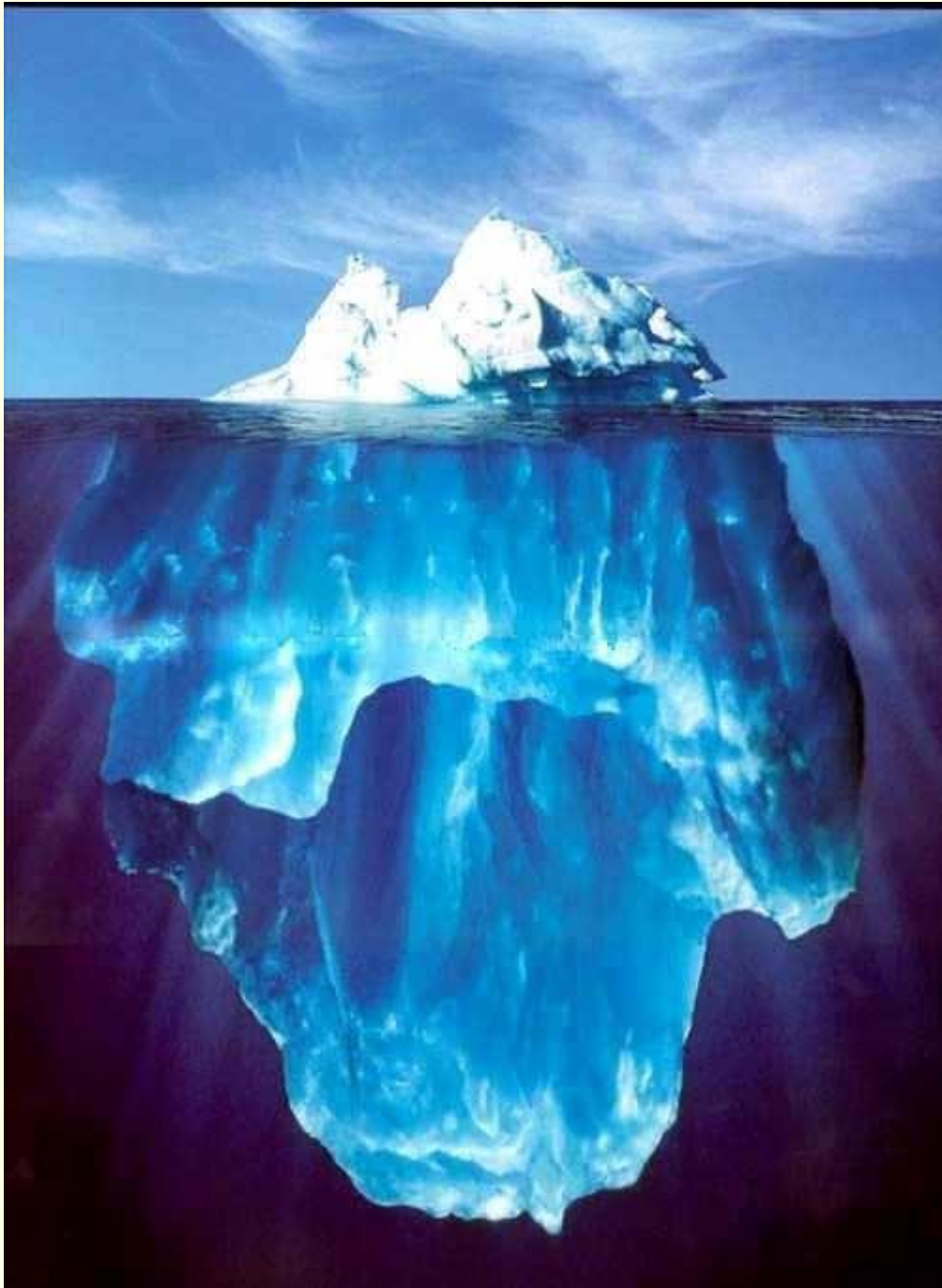


Welcome to Debra Charlesworth and Associates



- 1. Who I am**
- 2. What I do**
- 3. Why I do it**
- 4. Why it is different**
- 5. Why it works**

Who I am...

**I am a family behavioural therapist
whose family is my greatest teacher.**

- **Eldest son has classic schizophrenia**
- **Second son has classic ADHD**
- **Third son has classic Autism**
- **Husband has classic "Mr. Aspi-man" syndrome**
- **Daughter has classic Masters Degree**



Who I am...

