

Disorder or Disconnection??



DEPENDING ON THE LENS AND THE LANGUAGE THAT WE USE.

SANDY HITCHENS.

Which lens do we choose

- ▶ The lens we use influences the
- ▶ LANGUAGE we use
- ▶ which influences
- ▶ WHAT WE DO



The Lens of Behaviour

- ▶ Deliberate
- ▶ defiant
- ▶ disrespectful
- ▶ violent
- ▶ out of control
- ▶ attention-seeking
- ▶ poor choices



The Lens of self regulation or socialisation

- ▶ Calm down
- ▶ Not mixing with others
- ▶ Lack of empathy
- ▶ Bully
- ▶ Immature
- ▶ Too emotional



Lens of Disorder



What is wrong?

What is not normal?

Labels

Diagnosis

Lack of hope for possible change

Need for more specialized help

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS
FIFTH EDITION
DSM-5

ICD-10

The ICD-10
Classification
of Mental and
Behavioural
Disorders

Clinical
descriptions
and diagnostic
guidelines

A strong lens that looks underneath - To emotion

- ▶ “Emotions are not the problems - they are trying to solve them”
- ▶ “The brain has it’s reasons”
- ▶ Dr Gordon Neufeld. Heart Matters - The Science of Emotion Course

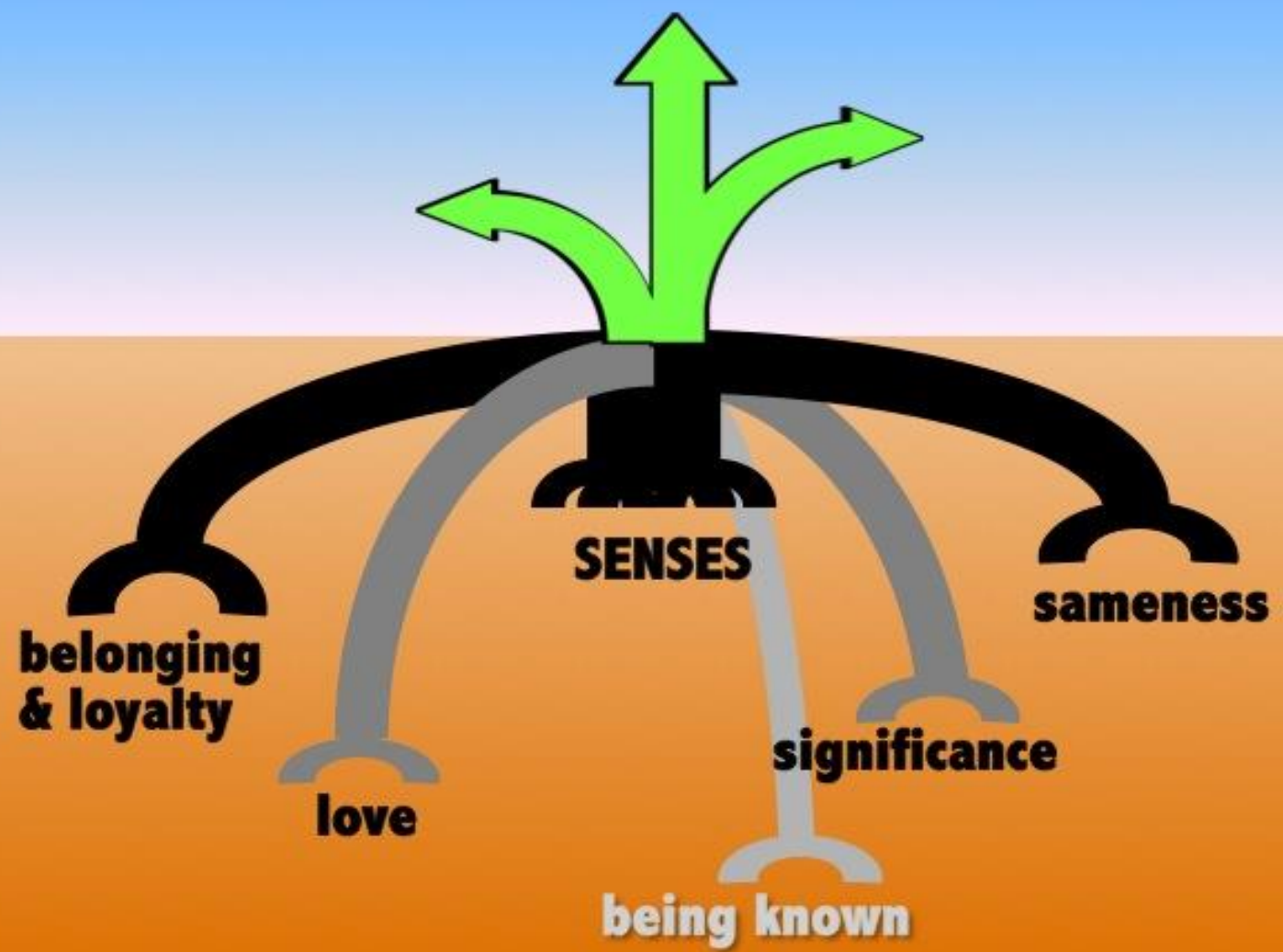
A strong lens that
looks underneath
- To attachment

