

From **Hoarding** to **Foraging for Memories**

Deconstructing and Reframing the DSM Code through Metaphors

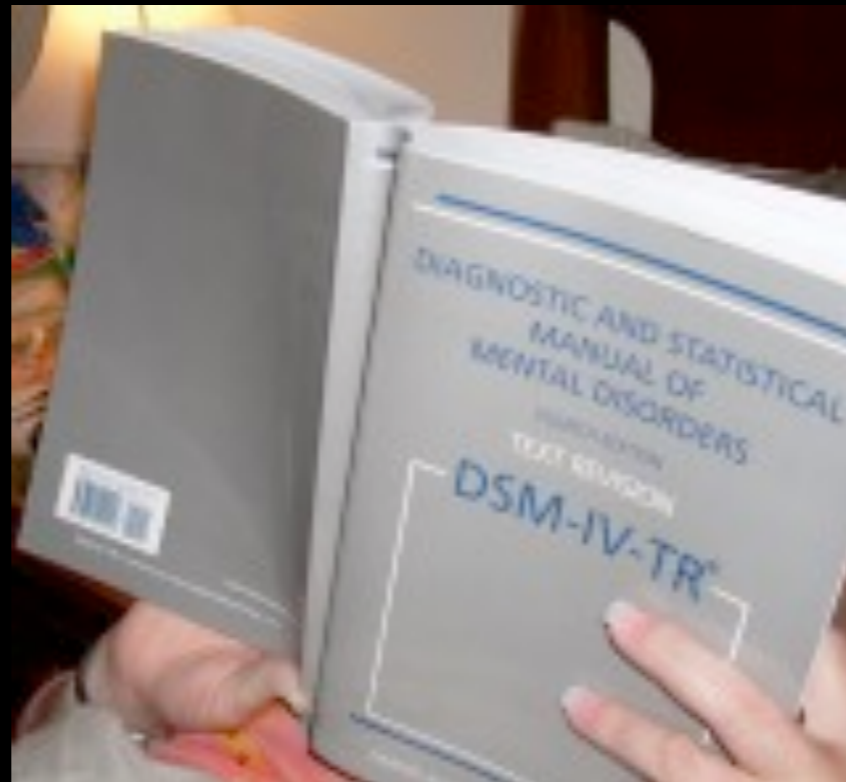


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American Counseling Association Annual Conference, San Francisco
Sunday, March 25, 2012, #301, Convention Center, Room 2004

The mission of this workshop is to challenge the mainstream understanding of aging as decline and/or disease with a more expansive, humanistic, and creative vision and approach.

Goals

- Define and demystify the DSM Code
- Examine ways to reframe diagnoses
- Provide a toolbox of activities to move beyond medical diagnoses

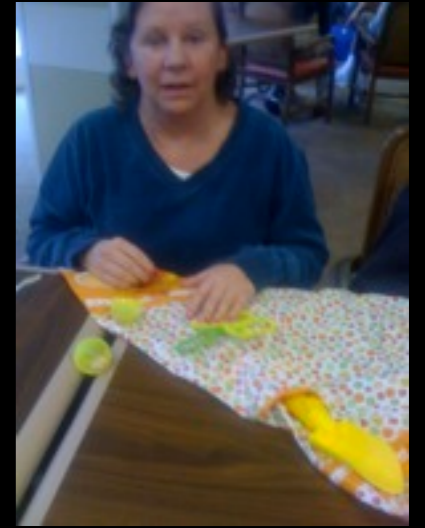
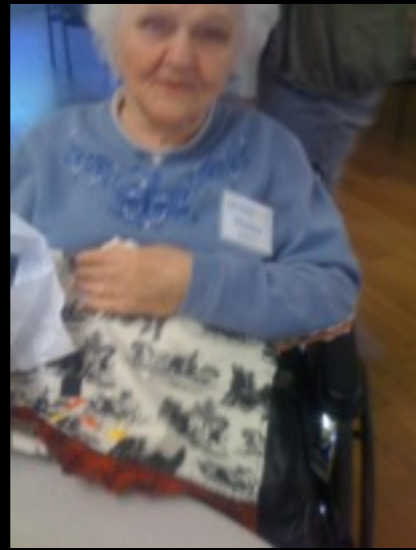