A bit about Matt ...

- **Classic schizophrenia**
- **Long and winding road**
- **Talented musician**
- **Now self-sufficient**
- **Contributing member of society**

© William Koechling



Who I am...

A bit about Peter ...

- **Classic ADHD**
- **Fully aware of every nuance**
- **Knows how to live well in spite of some nuances.**
- **Knows how to capitalize on others**
- **Entering police training school**



Who I am...

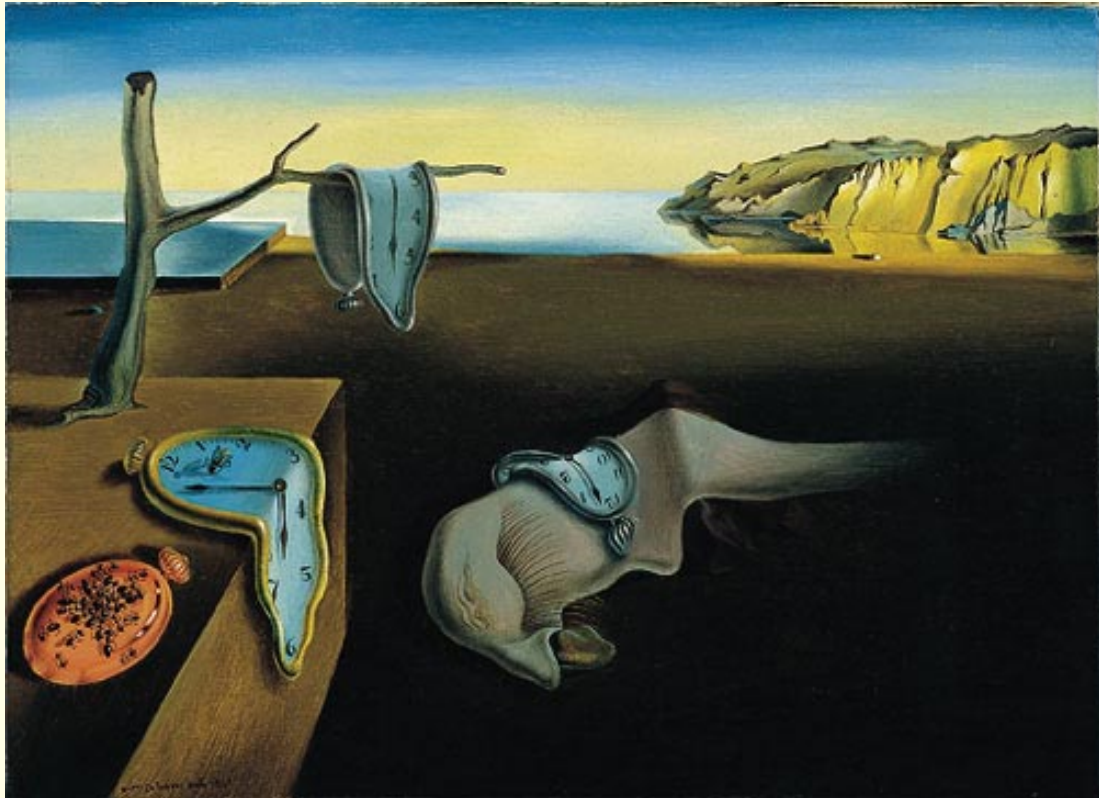
A bit about Bryan...

- **Classic Autism**
- **The early years**
- **The school experience**
- **Doctors and teachers and experts, oh my!**
- **D-Day**



Who I am...

The next four years...



I decided my life to Bryan

- **Bryan was my teacher**
- **Empirical and Applied research & development**
- **Intensively and purposefully lived and studied ASD**

Who I am...

