Up To Me - Parents

Part 3 of 6

- Self Stigma & Its Impact on You -

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

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

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

Unhelpful Self-Talk
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

1. Clear statement of the hurtful attitude
2. Change it to a true - false statement
3. Gather evidence
4. Review evidence
5. Develop a new 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 about parents in general.

For example: Children with depression have bad parents.
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!
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 discloses 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!