Goal 1: Define and demystify the DSM

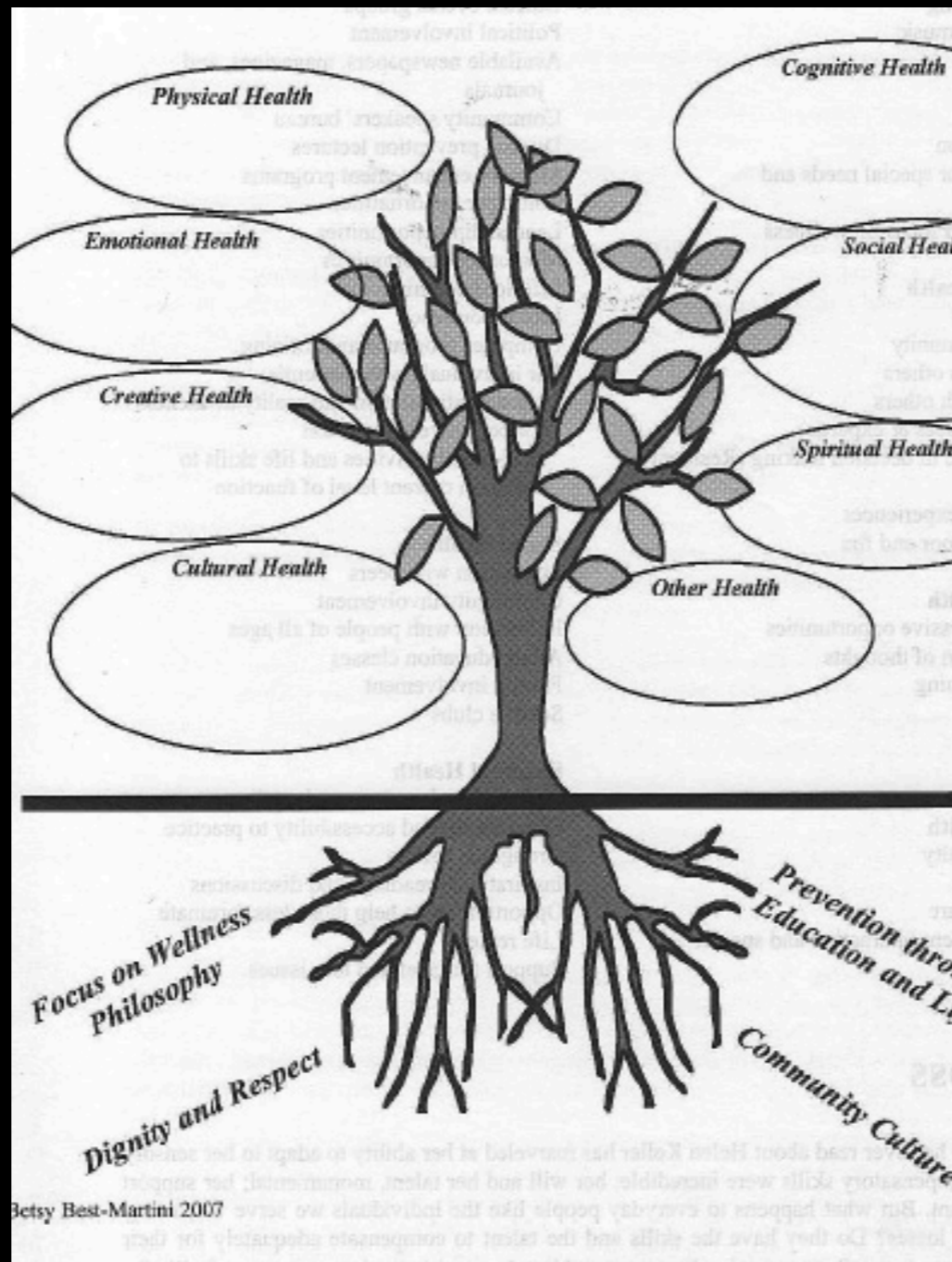
from hoarding to foraging for memories...



Goal 2: Examine ways to reframe diagnoses







Goal 3: Provide a Toolbox of Life-Affirming Wellness Activities

Questions to Ask

- In what areas of wellness (physical, social, cognitive, emotional, spiritual health) are you strong?
- What areas of your life do you want to change?