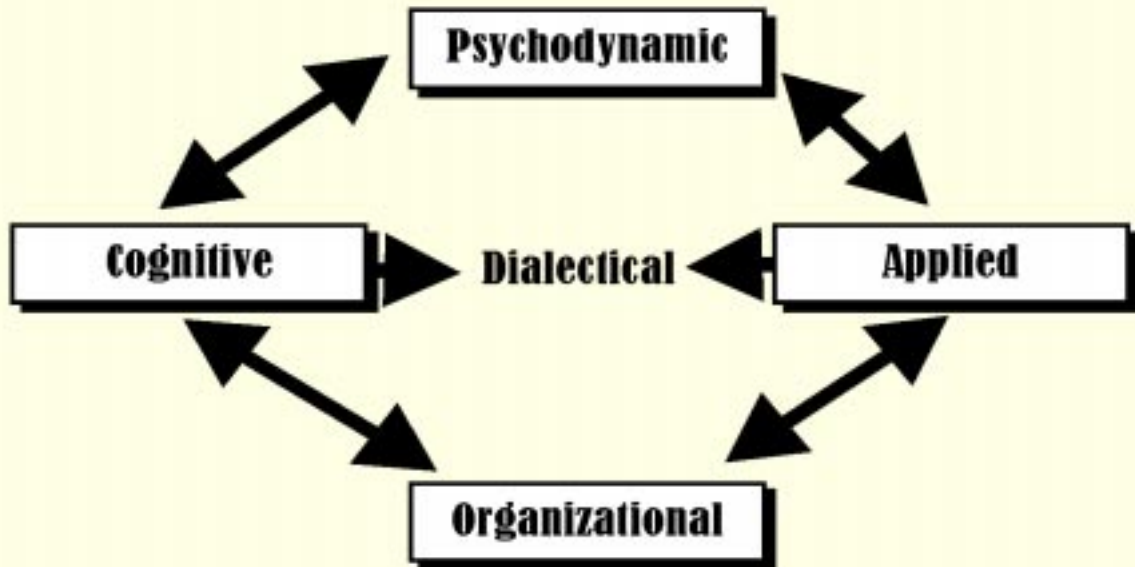
What I developed ...

- **An understanding of the essence of severe disability**
- **The perspective of the child**
 - **an enigma wrapped in a riddle**
- **An understanding deeper than empathy**
- **A way to live again**
- **Peace and Joy.**



What I do...

Behavioural Perspectives



- **Organizational**
- **Applied**
- **Cognitive**
- **Psychodynamic**
- **Dialectical**

Why I do it...

