

This is very much a work in progress; I am by no means an expert other than of my own experience (sometimes at least!) so I very much welcome feedback/comments and indeed examples! You can email me trev@trevwilliams.co.uk

I have been quite involved with the mental health world for a number of years in various capacities, and also having been diagnosed with Dyslexia at university, and struggling somewhat with what that means; I am keen to find links and similarities between the two for personal growth but also to share what I consider to be a very interesting topic about two issues predominantly not talked about in mainstream. I've not really found significant books to reference yet which cover this, I'm sure they must exist, and as my thoughts are built up predominantly from personal and friend experience, I will leave references till a later date (if relevant!).

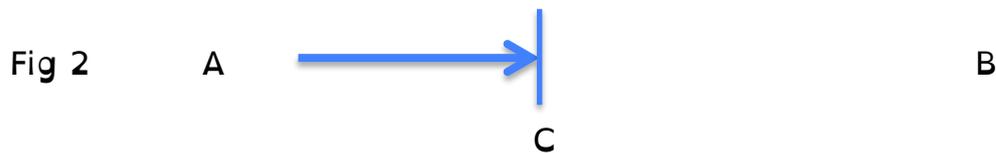
Thought Patterns

Regular Linear Thought pattern

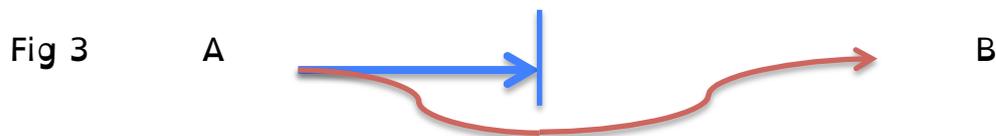
(I am reluctant to define A and B at this point but may later)



Obstruction (C) to thought pattern caused e.g. by Dyslexia



Adapted thought pattern to achieve the goal of getting to B around obstacle. Positive : Alternative thought . Negative : Hard work



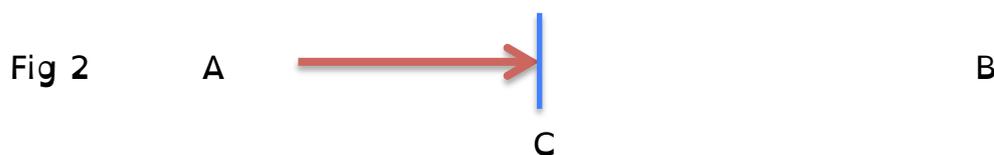
Dyslexia is that it is low intelligence, I would perhaps argue that it may be the exact opposite).

An important part of dyslexia may be the gut instinct and the later proof of how to get there. Often a student may jump to a result and later work out how they got there. (Ref "The Gift Of Dyslexia".) I'm not sure if this is a totally unhealthy thought process, but it is certainly misleading.

I would link here more mental health, for example if B was the thought 'No-one likes me?' or a more ill mind 'Everyone is looking at me?' (ref: Paranoia)

Here the mind creates different rationalization for the un-rational thought. Indeed if someone was to interact with 'I like you', or 'I wasn't looking at you' the resultant thought would still be there as the brain is trying to justify or get to B, so the intervention would be dismissed, or even assumed to be opposite (you say you like me, but really you don't, ref: Psychotic Episodes).

Figure 2 is an important brain process, if C is just a barrier in normal life the resultant healthy process may be to give up getting to B. This is often the best result, and perhaps would stop someone getting ill. Unfortunately to sedate someone who is already ill is unlikely to unravel why they have the thought process in the first place, and they may not be able to define what B is in their mind.



Of course there are many gifts associated with Dyslexia and if found the self-esteem deficit areas in for example read/write ability can be compensated in for example arts and more kinesthetic learning. It is a significant fault of the education system where subjects, which need not be read/write focused are taught predominantly with read/write material. This obviously saves teacher resource but isn't ideal for many students and perhaps highlights a lack of Dyslexia understanding. So another example if B is understanding Biology, and C is Read/Write Barrier caused by text, the fault of this lies with the teacher (or indeed the system they are working to).

Staying healthy as a Dyslexic

The most important thing I am learning is to understand what I find difficult and why. Often when I cannot get to a desired place in my thought patterns I will tire my brain out thinking through possible alternatives, I believe this may stem from overworking as a child to 'keep up' when my Dyslexia wasn't diagnosed (or indeed perhaps not wanting to accept some of the support on offer when it was diagnosed due to wanting to be 'normal').

Both conditions are spectrum based, you could say a diagnosis of Dyslexia on the Autistic spectrum and a diagnosis of Mentally ill on the mental health spectrum could be expanded to include others who do not cross the line of diagnosis. Indeed the main reason to diagnose is to understand better, but it may be helpful for everyone.

Trev Williams May 2013 – Draft 1

Further areas for thought

Music therapy for people with mental health problems
Music tuition for the limitation of symptoms of Dyslexia