

# SATURDAY 3RD JUNE 2023

*With Lavinia Donling*

It is June - the middle of the year -where has the time gone??? This means for those young people in Scotland they are coming to the end of their academic year and preparing for the summer holidays, as they return in August! It also means we are approaching the 2nd Birthday of EPS Ltd which was relaunched, having originally been launched in 2006 and shutting its doors whilst I returned to university part-time.

## HAPPY BIRTHDAY KATIE!

On Tuesday it was one of our NEDs, Katie, birthday and we just had to send flowers to say 'Happy Birthday'. I try very hard to raise your awareness of our NEDs behind the scenes work. They are all Volunteers and have been handpicked by myself to fulfil the role. Katie has been a NED for the last 2 yrs, and we are incredibly lucky to have her.

She is a full time carer to her SEN child, who is fast approaching adulthood, and having been a TMW client is fully aware of the challenges that face many of our TMW parents. Katie is a very keen advocate for TMW. She also worked extensively within childcare prior to having her own children, and is fascinated by the psychology and all that impacts the mind. We wish her a very happy birthday.

## CONFERENCE CONNECTIONS

This week I had the pleasure of interviewing Rebecca who is a parent I met early in February at the Fabricating Induced Illness conference in Gloucester.





She had immediately volunteered to talk with me in a pre-recorded session about her experiences. It turns out she has a lot to convey, so we will be meeting again this coming week to talk more about it. Yasmin will be uploading this first episode to our YouTube channel for airing at the end of the week. It is so important to raise this awareness as so many parents are disbelieved about their child's difficulties and how it impacts their mental health suggesting that a parent is making up things about their child as to why they cannot attend school. Apart from causing some considerable distress to parents and children, the professionals themselves pose a very big risk of causing serious trauma all round, despite their assertions that some parents are causing significant 'emotional harm' to their child.

Some of my clients are adults and so very new to the understanding they are Autistic and/or ADHD. They have become so dismissed and not validated for their thoughts and feelings in childhood, they have learnt to suppress themselves, mask and/or fawn, and even learnt to be invisible as to how they perceive others have perceived them. It causes considerable anguish when they begin to realize their inner child has become stuck with the trauma experienced as a child. Many women begin to realize major cracks appearing as they enter the menopause with their hormones causing emotional havoc, and, unable to mask and/or fawn, then begin to identify with Autistic and/or ADHD traits. They enter therapy talking about other people and they then come to realize that we need to heal by unpicking the damage done, but also correct the maladaptive coping mechanisms by learning to validate and acknowledge the inner child's grief and loss.

One parent was advised by professionals that with regards to trauma that there is no support for their child around the grief other than bereavement counselling, when, in fact, the reason why the grief is so pronounced is because they have ignored the traits of Autism prior to the event.

It is not enough to deal with today's issue(s), we have to understand the past in order to make sense of today to then be able to correct the maladaptive coping mechanisms, not just from our generation, but our parents, grandparents, great grandparents and further back. The emotional genetic baton is passed down just as much as the physical. Many female clients come to me because the menopause flushes (terrible pun, I know) the traits of Autism and/or ADHD and become quite stressed and distressed feeling overwhelmed and vulnerable because the cracks they had beautifully covered up have cracked to reiterate these feelings. The Emotional Blueprint is going to be live offering Q and A only at this session. This is a must have for parents, ladies, men, if you wish to get to grips in understanding how our emotional parenting skills are passed on. Tickets are now on sale till the 12th of June as the event will be held on Thursday the 15th of June.



In the meantime,  
have a lovely weekend

*Lavinia*