THE EMOTIONAL SIDE OF DYSLEXIA

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OBJECTIVE

ADDRESS THE EMOTIONS THAT ARE INVOLVED IN THE DIAGNOSING PROCESS.

DISCUSS THE GRIEVING PROCESS FOR SOME PARENTS WHOSE KIDS ARE DIAGNOSED

DISCUSSING THE 4 STAGES OF ADAPTATION
EMOTIONS THAT PARENTS MIGHT FACE

- Anger
- Bargaining
- Blame
- Guilt
- Shame
- Fear
- Frustration
- Relief
- Anything else?

5 STAGES OF GRIEF - KÜBLER-ROSS MODEL (1969)

1. Denial
2. Bargaining
3. Anger
4. Depression
5. Acceptance
7 STAGES OF GRIEF - WRIGHT (2011)

- Shock & Denial
- Pain & Guilt
- Anger & Bargaining
- Depression, Reflection, & Loneliness
- Acceptance & Hope
- Reconstruction & Working Through
- The Upward Turn

THE 4 STAGES OF ADAPTATION (MILLER, 1994)

- STAGE 1 – SURVIVING
- STAGE 2 – SEARCHING
- STAGE 3 – SETTLING IN
- STAGE 4 – SEPARATING
STAGE 1 - SURVIVING

- Shock
- Bodily stress and symptoms
- Grief and loss
- Confusion and fear
- Guilt and self-doubt
- Anger
- Denial

STEPS TO EASING THE SURVIVING PROCESS

- Understand that your feelings are normal
- Try to make time for yourself
- Create and use your support system

STAGE 2 - SEARCHING

- **Outer Searching** for answers about your child's problems
- Outer searching gives you
  - Knowledge
  - A new perspective
  - Strength
- **Inner Searching** for understanding what the problems mean in your life
STAGE 3 – SETTLING IN

- Settling In is seeing the world for what it is and seeing yourself for who you are
- working to establish a new sense of stability and harmony

- Trying to understand how can one help their child.
- Prioritize one’s child and their needs.
- Feeling more control of one’s life

STAGE 4 – SEPARATION

- Stepping towards independence
- Helping one’s child develop skills like
  - Self-esteem, persistence, and a sense of humor
  - Daily living skills
  - Pride in physical appearance
  - Living skills practice
  - Self-discipline
  - Understanding and living with a disability
  - Learning to meet challenges

- Letting go
  What does that mean to you as a parent?
REFERENCES

- Wright, J. (2011). 7 stages of grief: through the process and back to life.
QUESTIONS?