SOWK 322 Week 05

Stages of Acceptance of a Learning Disability

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Plan for Week Five Lecture A Short Video

Week 5 tasks

Stages of Acceptance of a Learning Disability

Tasks For Week Five

Social Work Practice

Across Disability

Juliet Rothman

Rothman (2018) Chapter Eight

Understanding the Lived Experience: Onset, Course, and Outcome

You Are Not Alone

For Parents When They Learn Their Child Has a Disability

by Patricia McGill Sm

On learning that their child may

5 During this period of time. so many different feeling. can flood the mind and the heart.

If you have recently learned that ur child is developmentally layed or has a disability (which our child is developmentally elayed or has a disability (which nay or may not be completely child. efined), this message may be for Many things can be done to you. It is written from the personal help yourself through this period of trauma. That is what this paper is all about. In order to talk about rspective of a parent who has hared this experience and all that es with it. some of the good things that can

When parents learn about any ifficulty or problem in their us first take a look at some of the hild's development, this informareactions that occur. omes as a tremendous blow e dav mv child was diagnose aving a disability, I was devas-tted—and so confused that I ecall little else about those first ays other than the heartbreak. have a disability, most parents react in ways that have been shar by all parents before them who have also been faced with this disappointment and this enorother parent described this ent as a "black sack" being ulled down over her head, block mous challenge. One of the first reactions is *denial*—"This cannot ng her ability to hear, see, and nink in normal ways. Another think in normal ways. Another parent described the trauma as "having a knife stuck" in her heart. Perhaps these descriptions seem a bit dramatic, yet it has been my experience that they may not sufficiently describe the means to our family." Denial rapidly merges with anger, which may be directed toward the medical personnel who were involved in sufficiently describe the many

the child's problem. Anger can also husband and wife or with grandents or significant others in t amily. Early on, it seems that the anger is so intense that it touches almost anyone, because it is trig-gered by the feelings of grief and explicable loss that one does n now how to explain or deal wit

Fear is another immedia esponse. People often fear the unknown more than they fear the known. Having the complete diagnosis and some knowledge of diagnosis and some knowledge of the child's future prospects can be easier than uncertainty. In either case, however, fear of the future is a common emotion: "What is going to happen to this child when he is for unan edd when he when he is five years old, when h happen to alleviate the anxiety, let is twelve, when he is twenty-one What is going to happen to this child when I am gone?" Then stions arise: "Will he e Will he ever go to coll e or she have the capa loving and living and laughin and doing all the things that w

ad planned? Other unknowns also i Parents fear that the child's dition will be the very worst sibly could be. Over the years be happening to me, to my child, have spoken with so many paren who said that their first thoughts were totally bleak. One expects the worst. Memories return of persons with disabilities one has know

McGill Smith (n.d.)

You Are Not Alone

By Melinda Smith, M.A

Making the adjustment

full—and fulfilling—life.

Give yourself time to mourn

tps://www.helpguide.org/articles/healthy-living/living-well-with-a-disability.htm Melinda Smith, M.A. st updated or reviewed on October 17, 2023

Read

Illness and Disability: Living Well with a Disability





Reply

Epler (2018)

3 Ways to be a Better Ally in the Workplace

Living Well with a Disability

Adapting to life with a disability is never easy, but there are ways to help yourself cope with limitations, overcome challenges, and build a rewarding life

Adjusting to life with a disability can be a difficult transition. We all tend to take our health for granted-until it's gone. Then, it's all too easy to obsess over what we've lost. But while you can't go back in time to a healthier you or wish away your limitations, you can change the way you think about and cope with your disability. You are still in control of your life and there are many ways to improve your independence, sense of empowerment, and outlook. No matter your disability, it's entirely possible to overcome the challenges you face and enjoy a

Most of us expect to live long, healthy lives. So, when you're hit by a disabling illness or injury, it can trigger a range of unsettling emotions and fears. You may wonder how you'll be able to work, find or keep a relationshi or even be happy again. But while living with a disability isn't easy, it doesn't have to be a tragedy. And you ar ot alone. Millions of people have traveled this road before you (the CDC estimates that 1 in 4 Americans live vith a disability) and found ways to not just survive, but thrive. You can, too

Learn to accept your disability

can be incredibly difficult to accept your disability. Acceptance can feel like giving in-throwing in the towel on fe and your future. But refusing to accept the reality of your limitations keeps you stuck. It prevents you fror ng forward, making the changes you need to make, and finding new goals

Before you can accept your disability, you first need to grieve. You've suffered a major loss. Not just the loss of our healthy, unlimited body, but likely the loss of at least some of your plans for the future.

Don't try to ignore or suppress your feelings. It's only human to want to avoid pain, but just like you won't get ver an injury by ignoring it, you can't work through grief without allowing yourself to feel it and actively deal

Three Replies Across and of the Five Forums

- Chapter 8 Reading Discussion Topics
- Reflecting on Articles about Supports
- Onset of a Disability
- During the Course of a Disability
- Developing Acceptance Related to Outcome







Stages of Acceptance of a Learning Disability Higgins et al. (2002)

- Stage One: Awareness of a Difference
- Stage Two: The Labeling Event
- Stage Three: Understanding/Negotiating the Label
- Stage Four: Compartmentalization
- Stage Five: Transformation



Student Example

Him learning to understand his needs and prepare for life





Reference

Epler, M. B. (2018). 3 ways to be a better ally in the workplace [Video]. *TED*. <u>https://</u> <u>www.ted.com/talks/melinda_briana_epler_3_ways_to_be_a_better_ally_in_the_workplace</u>

Higgins, E. L., Raskind, M. H., Goldberg, R. J., & Herman, K. L. (2002). Stages of acceptance of a learning disability: The impact of labeling. *Learning Disability Quarterly, 25*(1), 3-18. <u>https://doi.org/10.2307/1511187</u>

McGill Smith, P. (n.d.). You are not alone: For parents when they learn that their child has a disability. Center for Parent Information & Resources. <u>https://www.parentcenterhub.org/notalone/</u>

Rothman, J. (2018). Social work practice across disability (2nd ed.). Routledge.

Smith, M. (2023, October 17). Illness and disability: Living well with a disability. *HelpGuide*. <u>https://www.helpguide.org/articles/healthy-living/living-well-with-a-disability.htm</u>