Wellness Areas

Physical

Social

Cognitive

Emotional

Spiritual

Other...

If you need help in identifying those areas of your life in which you are strong or in which areas you would like to be stronger, take a **wellness survey**.

Wellness Surveys

- Renew-O-Meter
(Clever)
- Stress Indicator and Health Planner (Keis)
- Broken Plate (Gelardin)
- Integrative Life Planning Inventory (Hanson)
- Pie of Personal Identity
(Hanson)
- Career AIM Assessment Inventory (Reile)
- My 3D Living Drawing
(Amundson)

Poetics of Aging Video

Replacing the DSM with Metaphors

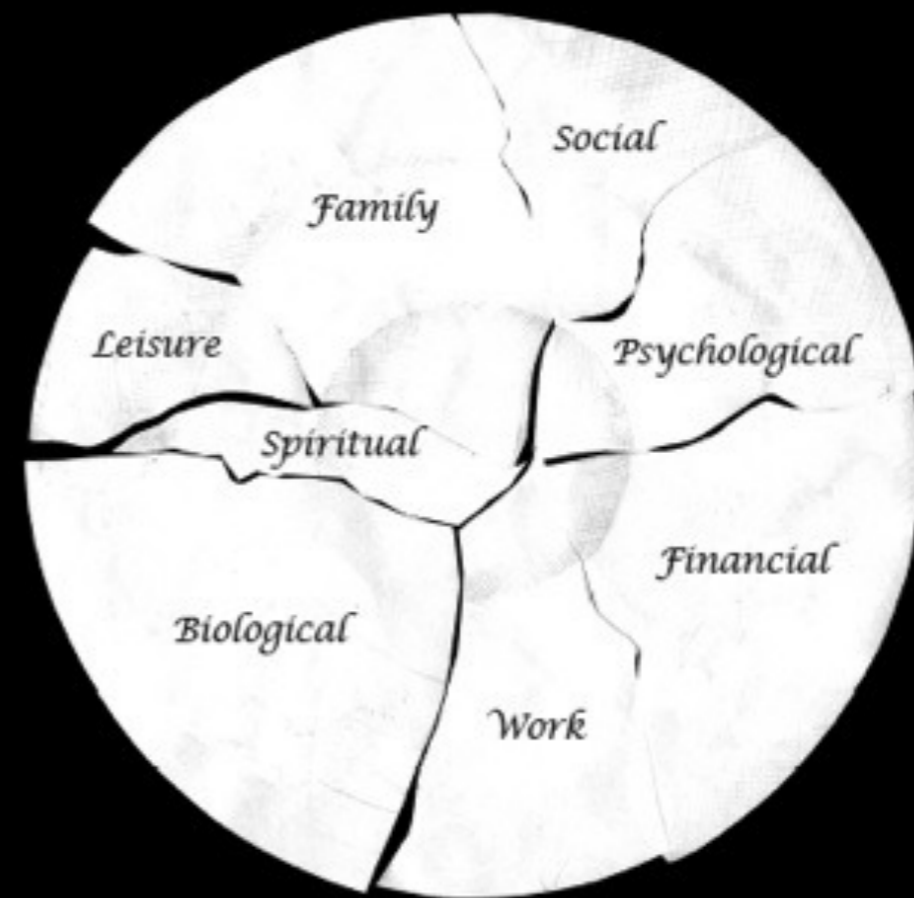
- What is one metaphor that can help you improve the quality of your life?
- How might you apply this metaphor to improve one wellness area of your life?

metaphor...

a figure of speech in which two unrelated ideas are used together in such a way that the meaning of one of the ideas is superimposed and lends definition to the other (Amundson, 2010).

To improve one wellness area of your life, consider the following:

- Your strengths
- Behavior you want to change
- Your goal
- Action/you will take



Summary

More Information

Dr. Sally Gelardin, EdD (International & Multicultural Education), NCC, DCC, is a journalist, author, counselor, and counselor educator, whose mission is to bring together people and ideas in creative ways that emphasize mind/body/spirit wellness. Contact: 415.312.4294, sallyg@agesong.com, www.agesong.com and www.askdrsals.com.

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