Family crises stem from the relentless intensity of chronic disability

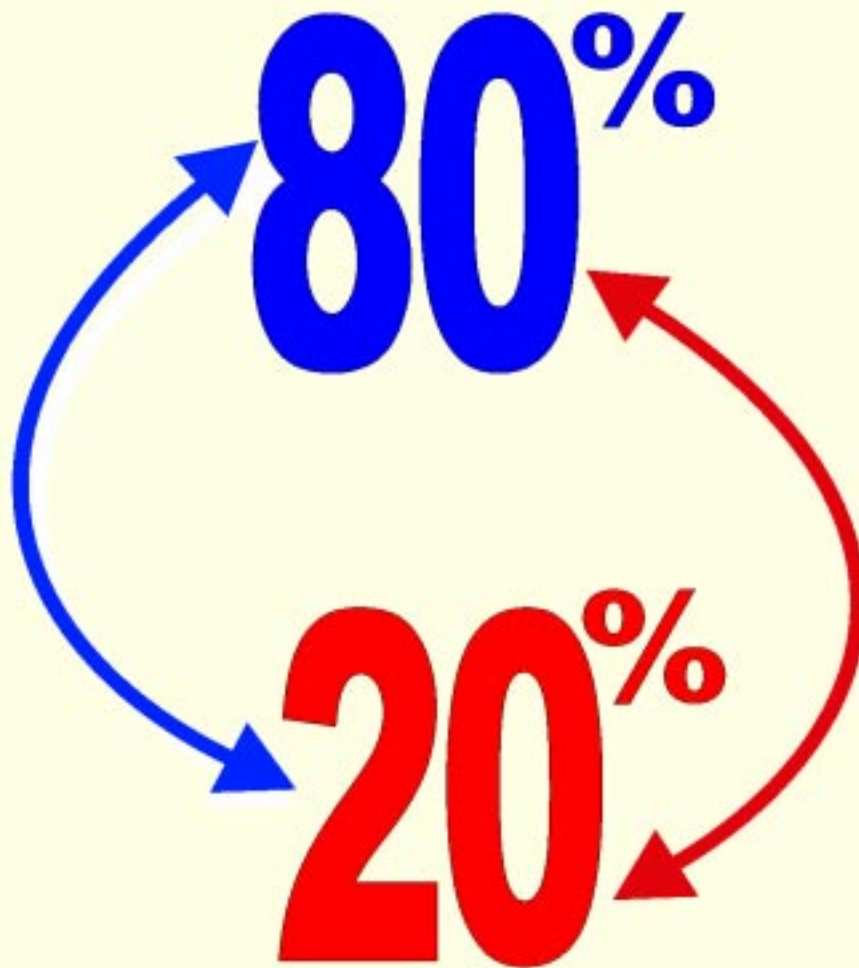


- **Raw reality and pain not experienced or understood by other people, including professionals**
- **The opportunity for families to safely express their hidden fears and feelings**
- **To be unconditionally understood and accepted**
- **It is my life**

Why I do it...

You know these families ...

The Pareto Principle



Why I do it...

A story of one family...



- **Family in crisis**
- **Child had repeated suspensions from school**
- **Traditional parenting ideas no longer applied**
- **5 weeks of intensive intervention, fading to maintenance**
- **Today, child is in school 4 days per week and happy**

How it is different...

