

# Life Support for the Family

- Mother of 3 children, fraternal twin girls age 10 and a boy age 12.
- One twin with Dravet Syndrome
- Married for 15 years
- Psychotherapist/Attachment Specialist
- LAB Method teacher



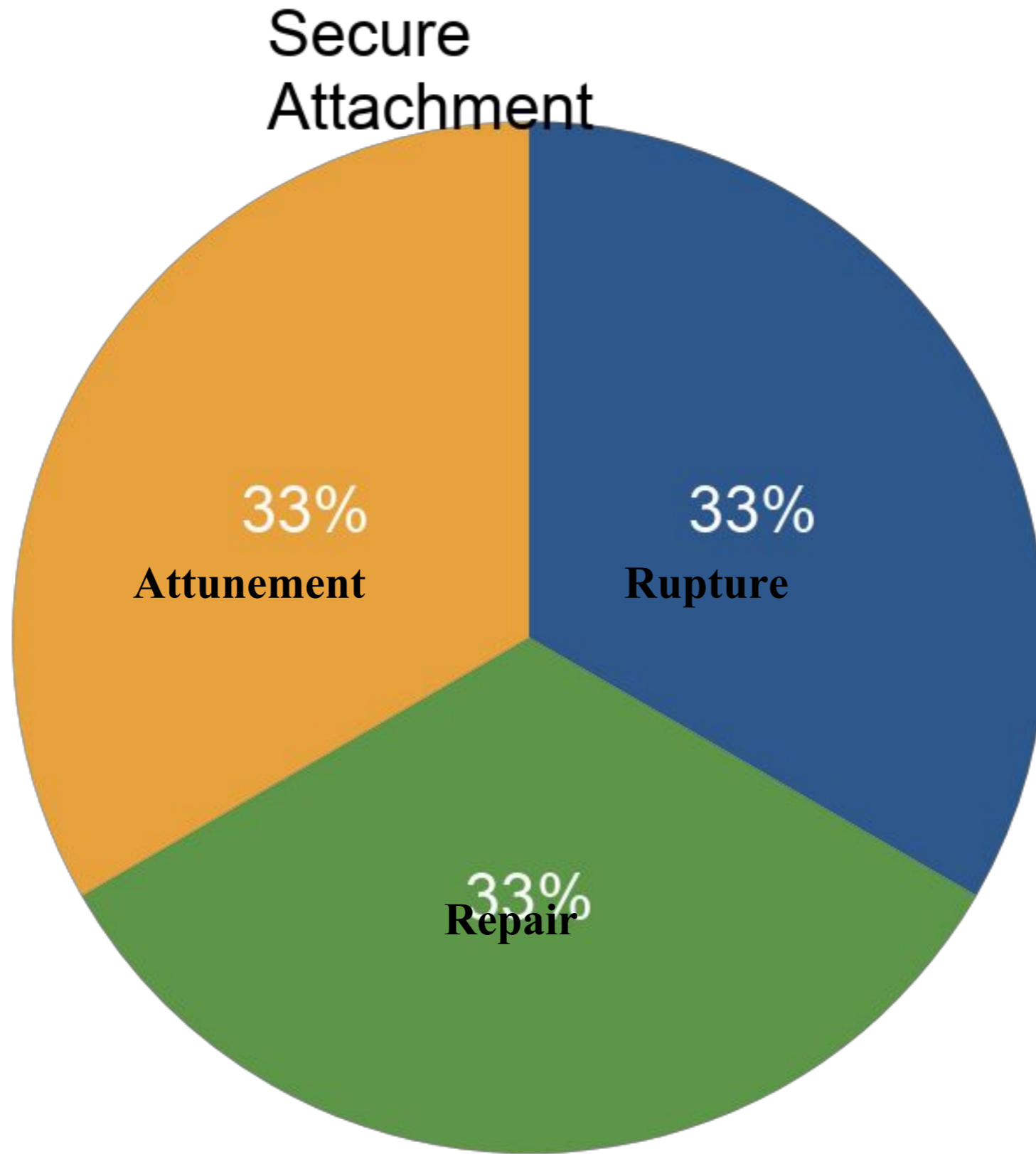
my personal mission is  
helping families heal as they  
go

How do you want to be  
remembered by your  
children?

If you are in a partnership,  
how are you showing up for  
your partner?

# 30 minutes to talk....

- Once you gain practice and experience managing seizures and the medical side of epilepsy...
- our work is not done, how do we parent a child with epilepsy...if there are siblings...and the marriage
- so I am going to dedicate these 30 minutes to a piece of learning that I think every person would benefit knowing
- so much is out of our control with this diagnosis
- what we can control is the kind of relationship we grow and develop with our children, partners, caregivers, loved ones



# Attunement

- 15 minutes a day
- holding in the morning and in the afternoon (grounding)
- Tech free family time - 1-2 hours protected time
- 5/1 ratio

# Ruptures

- Untended to, becomes a clog in the system. This clog overtime manifests as depression, anxiety and problematic behaviors.
- Our families/our population/we are at more risk for ruptures which I believe makes us at more risk to develop these issues.
  - mini ruptures (short, hurried, sharp)
  - big ruptures (yelling, sarcasm) “I’m done!, That’s it! Enough!
  - ruptures that we don’t even know we are making (dropping siblings to care for your child who is seizing)
- Ruptures live waiting to be tended to in us.



# Clean up/Repair Telegram

Do everything in the  
context of connection

In partnership with  
UCSF PECE  
(Pediatric Epilepsy Center of  
Excellence)  
10 cards to help you get/stay  
organized

30 cards covering common  
scenarios/the emotional terrain of  
that situation/practical solutions  
and language to use with your  
self or family members to stay  
connected and grow closer

[www.thelabmethod.com](http://www.thelabmethod.com)

