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Conference: Optimal Frustration

In September, the Department of Relational Psychology, Denmark hosted a conference in collaboration with a local partner municipality. The conference focused at the theme of optimal frustration.

Norwegian psychologist specialist, Zemir Popovac, lectured about the theory behind optimal frustration with many good examples of why it is important for children to experience frustration. He illustrated how children and young people need resistance and challenges to gain experience in developing the ability to endure emotional frustration, and at the same time learn to adapt to the demands of the external world. If children are not exposed to endure emotional frustration, they lose important learning experiences. This experience can for the children lead to a world that seems uncertain and dangerous because their own emotional life becomes in control of the outer world.

Zemir emphasized that all children need security and emotional validation, but under these conditions, the children also need to be challenged to stretch and accommodate external demands.

At the conference, 70 educators, pedagogical counsellors and pedagogical leaders participated, and many of the participants subsequently expressed that they could recognize, it can be demanding to accommodate children's frustration without wanting to change the reality that the children experience. You can tend to try and remove what is difficult or to ignore the children's frustration to avoid the frustration that the children's frustration creates in you.

At the Department of Relational Psychology, we will focus on this theme and unfold it for both relational professionals and parent groups in presentations, supervision and teaching contexts in the coming season, because we experience that many are asking for more knowledge and practical guidance in this area of the ICDP.



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Instituttet arbejder ud fra en relationel tilgang til pædagogik, psykologi og ledelse.

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