New Guidance From Experts Urges Parents to Rethink 'Problem Behavior' in Kids

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Flower Mound, Texas: Parents across the country are being urged to rethink the way they interpret their child?s emotional challenges. A growing body of research and clinical insight is challenging the outdated notion that kids who act out or shut down are ?broken? or mentally deficient. Instead, professionals in Flower Mound and beyond are helping families understand why emotional dysregulation happens ? and how compassion, not correction, may be the key to change. As mental health diagnoses continue to rise, this shift in understanding couldn?t come at a more critical time.

The idea that a child?s mental health challenges stem from a "broken brain" is not just inaccurate. It?s damaging. ?Contrary to popular belief, psychological disorders are not caused by defective genes, neurochemical imbalances, or faulty wiring,? a recent blog from Bricolage Behavioral Health explains. ?Of course, all of these factors play a role in behavior and thought, but they are not deterministically causal.? Instead, mental and emotional challenges often reflect a complex interaction between biology, environment, and lived experience ? something many well-meaning parents aren?t told until they?re desperate for answers.

This shift in understanding invites a more compassionate response. One that focuses less on fixing a perceived defect and instead focuses on supporting a developing person. When parents view their child?s behavior through the lens of dysfunction, it can lead to shame, frustration, and a breakdown in connection. But when the focus shifts to what the child is actually experiencing, not just how they?re acting, the path forward becomes clearer. That perspective, according to the post, may be the key to helping kids feel seen rather than scrutinized.

This understanding of brain chemistry undercuts the common narrative that children?s emotional challenges are the result of a "broken" brain. As the blog explains, "There is no 'correct' amount of neurochemicals in the brain. Neurochemicals in the brain operate in what is called an 'open system,' where equilibrium ranges change over time as our brains adapt to different conditions in our lives." This perspective emphasizes that neurochemicals don?t need to be at a fixed level to function properly; they adjust depending on the situation. For parents, this suggests that their child?s emotional responses may not stem from a malfunction but instead from an adaptive response to their environment, which can be addressed through compassionate support rather than correction.

The implications of this shift in understanding are profound, not just for parents but for society as a whole. If we continue to embrace the outdated view of "broken" brains, we risk perpetuating cycles of shame and mental health challenges that could otherwise be addressed with greater compassion and insight. However, if more families adopt a more holistic view, one that prioritizes understanding and emotional support instead of fixing perceived defects, we may see a future where mental health challenges are met with empathy rather than fear. This change could lead to a generation of individuals who are better equipped to manage emotional dysregulation, fostering healthier relationships and more resilient communities in the long term.

Bricolage Behavioral Health, located in Flower Mound, Texas, is dedicated to providing compassionate, individualized mental health support to children, teens, and families. Through a holistic approach, the practice emphasizes the complex interaction between biology, environment, and personal experience in emotional development. Bricolage offers a variety of therapeutic services aimed at promoting understanding, connection, and lasting change. For more information on how Bricolage can support the family's mental health journey, visit Bricolage Behavioral Health.

Bricolage Behavioral Health: Where Teen Minds Matter

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Bricolage Behavioral Health

Bricolage Behavioral Health was created to provide a supportive environment for teens and adolescents to realize the best versions of themselves. We believe whole family healing can put your children on the path to a healthier, happier life.

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