Traditional therapy

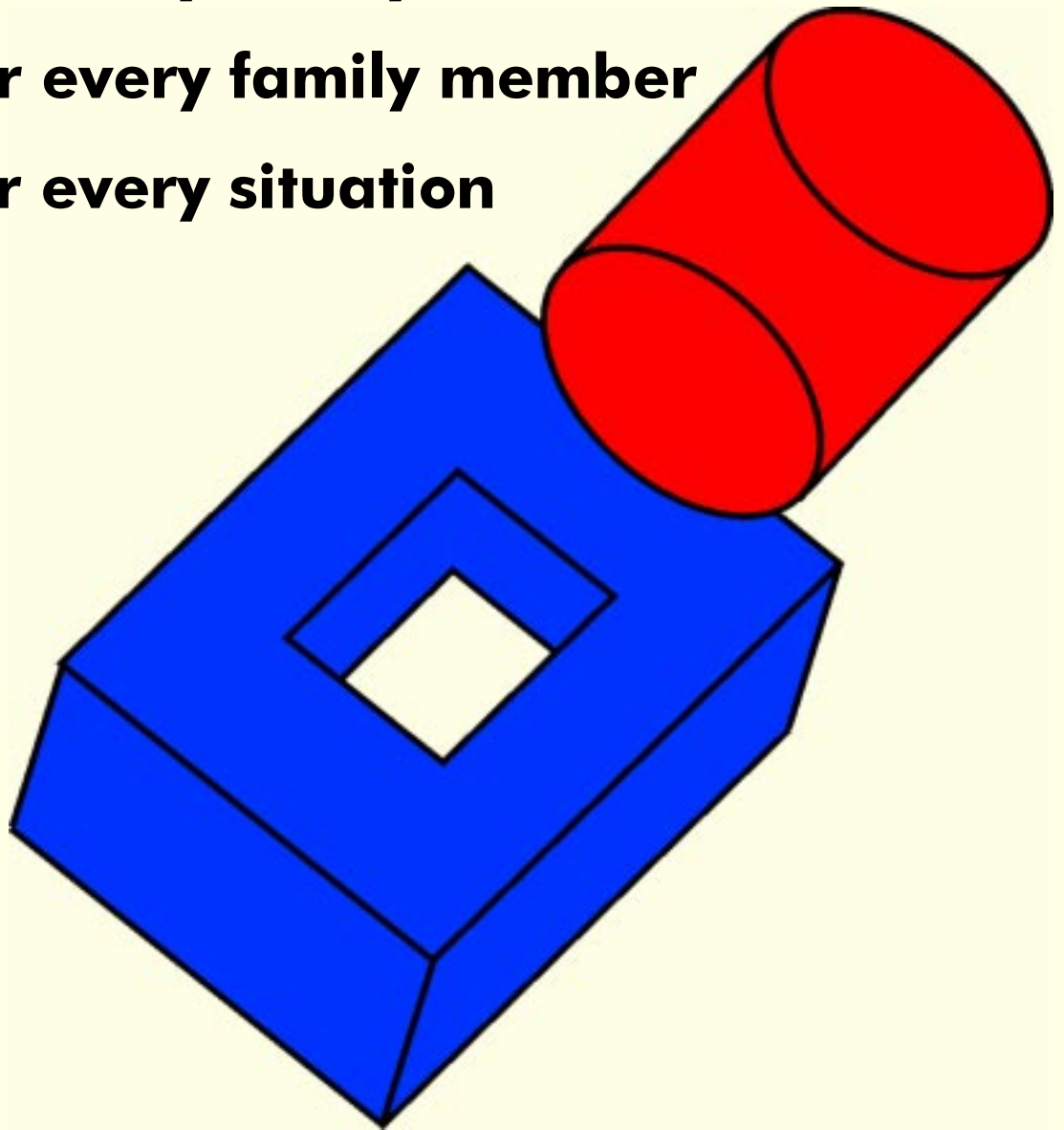


- **Therapist is on one side of the bridge trying to coax the family across the span**

How it is different...

Therapy is inclusive and collaborative ...

- **For every family**
- **For every family member**
- **For every situation**



How it is different...

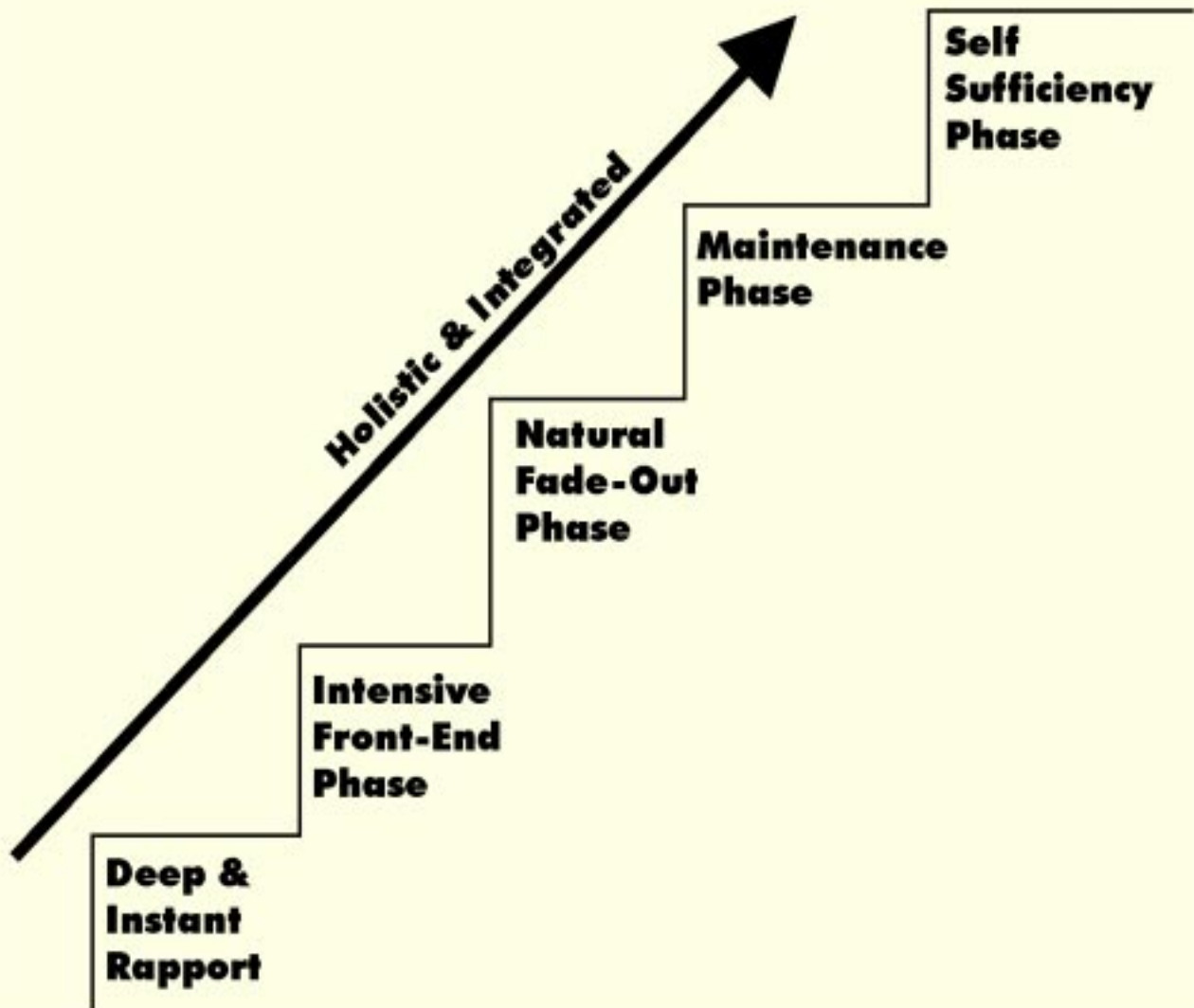
Therapy in my environment



- **I cross the bridge and help the family build the span**
- **Family may never get all the way across but they learn how to live happily “on the bridge”**

How it is different...

