

Making Sense of Attention Problems

Course Outline

This course is generally taught in a minimum of four sessions, suitable for a day seminar or after-school professional development for groups, or at-home study for individuals. The following outline is of the video material that constitutes the core of the course.

Session 1 - The anatomy of attention

An overview of the structure of attention and how it is meant to develop.

- how the ability to attend is developed
- signs & symptoms of an immature attention system
- attention is driven by a hierarchy of needs
- signs of attachment-driven attention
- signs of alarm-driven attention
- how the miracle or focus is achieved
- what can go wrong with the focus system

Session 2 - Two basic types of attention problems

An overview of attention problems rooted in hypersensitivity and attention problems rooted in defensive blindness.

- problems with tuning out irrelevant information
- symptoms of hypersensitivity-based attention problems
- problems seeing that which makes one feel bad
- signs and symptoms of defensive blindness
- facing separation the primary cause of blindness
- a comparison of the two kinds of problems
- the two basic interventions regardless of the problem
- working with the child who senses too much
- working with defensive blindness

Session 3 - A natural explanation for the ADD syndrome

An overview of the 'agitation without apprehension' syndrome and how it manifests as ADD.

- the anatomy of alarm
- the continuum of defendedness and dysfunction
- what should happen to attention in alarming situations
- the 'agitation without apprehension' syndrome
- a natural explanation for impulsiveness
- a natural explanation for chronic restlessness
- attention problems when defended against alarm

Session 4 - Helping children grow out of attention problems

An overview of how to help children mature out of their attention problems regardless of the cause.

- why maturation is the answer to attention problems
- helping children get their feelings back
- reducing separation to where it is bearable
- reducing alarm to where it can be felt
- helping a child grow out of impulsiveness
- helping a child find a place of rest
- attachment as the womb of maturation