# Manal Zeineddine O.R.B.I.T.S. DEVELOPMENT CODE www.orbitsdevelopment.com

## "EBD" EMOTIONAL OR BEHAVIORAL DISORDERS

#### PROTOSTAR - 2 -

Great things are most of the times born from small, insignificant, even chaotic things. Just like a protostar, newly-born star that stems out of dust clouds, our great knowledge starts from small, even chaotic search into matters, until we start to align, organize, and create a massive, shining body of knowledge.

Keep your core hot enough and pace steady enough to develop into fully-fledged star of knowledge and expertise!

#### HOW TO IDENTIFY "EBD"?

- It is an emotional disturbance that is deviant from age-appropriate norms of behaviors and responses.
- Disturbance can be noted in academics, behavior, work habits, and socialization.
- Disturbance lasts for a long time.

Hypersensitivity

Fearfulness

Anxiety

Anger

**Embarrassment** 

Defiance

Depression

Fearfulness

**EBD** cannot be guaranteed to be solved by many types of intervention. [Forness and Knitzer 1992]



Antisocial Noticed in some EBD children Throwing Blame on Aggressive Others **Externalization** Arguing Anger roughly Easily annoyed



3 Techniques to Use in Class

- ADHD (Attention Deficit Hyperactivity disorder)
- ODD (Optional Defiant Disorder)
- CD (Conduct Disorder)
- SCD Social (pragmatic)
   Communication Disorder

- Description of directions and rules
- Assertive approach and attitude
- Supportive Communication

## HOW TO IDENTIFY INTENSITY OF EBD ?

Intensity depends on the degree of negative feelings and behaviors displayed by the child. Consistent, nonstop tantrums that are usually harmful to the child and the surrounding are considered high-level (EBD).

In this case child must be referred to a counselor by filling and planning Individualized Education Program (IEP), which is a plan that serves to carefully diagnose and suggest action steps, and detailed following-up steps. (IEP) must be conducted by a committee or team.

## COMMON CAUSES/FACTORS

- Father/ Mother Relationship
   Problems
- Birth Issues (Perinatal)
- Parent-child Relationship Problems
- Tobacco, Alcohol Consumption
- Socio-economic Factors
- General Cases of Abuse

#### **Impact of Childhood Trauma**

#### Cognition

- Impaired readiness to learn
- Difficulty problem-solving
- Language delays
- Problems with concentration
- Poor academic achievement

#### **Brain development**

- Smaller brain size
- Less efficient processing
- Impaired stress response
- Changes in gene expression

#### Physical health

- Sleep disorders
- Eating disorders
- Poor immune system functioning
- Cardiovascular disease
- Shorter life span

#### **Behavior**

- Poor self-regulation
- Social withdrawal
- Aggression
- Poor impulse control
- Risk-taking/illegal activity
- Sexual acting out
- Adolescent pregnancy
- Drug and alcohol misuse

### Impact of Childhood Trauma



#### **Emotions**

- Difficulty controlling emotions
- Trouble recognizing emotions
- Limited coping skills
- Increased sensitivity to stress
- Shame and guilt
- Excessive worry, hopelessness
- Feelings of helplessness/lack of self-efficacy

#### Mental health

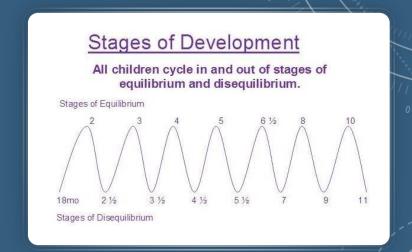
- Depression
- Anxiety
- Negative self-image/low self-esteem
- Posttraumatic Stress Disorder (PTSD)
- Suicidality

#### Relationships

- Attachment problems/ disorders
- Poor understanding of social interactions
- Difficulty forming relationships with peers
- Problems in romantic relationships
- Intergenerational cycles of abuse and neglect

#### SOME SCREENING TOOLS

- Behavioral and Emotional Screening System (BESS; ages 3-18 years)
- Behavior Assessment System for Children
- Pediatric Symptom Checklist (PSC)
- Ages and Stages Questionnaire-Social Emotional (ASQ-SE, Ages 0 to 5 years)
- Achenbach System of Empirically Based Assessment (ASEBA), for children aged 1.5 years through adulthood.



#### Manal Zeineddine

GLOBAL EDUCATION INFLUENCE
PROFESSIONAL DEVELOPMENT
QUALITY CONSULTANCY

Contact:

www.orbitsdevelopment.com

info@orbitsdevelopment.com

manal.zd@gmail.com

966 569 313 803 - 961 76 759 189