

Living Into Wholeness™

Helper info: Beyond Pathology

What you can do as a parent or helper of one who is experiencing psycho-spiritual overwhelm and emotional suffering:

- 1. Try not to attach to the idea of this as an “illness” or focus on the ways your loved one is broken, damaged, or wounded.**
 - The human body/being and life itself is far more complex than the bio-chemical model. There is much more going on here. There is meaning and purpose in everything, even when we don't understand it.
 - No matter what you have been told about your loved one's “diagnosis”, hold a space in yourself for the possibility that on some deeper level something is trying to be expressed through this experience.
 - What you focus on and give attention to expands, so focus on the goodness and wholeness of your loved one.
- 2. See your loved one as whole, divine and perfect**
 - No matter what has happened in the life of your loved one; despite loss, trauma and suffering there is an essential place that has never been damaged or wounded. Cling to this truth.
 - Seeing your loved one as whole, divine and perfect when they are experiencing emotional suffering takes tremendous discipline and faith and may be your hardest work, yet it is vitally important for you to hold that image for yourself and for your loved one to live into.
 - Get out a picture of your loved one as a bright, energetic, curious, creative child. Know this is the truth of who your loved-one is. Hold that image of him or her.
- 3. Forgive yourself.**
 - You are not to blame for what is happening to your loved-one.
 - We are undergoing a dramatic global shift in consciousness at this time.
 - Your loved one may have chosen to be part of transforming negative energy to help in this shift of consciousness and may have gotten stuck in that process.
- 4. Be willing to let go of fear and drama.**
 - To be sure, psycho-spiritual overwhelm and emotional suffering is frightening both for the one going through the experience, and for loved ones as well.
 - Overreaction increases fear.
 - Pathological diagnosis does nothing to increase capacity to be with the person, often takes the focus off the person and places it on the “symptoms.” Try to “be with” the person and the experience that is happening in this moment.
 - We have all been conditioned to get an adrenalin “hit” from drama. Be willing to recognize this pattern and release the need for this kind of drama “hit.”
 - Playing out worse-case scenarios and “what-ifs” builds drama and increases fear. Neither are helpful.
 - Learn to breathe slowly and deeply and be in the moment with what is.
 - We all have a larger capacity than we realize to withstand and transform pain and fear.
 - That capacity can only be accessed in the present moment.

- Discipline yourself to stay out of your head where your fears are playing out all sorts of scenes or attaching to a drama story. Instead ask “what is going on right now?” “How can I be with my loved one in this moment?” “What is the current need?” And trust your innate wisdom. You are wiser than you know and so is your loved one.

5. Be willing to do your own emotional healing work.

- As parents we suffer when our children are in pain. Often our pain, guilt and regrets prevent us from having the ability to “be with” our loved-one.
- Since in a holistic world-view, everything is connected, when we do our own emotional healing, that affects our loved-ones in a positive way.
- Be willing to learn new coping strategies to reduce stress and to remove your own emotional blocks.
- Learn breathing and relaxing techniques.

6. Be willing to grow in compassion for yourself and your loved-one.

- No matter what has happened for you and your loved one, we are all doing the very best we can.
- Be gentle with yourself.
- Free yourself and your loved one from rigid expectations.
- Find ways to nurture yourself.

7. Find support.

- Find support that fits with your belief system.
- Find a combination of spiritual, emotional, and social support from friends, family, spiritual institutions that provide nurturing and mirror your value system.

8. Be willing to let go of control and suspend judgment.

- Despite our desire to have things the way we would like, there really is very little we can control.
- Pushing at what cannot be controlled will only increase anxiety and frustration for you and those around you.
- Suspend the need to place blame.
- We have been conditioned to judge things as good or bad, and right or wrong. Try to be with things exactly as they are without the need to assign a judgment or evaluation to them.
- Deep breathing increases capacity to be with what is.

9. Be willing to listen to what your loved-one wants and give them space for their own self-determination.

- Often our loved ones have a totally different value system than ours. It’s not wrong. It just is.
- Be willing to listen and try to understand your loved-one’s desires from their value system.
- Our loved ones have a right to make decisions for themselves, even if we don’t agree with their decisions.
- Self-determination means they have the right to make their own mistakes and hopefully learn from them.
- Self-determination helps one grow into taking personal responsibility and taking up one’s authority to “author” their own life.

