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A D H D

HYPERACTIVITY AND
BACH FLOWER REMEDIES



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ADHD

ADHD

No self-control

High levels of energy!

ADHD

No focus!

No self-control

HYPERTACTIVITY AND BACH FLOWER REMEDIES

Drawing from my considerable private and professional experience with people who have so-called Attention Deficit Hyperactivity Disorder (ADHD), I would consider it to be part of someone's natural disposition rather than a disorder or an illness – whereas one child or adult could be shy, stubborn or a daydreamer, another could be impulsive and very active by nature.

Children that we describe as being hyperactive are born with large amounts of energy – they can be very fast, efficient and active. Like a bodybuilder, these children could be referred to as “energy-builders”.

Such high levels of energy are the basis for their:

Mental strength – they quickly understand and decide, easily process more thoughts and issues at one time, easily and quickly move from words to deeds

Heightened, intense emotions – ability to feel and express great love and joy, great anger and rage

Physical strength – very durable, constantly in motion, everything that is done is done quickly (eating, walking, talking, even sleeping)





Due to this, they are able to start with more activities at the same time and can perform them simultaneously, something that other people find more difficult.

- self-control
- ability to focus
- patience

While these observations would constitute their strong side and their advantages, what are their weaknesses and their challenges?

Huge energy means there is a need for well-developed management skills to assist their own capacities for:

- 🌸 self-control
- 🌸 having the ability to intentionally focus and hold attention (*as much as is necessary*)
- 🌸 patience to wait for others (a parent, a teacher, friends) *with less energy than themselves*

* Need for well-developed management skills



*constantly
in motion*

The core challenge is the mismatch between the quantity of energy and the level of development of ability to manage so much energy. A so-called ADHD child is like a big, powerful car that lacks power steering and has weak brakes.

In such cases, the potential of such a 'powerful car' can be compromised to the point of becoming useless or sometimes result in dangerous shortcomings. Instead of balance, there is imbalance.

Balance



Imbalance

Speed	becomes	haste, recklessness.
Patience	becomes	impatience.
Attention	becomes	inattention.
Activity	becomes	hyperactivity.
Self-control	becomes	impulsiveness and temper tantrums.
Efficiency	becomes	inefficiency.

This list of imbalances constitutes a significant portion of what is known as ADHD.

Impatience, a lack of self-control, a short attention span, tension, recklessness and aimless activity, nervousness, the repetition of mistakes, social and emotional immaturity and failure that is disproportionate to the child's potential, are all practical daily problems and challenges that result from the imbalances outlined above.

In our counseling center we use the Bach Flower Remedies for fifteen years to reduce and eliminate this lack of harmony, helping children and adults with similar issues to maintain their own balance, to develop their own potential to capacity or to restore their own abilities which are blocked due to the presence of this imbalance.

Why Bach Flower Remedies?

Bach remedies don't cause any harm

In order to treat ADHD successfully, the following criteria must be fulfilled:

☼ As it is predominantly young children who require treatment for ADHD it is important that the treatment is both safe and easy to administer. Bach flower remedies fit the criteria.

Young children

☼ The treatment is long-term. Something is needed that does not leave any cumulative side effects or consequences. Treatment should not leave physical, emotional or mental consequences after long-term use. Children undergoing treatment need support from time to time throughout their natural growth and development process which is full of natural challenges. As their peers need support at times, 'energy-builders' are faced with an extra challenge – the emphasised discrepancy between their strength and abilities to handle this strength. Long-term use of Bach remedies do not cause any harm.



☼ A child with ADHD needs something that treats mental and emotional states in order to gain and maintain inner balance. Everything described as ADHD refers to the mental and emotional states of the child or adult. Bach Flowers are recommended exactly for this purpose.

☼ Such a child needs continuous support. Whenever they are out of their home environment, at times where there is no parent to provide a reminder about rules, or a special pedagogue (assistant) to help in school, the flower remedies work continuously (24/7). When a child uses flower remedies, he or she is supported all the time day and night, all week or whenever they use or need it.

☼ Family members also require a tool to help themselves. It is a fact that parents and siblings have a very hard time living with an ADHD child. It is commonly known the

Continuous support!
for family members as well

strong challenge a hyperactive child presents for parenting, the marriage of the parents and the emotional development of siblings. Some statistics have shown that the parents of an ADHD child are seven times more prone to divorce than the parents of children without ADHD. The same treatment can be used to help parents and siblings rather than leaving them to manage their own emotional problems by going elsewhere for professional help. It is simpler and more convenient for the family to get support in the same place.

Get support!

Hyperactive children and adults usually need Bach flowers for:

Impatience

- ⊗ Lack of self-control, so Cherry Plum may be required.
- ⊗ For impatience and rashness it is good to test the need for Impatiens.
- ⊗ These are children with special emotional needs: to be loved and accepted at all costs. It is very likely that the characteristics of Heather are present here, but there may also be others to consider.
- ⊗ Paying attention and maintaining focus are highly dependent on an actual mental and emotional state for any person. This is a case with hyperactive people too. The reasons for absent-mindedness or what is blocking

Special emotional needs



the child's ability to pay and direct their attention must be explored: whether is their anger; impatience; propensity for daydreaming (more often in girls); fear; or something else.