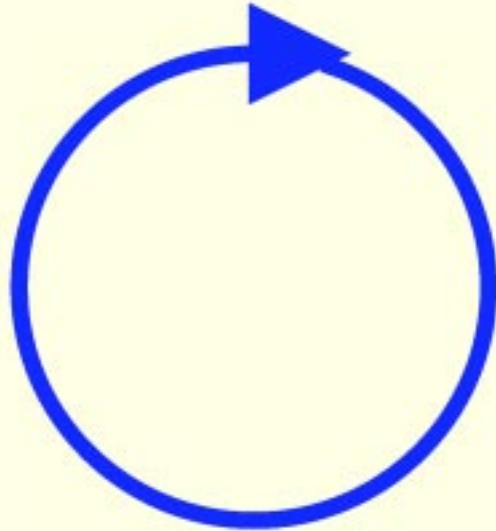
The process



How it is different...

I teach the circle of care:

- **Self**
- **Family**
- **Support Agency**
- **Health Care professionals**
- **School, especially teachers and students**
- **Community, including churches, neighbours, social organizations and others**



Why it works...

- ***Conscious and Unconscious resonance...***



- **I've been where they are**
- **This is their reality.**
- **This was my reality**
- **I am self-actualized within that realm.**
- **So is my family**

Why it works...

- ***Mirrored suffering***



- ***Unspoken knowing***
- ***The journey is ours alone***
- ***There is no end.***

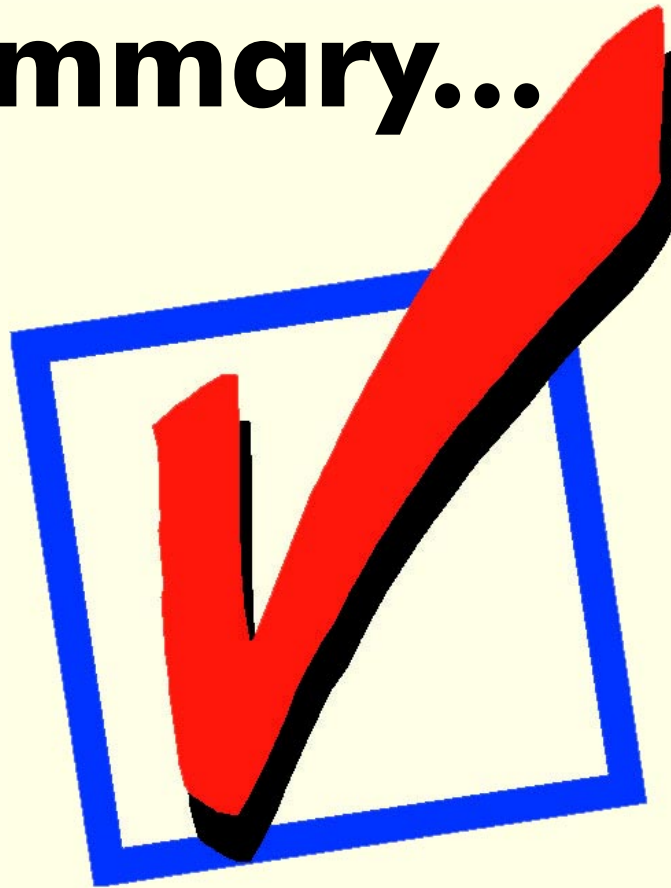
Why it works...

Trust bond between family and myself



- **They believe that what I am doing will work because they have concrete proof!**

In summary...



- **Family crises stem from the relentless intensity of chronic disability**
- **80% / 20%**
- **Effective intervention of high needs clients**
- **Initial therapeutic investment**
- **Normalization of the not normal**
- **Low maintenance to self sufficiency**

In summary...

***No longer scream at the
darkness***



Sing in the light...

Together!

Questions...

