



Re-Writing History

The couple that sat in front of me were as intense as they could possibly be. Both had just been talking about their views on an incident that happened. Their perception of the reality that had gone on between them, in that example, could not have been more opposite. She had lived that experience one way and he had lived the experience a completely different way. How is that even possible?

That has happened in my counseling office so many times I can't even count them all... but thousands of times isn't a stretch. Maybe you have experienced this as well (I know I sure have). When something happens between me and another person, and some pain to my soul is sustained, I/we start "re-writing history." The phenomenon of our human nature to "re-write history" in some way to justify our unkind, unloving reactions is a universal ailment for humans. Sin is described as "a blindness" in Scripture and that is exactly what happens. It is not only a blindness, but a completely self-focused, self-absorbed, self-centered way of living. Also, it seems completely justified in someone's mind because of personal boundaries or reprisal (I get to because of something that happened to me). It is never-ending and we all do it to others.

I recently had it happen to me through someone I was close with. I felt good that I was able to simply speak out of my pain and not react in vengeful ways. But, the person in front of me took their emotional gloves off and bloodied me (figuratively). It was painful and I felt the great temptation to do everything I just said in the first part of this article. I have been very desirous that my heart would be loving as I respond. I, like everyone else, started to re-write that situation through the enslavement of my self-absorbed story. Fortunately, through confession, I've regained some sense of emotional and spiritual sanity.

The couple walked out a thousand miles apart emotionally. Those are hard sessions. I feel deeply compassionate for both of them. The suggestion I will eventually make is this one, "the only way to handle my arrogant, self-focused flesh is with humility." Someday, I want to hear the phrase, "Help me understand you" replace the phrase, "I am determined that YOU understand me!" (others-centered vs. self-centered). That is my prayer for me, my wife and those I work with, worship with and counsel.

In Him, Stephen Seay
LPCC, Executive Director

PRAYER POINTS:

1. That the Lord would continue to guide Stephen's decision making process and give him strength and peace.
2. That our office staff would be wise and judicious in following safety protocols.
3. That our clinicians would be flexible providing in-person and telehealth to clients.
4. That our clients would have the Lord's peace and healing during this trying time.

We appreciate your continued prayers as we navigate this pandemic.

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“For you created me inmost being, you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Psalms 139:13-14

Benefits of Assessment, Diagnosis and Treatment of ADHD in Adults; Part 2

Jean Gullicks, Ph.D., ARNP

“ADHD is not a disability, it is an asset. Clients need help to strengthen their brakes to help control their race car brains. Whenever you find creative pioneers, you will find people with ADHD.” Dr. Edward Hallowell, Psychiatrist and Person with ADHD.

People with ADHD are told by parents, teachers, employers, spouses, and friends that they think outside the box, are impatient, impulsive and do things their own way. They had better gain control over their minds, moods and behaviors or they won’t make it. Once aware of their behaviors, and how to control symptoms, they often become creative contributors to society. A significant number of professors, inventors, presidents, teachers, scientists, naturalists, accountants, lawyers, actors, nurses and adventurers have ADHD.

People with an ADHD-style nervous system tend to be great problem-solvers. They dive into problems that no one else has been able to resolve and jump to the answer. They are likable people with a sense of humor. They have relentless determination to win. When a person with ADHD is interested in a topic, he or she can hyper-focus and become expert in that particular area. When they are interested in a challenge, with great focus, they try one approach after another until they master the problem. When it is no longer a challenge or they see the solution, they may lose interest entirely and not complete the final steps. Many traits that people with ADHD possess are desirable qualities, intelligent, creative, personable, humorous, caring, hardworking and diligent.

Coexisting mental health conditions occur in 2/3 of those who have ADHD. Untreated ADHD leads to severe problems. Twenty-five percent or more have dropped out of school, 45% have anxiety with panic attacks; 53 % have depression, and greater than 50% have used drugs and alcohol. Many have been on multiple prescriptions, in and out of treatment centers, divorced or fired and still feel like “nobody gets me.” Proper diagnosis, education and treatment have been shown to reduce these problems.

It is not difficult to determine who has ADHD but most are missed and classified as anxious, depressed or mood disorder. Proper diagnosis must be done for the person to reach his or her potential. Recommendations for treatment include but are not limited to: DNA testing to determine how an individual’s genetic makeup affects the way certain medications work for them; supplement and nutritional recommendations; improving gut health; exercising to raise the dopamine and serotonin levels; treat the depression and anxiety symptoms that are present; help to improve sleep; recommend accommodations in the workplace or at school for those who need; make a treatment plan with the individual and educate about medications; refer to a counselor to learn coping strategies and to understand the effects that ADHD has had on their lives.

Clients are greatly relieved when they understand that God does not make mistakes and that they are created in His image! Tears often follow diagnosis with statements such as: “You mean it’s not my fault.” “You mean I have a chance of being like others.” “You mean I’m not crazy!” “Is this why I can’t shake the depression and anxiety?” Following treatment, we hear statements such as: “This is the first time I haven’t had my head spinning.” “I can get things done.” “My brain is calmer.” “I’m not angry like I was.” “My wife has noticed a positive change. She’s thrilled and so am I.” Gone is the negativity and the low self-esteem. Potential is reached and depression and worries start to disappear.