

Promoting Well-being in Isolated Mothers of Severely Disabled Children: Describing Conditions to Alleviate Distress

Abstract:

When a child exhibits a disability, the uncertainty about the future and the rigid roles of family members can contribute to a situation of permanent stress for the parent. The parents are stuck in a dead end and unable to develop their parental function in a similar way to that of the child. Traumatized by the announcement, they are thus imprisoned in contradictory injunctions. The "unbearability" of his/her situation is then manifested only through analogical language, the body expressing everything that is intolerable in this situation. Systemic and developmental theories with a psychodynamic approach are used as a support to carry out our analysis, in particular through the analogical language, and to specify the relational processes experienced.

Key Words: disabled child, parenthood, exhaustion, body, double bind