*lack of
ability to
recognize
the rules*

🌸 Emotional and social immaturity. An emotionally immature child is unable to recognise their own emotional state (except as just a good or a bad state); they are unable to recognise the feelings of others and are unable to take control of their own feelings. Social immaturity means a lack of ability to recognize the rules of a group or of a situation, a lack of ability to learn rules and a lack of ability to behave according to rules or expectations. An ADHD child is more emotionally and socially immature than its peers. Some research has measured this maturing process as being 30% slower than their peers. This is evident in hyperactive adults too. Really, it is impossible to



immaturity



learn and develop these abilities because of impatience and lack of self-control. So, a Bach practitioner can think about Chestnut Bud as one remedy in combination. Such a child or adult will not notice why a mistake was made and will repeat it. It means they often are unable to predict the effect of their acts.

*Chestnut
Bud*



☸ Lack of ability to predict the effects of own acts is the source of their unpleasant experiences, such as trauma, shock, extreme fear, blame, loneliness, anxiety or a depressed mood – all of which can lead to the need for a Bach flower remedy and we need investigating which one.

☸ Insufficient adaptation (set up) in the environment (customs, habits, family rules, in the neighborhood, among peers, in school) could also be an important aspect. My experience in treating children with inadequate

development has highlighted the value of Walnut as one remedy in their personal combination.

☼ Bad behavior (defiance, aggression, history of truancy and expulsion from school, substance abuse, delinquency or promiscuity) is a common issue with ADHD children who are older than nine or ten years of age.



*Bad
behavior*

Of course, there is always the possibility of being faced with children and members of their family with issues that have not been discussed in this article, so as a Bach practitioner, openness is required.

Parents usually need support to get rid of:

☼ Guilt. It is known how easy it is for a mother to feel guilty when something is wrong with her child. This emotional state is additionally complicated by the reactions of others – her husband, her parents, school staff or neighbours – all of whom blame her for the child's misbehaviour or express their belief that she is too lenient in disciplining the child.

☼ Disappointment, impatience, fatigue, despondency, botheration, despair and pessimism are natural outcomes when all a parent's efforts are fruitless. A parent could be angry with the child in, for example, Holly, Vine or Cherry Plum manner; they could be angry with themselves or feel

• *Disappointment*

• *Guilt*



bitterness towards others such as teachers at school, or life in general.

🌸 A hyperactive child needs boundaries more than most other children. It is very important that their parents are able to set and defend the boundaries and rules. So, some parents will need Centaury, or Mimulus, or Pine, or some other remedy to become able to do this correctly.

A great source of help that we can provide is to show understanding of the parent's position and their daily challenges. Maybe you will be the first or the only person who will show understanding and compassion for their personal experience and their feelings about raising that child. The next way of helping the parent is to inform them of the nature of the child's problem – about that mismatch as a real cause of the child's problems. Being informed will help them to stop feeling helpless. The next important step is to make them familiar with Bach flower remedies.

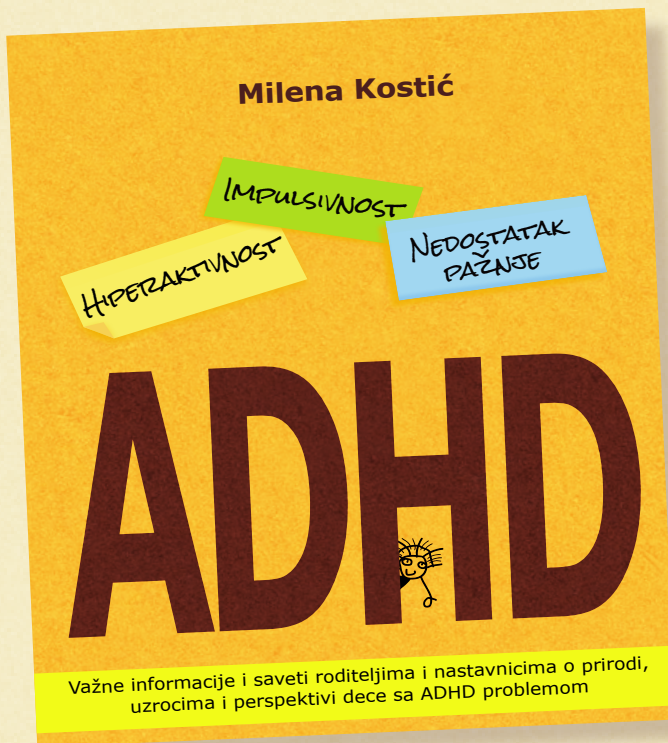


*Set
boundaries
and rules*

This short report is written by Milena Kostic, licensed psychologist and BFRP.

For those who understand Serbian the handbook for parents and teachers has been put online and is available for free download here:

<http://issuu.com/jazzord/docs/prirucnikadhd>





ADHD

ADHD

High levels of energy!

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www.jazzord.com

Focus!

No self-control