

Up To Me - Parents

Part 3 of 6

- Self Stigma & Its Impact on You -

Presented by:

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ROGERS
Behavioral Health

wise END
STIGMA
TOGETHER
one story at a time

Today's Webinar:

Review definition of
stigma

Self-stigma and “unhelpful
self-talk”

Process for challenging
self-stigma

Public - Stigma

When a person defines someone by their illness rather than who they are as an individual. Often are negative or unfair beliefs about or actions towards a group of people.

Self- Stigma

An individual's internalization of society's negative or unfair beliefs about an identity held by that individual. Belief that this stigmatizing belief is true about oneself.

Parents of children with ADHD choose medication because they are being lazy.

Parents of children with depression are doing a bad job of parenting

Unhelpful Self-Talk

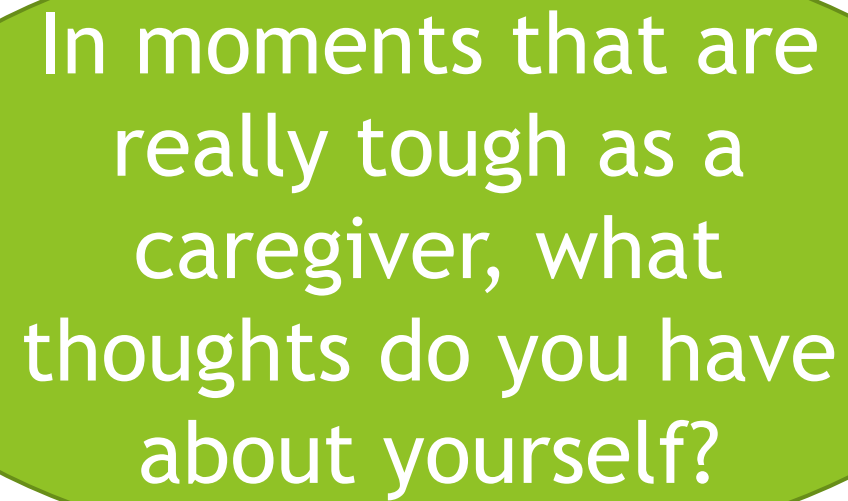
There is no such thing as separation anxiety disorder. These parents are over-reacting.



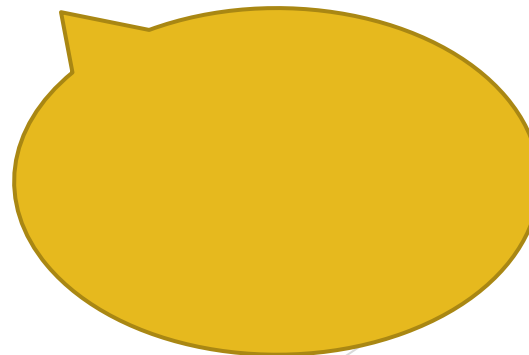
Stigma and Its Impact On Caregivers



Example of self-stigma



In moments that are really tough as a caregiver, what thoughts do you have about yourself?



5 Steps to Challenging Self-Stigma

Clear statement
of the hurtful
attitude

Change it to a
true - false
statement

Gather
evidence

Review
evidence

Develop a new
attitude

Clear statement of the hurtful attitude

- ▶ Begin with a clear statement of the hurtful attitude you are holding
- ▶ I must be _____ because_____.
- ▶ Example: I must be *bad at parenting* because *my child has depression*.

Change it to a true-
false statement

- ▶ Change it into a true-false statement about parents in general.
- ▶ For example: Children with depression have bad parents.

Gather evidence

Review Evidence

- ▶ Challenge the assumption by checking it with those you trust
- ▶ Review the evidence together to see if that assumption is true - most likely it is not!

Develop a new attitude

- ▶ The final step is to use your findings to develop a new attitude that counters the hurtful belief.
- ▶ For example: I'm not a bad parent because my child has depression.

Please join my colleague, Sharon M Dossett, next month as she discusses:

Different Types of Disclosure

This session will look at different types of disclosures and give participants an opportunity to explore the advantages and disadvantages of each type.

Participants will have the opportunity to:

- ▶ Learn the various types of disclosure - avoidance, secrecy, selective sharing, open sharing, and advocacy
- ▶ Explore the advantages of each type of disclosure
- ▶ Explore the disadvantages of each type of disclosure



Questions?

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Thank you!