

About the Mindset of Parents

The fate of the Autistic children is in the hands of their parents. During the thirty years of clinical research, I have realized that such statement is very true.

Western medicine has not yet found an effective way to treat autism. Western medicine can only provide help in the area of language and behavior training; yet the efficacy is so limited, especially for those children whose central nerve systems are damaged. Because of this, majority of parents have lost hope in the recovery of their children and they have accepted it as a fate. Nevertheless, there are still some parents who are unwillingly to accept such fate and their love to their children motivate them to continue to search for the cure no matter it is just a tiny improvement. In my thirty years of clinical practice, I have met many such parents and they are truly admirable. Their unconditional love and sacrifice to their children have given them great return eventually. Through Chinese medicine treatment, their children have recovered to a certain degree or completely for some. These results have given these parents bountiful joy and comfort.

However, there are irresponsible parents. A while ago, a patient of mine told her friend that our clinic has effective treatment for her three-year-old autistic daughter and urged her to bring her daughter for treatment. Yet she received an abrupt reply from her friend, "How can I find the time to do that!" If even a mother says this, what else can others say? Truly, in her eyes, her own being or money is more important. Even a grown autistic child will not know whom to blame or how to blame. But many parents are thankful and feel lucky to have found me. Day and night, they are willing to sacrifice for the improvement of their children. These two polarized attitudes are greatly impacting me. This has also encouraged me to further advance the clinical research and try my best to help.

Through my clinical practice, I have obtained a good understanding of the mindsets of autistic children's parents. I feel it is necessary and a must to communicate with the parents who are willing to help their children. I remembered the time in 2001 when Peter came to me for treatment. During the process of treatment, Peter's grandmother told me that his mother seemed to have some issues about the treatment and wanted me to talk to her. After talking to his mother, I had learned that she was bothered by the discriminative eyes of others toward her child as a new school year was about to start. At the same time, she felt that the improvement in her child was not as obvious as the first three months, and this made her anxious. Actually this is common problem for all autistic children's parents. Many parents have a sense of inferiority because of their children's symptoms. I believe such attitude is totally wrong. No parents would like to see his children get sick and autism is considered by Western medicine as incurable. Should these parents feel ashamed? Definitely not! On the contrary, they should feel proud. As a mother, she brought her child for treatment as soon as she heard the news that our clinic has effective treatment for autism and later her child was improved remarkably. In order to cooperate with the treatment, she spent lots of time and energy for the sole purpose of her child's long-term improvement. Such sacrifice and love are really admirable. She should feel very proud about herself. She is a greater parent than those who discriminate and show indifference to others.

Peter's mother also had misconception about the treatment efficacy. Her original plan was that she had arranged to have her eldest son to take care of his brother after her life since her child had no hope to be healed. After three months' treatment, she had seen much improvement in her child. Her hope was reignited that her son may be able to eventually live independently. She was so excited about the obvious improvement she had seen. But after a period of excitement, she becomes psychologically tired. She tended to forget her original hopelessness and expectation. She would also forget my initial estimate regarding the duration to heal her child. Although she continuously sees improvement in her child, she does not consider it anything exceptional. She expects me to heal her child in a much shorter time than science allows. Her anxious mood had influenced the treatment of her child in a negative way. The reasons are very simple. First, because of her anxiety, she started to suspect the efficacy of the treatment. She will not diligently collect the progressive changes of her child's symptoms. A small number of parents may stop the treatment all together at this stage. Second, her anxiety made her generate unpractical expectation for her child. Because her child cannot meet her demand, the already damaged self-esteem of the child will further be hurt. My analysis about the situation brought light to her. She quickly corrected her attitude and started again to respect and appreciate every small improvement and actively cooperated with my guidance and training. There is old saying "You cannot succeed if you hurry too much." It was proved true here. Her child was tremendously improved after she adjusted her attitude. For only about nine months, her child had obtained grade "A" in most of his classes in the regular school and his overall stamina had also obviously strengthened. That was to say, I had already satisfied her original expectation that her child would have the basic skills to live independently.

During clinical practice, parents often show such anxiety. Though it is due to their love and no doubt about it and cannot be blamed. But the anxiety is harmful and parents should try their best to overcome it. During the whole treatment process, parents should keep reminding themselves their original expectations during the initial visit. They were hopeless because their child did not improve much from regular language and behavior training. Although it is normal to wish your child to recover quickly, one should understand the science of progress and should not have the luxurious wish that the child will be healed in one day. Just as I often say, I can only contribute 30% to the recovery and the remaining 70% needs parents' cooperation. Without such concept and understanding, there is no way I can heal the child to the full potential. So I am asking parents to face this issue positively, overcome your own anxiety, and have confidence. Parents need to pay close attention to their child's every little change during the whole treatment and provide them to me as reference for on-going treatment. With parents' cooperation, we can heal the child together as fast as possible.