

# Behavioural Disorders in Children and Adults

*A Fresh Perspective*

*Insight – Empathy – Treatment*

**Geertje Post Uiterweer**

*'This book describes an essential insight, namely that the core or the individual "I" of those with a mental health issue or a learning disability is always healthy.'*

This ground-breaking study describes six constitution types or syndromes that occur in children and adults with learning disabilities and behavioural disorders such as autism, ADHD, obsessive-compulsive disorder (OCD), as well as neurological conditions such as epilepsy. The descriptions of these constitution pictures are the result of complementary scientific research based on the insights of Rudolf Steiner.

In contemporary medicine, the source of behavioural problems and learning disabilities is believed to derive from genetic and environmental factors affecting the brain. The author expands on this knowledge, asking the vital question of what actually underlies these disorders at a deeper level. The answer leads to better understanding, fresh perspectives and new methodologies for therapeutic support.

The author gives a comprehensive description of each constitution, including symptoms, causes, interpretations, treatments, approaches and therapy. These aspects are described in accessible, practical and concrete language with examples and illustrations, including analysis of patients' colour drawings. In addition, attention is paid to diagnostic methods and to the relationship of the six constitution types with conventionally-defined syndromes. A number of training exercises for educators and support workers provide further insight into the constitution images described. Written by a highly-experienced educator of children with special needs, this book is intended for teachers and counsellors at all levels.



28 April 2021

196 pp (16 pp colour plates)

23.5 x 15.5 cm

paperback

£16.99

ISBN 978 1 912230 74 7

GEERTJE POST UITERWEER worked for 40 years as a group leader, trainer, educator and teacher for children with special needs and behavioural disorders, including at the Zonnehuizen in Zeist, Netherlands, an institution for children with complex needs. She currently works as a freelance teacher, team-trainer and consultant.

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