agreement with the parents or the professional who takes care of the child
- Marte Meo therapist makes an interaction analysis of the video, showing 'good moments' to the parents while analysing the video together
- Using the language adopted to the parents

MARTE MEO METHOD

- Marte Meo therapy is used worldwide, in 41 countries
- Copying universal natural models, a large number of children were helped to activate their own strengths in order to develop
- However, the author alone states that Marte Meo was adapting to specific needs of certain countries and cultures



THANK YOU FOR ATTENTION