EFFECTS OF LEARNING DIFFICULTIES ON THE MENTAL HEALTH OF CHILDREN

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LEARNING DISABILITY

A specific learning disability is a disorder in one or more of the basic psychological processes involved in understanding or using language, spoken or written, that may manifest itself in an imperfect ability to listen, think, speak, read, write, spell, or do mathematical calculations.
LETS LOOK AT SOME STATISTICS

- 1 in 5 children have learning and thinking differences like dyslexia and ADHD

- 2.3 million public school students have IEPs/ARDs for LD.

- 7 out of 10 kids with IEPs/ARDs for LD spend 80 percent or more of the school day in general education classrooms.

- Only 30 percent of general educators feel strongly that they can successfully teach kids with LD.
COMORBIDITIES

- Attention Deficit and Hyperactivity Disorder (ADHD)
- Conduct Disorder
- Anxiety Disorder
CONCERNS

- Trauma
- Stress/Traumatic Stress
- Frustration/Anger
- Anxiety
- Disruptive behavior
- Social issues
- Stigma/Bullying
- Self-esteem concerns

- Depression
- Academic failure/Hate School
- Avoidance
- Negative thinking
- Thinking Errors
- Transitions specially from preferred to non-preferred tasks
ANGER ICEBERG

What you can see from the surface can be misleading. Most of the iceberg is hidden under the water.

Anger is often a range of emotions hidden under the surface.

EMBARRASSED  SCARED  REJECTED
NERVOUS  DEPRESSED  ENVIOUS  GUILT
ANNYED  HURT  INSECURE  TRAUMA
DISRESPECTED  UNSURE  OFFENDED
STRESSED  LONELY  WORRIED
HELPLESS  TRAPPED  GRUMPY
SHAME  EXHAUSTED  HELPLESS
REGRET  FRUSTRATED
GRIEF
WAYS IN WHICH CHILD’S ANXIETY SHOWS UP

1. Anger
The perception of danger, stress or opposition is enough to trigger the flight or flight response leaving your child angry and without a way to communicate why.

4. Chandeliering
Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.

2. Difficulty Sleeping
In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.

5. Lack of Focus
Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

3. Defiance
Unable to communicate what is really going on, it is easy to interpret the child’s defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

6. Avoidance
Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

7. Negativity
People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning
Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.
HOW CAN WE HELP

- Focusing on strengths
- Can we focus?
- Be kind and have empathy to themselves
- Social Emotional Learning
- Peer Mentoring – Eye to Eye peer mentoring: https://eyetoeyenational.org/intro-to-learning-differently
- Use I-Feel statements
- Counseling
- Coping Skills: https://www.thepathway2success.com/copings-trategies-resources/
- Mental Health Check-in
I-Feeling Statement

“I” Statement

I FEEL

___

BECAUSE

___

WHEN

___

WHAT I NEED IS

___

GoodTherapy.org®
REFERENCES - WEBSITES

- https://adaa.org/understanding-anxiety
- https://pathways.org/topics-of-development/social-emotional/
REFERENCES