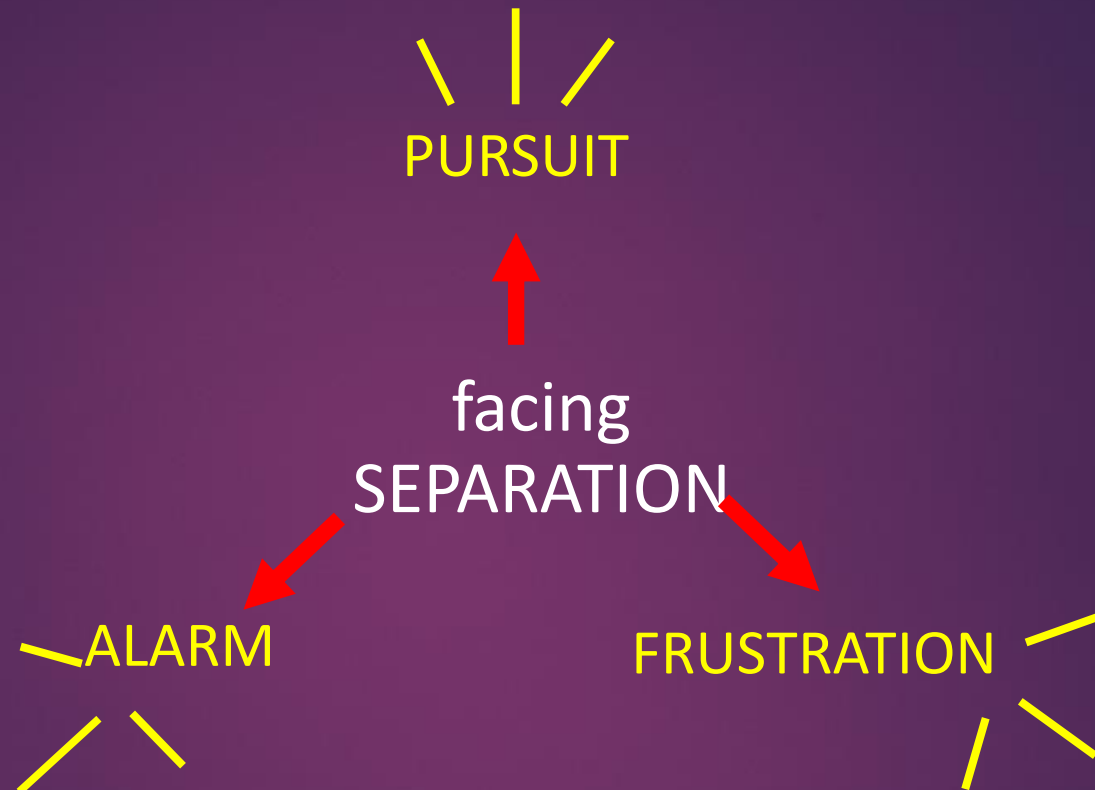
We are all born into the world
looking for someone looking
for us, and that we remain in
this mode of searching for
the rest of our lives.

Curt Thompson

“The Soul of Shame”.





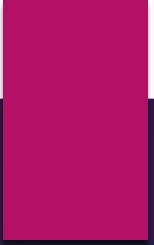




Gently sharing our lens with others - using the language of the heart.

Keep hold of our lens - be aware of the pressure and others expectations .

Keep our own hearts soft towards the child



Love is the strongest force in the universe. Gravity may hold planets in orbit and nuclear force may hold the atom together but only love has the power to transform persons. Only love can soften a hard heart. Only love can renew trust after it has been shattered. Only love can inspire acts of genuine self-sacrifice. And only love can free us from the tyrannizing effects of fear.

David G. Benner
Surrender to Love

Trust in the process of relationship and connection - finding the confidence to retreat back to connection rather than chasing after bigger interventions