10. Be willing to surrender to a larger authority.

- There is a creative life-force flowing through all things.
- Be willing to trust in and surrender the situation to a larger process moving through you and your loved one.
- Be willing to practice **surrender, forgiveness** and **gratitude**. This is a powerful threesome that has power to transform even the most immovable situations.

11. Trust the process.

- Despite our intelligence, there is much about life and the human process that remains a mystery to us. Stand in the humility of not knowing, while trusting the process.
- The human psyche is coded to survive and has an amazing creative transformative ability. Some larger process is trying to be worked out through this experience. Don't get caught in seeing this as a static pathological event.
- Make room for something beyond what appears to be true.
- This is an opportunity for your loved one to release, reorganize and restructure parts of themselves and move into a more authentic state of greater wholeness.
- Make room for your loved one's breakdown to become a breakthrough.

12. Find non-pathological supports and wellness-focused activities to support a breakthrough.

- Good nutrition, exercise, fresh air, nature, and sufficient rest are all important wellness components.
- Some people have found good results from homeopathy, energy and body-work, acupuncture, flower essences, herbal treatments, chiropractic care, soul clearings, body-centered psychotherapy like Hakomi or Core Energetics, etc.
- Artistic expression is often a soul-need. A person may find expression and release through writing, painting, collage work, sculpture, dance, photography, etc.
- Being involved in the consumer movement provides peer support and opportunities for involvement in advocacy.
- Work provides a sense of purpose and accomplishment as well as structure and income. Support your loved one to find meaningful work that uses his or her skills yet is not too much pressure. Ask what they want.
- Following is a list of resources you may find helpful.

Parent/Families Resource list:

Parent-Teen Breakthrough: The Relationship Approach, by Mira Kirshenbaum and Charles Foster

www.theicarusproject.net, **Navigating the Space Between Brilliance and Madness; a youth organization**

www.wildestcolts.com/adhd/book.shtml, ***The Wildest Colts make the Best Horses***, by John Breeding
 "To see your child through the eyes of delight is the greatest gift in the world you can give to your child and to yourself." John Breeding

Jonathan Mooney - Labeled with ADD, Severe Dyslexia as a kid – learning disabled 4th grade, ADHD 5th grade, took a year off in 6th grade, stupid, crazy, lazy kid. Stupid reading group. Didn't learn to read till 12 yrs old, guidance counselor told him he'd flip burgers for a living and be incarcerated. Graduated with Honors in English from Brown Univ. won the Truman Fellowship Award.

Author of 2 books: ***The Short Bus: a journey beyond normal*** and "**Learning Outside the Lines: Two Ivy League Students with Learning Disabilities.**" Jonathan Mooney can also be seen on the web at:

http://www.youtube.com/watch?v=nx1zC_8SMjM

http://innerself.com/Parenting/indigo_children.htm

<http://www.indigochild.com/>

www.peakparent.org The mission of PEAK Parent Center is to provide training, information and technical assistance to equip families of children birth through twenty-six including all disability conditions with strategies to advocate successfully for their children.

www.ChildHelpUSA.org. The Problem & Solution

The Problem: Three million reports of child abuse are made every year in the United States.

The Solution: Childhelp offers many successful intervention, prevention and treatment programs for children.

http://chipmunkapublishing.co.uk/shop/index.php?main_page=product_info&products_id=1243

Don't Mind Me by Judith Haire is the story of my dysfunctional childhood and teenage depression, my abusive first marriage and experience of rape and domestic violence, my terrifying descent into psychosis, my experience of electro convulsive therapy (ECT) and my recovery. I wrote this book to help others as well as myself and for mental health professionals and mental health students, and anyone wanting to gain an insight into mental illness.

Families Together in NYS, Inc. Youth Power

A NY State Network of youth with disabilities and social/emotional challenges

<http://www.ftnys.org/youthpwr.html>

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www.idealists.org

Idealist is a project of Action Without Borders, a nonprofit organization founded in 1995 with offices in the United States and Argentina. Idealist is an interactive site where people and organizations can exchange resources and ideas, locate opportunities and supporters, and take steps toward building a world where all people can lead free and dignified lives.

Type: Help Children into the search bar for hundreds of listings.

<http://www.mpoweryouth.org/411.htm>

mpower is a new youth awareness campaign that's harnessing the power of music to change youth attitudes about mental health and fight the stigma facing the 1 in 5 youth with mental health problems.

Mental Health America

Factsheet: Children's Mental Health: Resource List

<http://www.nmha.org/go/children>