

Try This!

Write a poem, sing or hum a song, paint or draw, move with the feelings, or talk with a close friend to express your true and honest feelings. Go deeply, and reflect about something that “shook you to the core,” like the conference about Micah shook Janice Fialka. Portray these feelings and emotions, as you remain compassionate with yourself. Allow yourself to feel those feelings, finding comfort in your humanness. Let yourself feel deeply, and stay there until you are ready to move on.

Create something

Review the “suggestions for professionals” in the article. The article is a good accompaniment to the CompSAT video, “Honoring Hope, Preserving Dreams.”

Reread Janice Fialka’s article, “Retinking Denial.” You can find the link to the article in the Know Yourself Key of this competency. Review the “suggestions for professionals” in the article. Then watch the CompSAT video “Honoring Hope, Preserving Dreams” to enrich your experience.

Write your reflections on the ways you view families as they come to terms with unexpected news about their child’s development. Janice reminds us that “...parents are on their own journey of rebuilding their dreams for their child.” Keep this in mind to help you bring compassion and understanding to your work in this arena.
