

Emotional and Behavioral Disorder (EBD)

What is EBD?

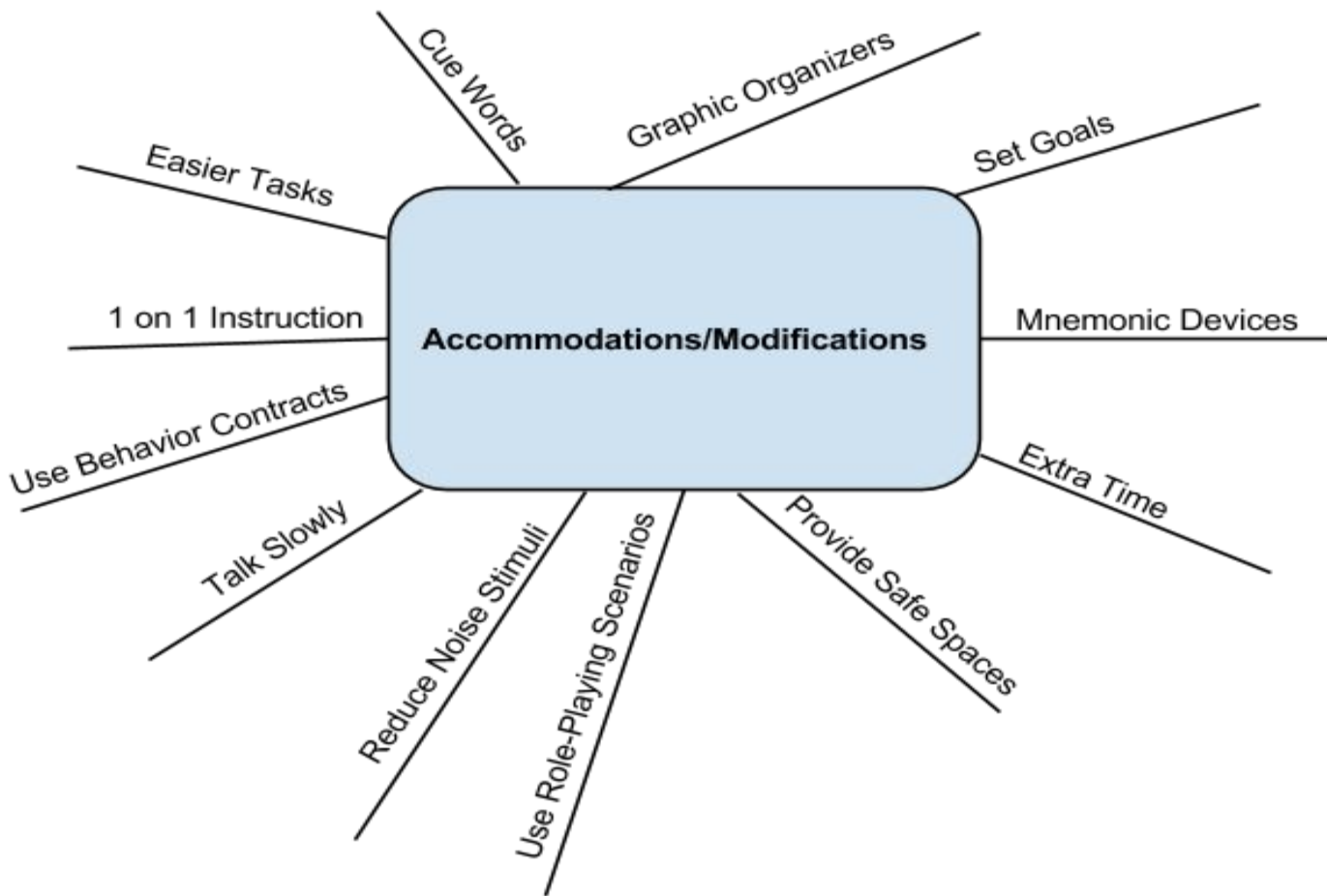
- Behavior is different than generally accepted norms
- Brain receives/process information differently
- Commonly connected to childhood
- Characteristics: antisocial, aggressive, disruptive, poor concentration, poor social skills/relationships
- Categorical disorder with a multitude of different aspects involved
- Federal government doesn't recognize some aspects (ticks, mood-disorders)
- Categorized: External, Internal & Low-Instance

External

Internal

Low-Instance

<p>Definition:</p> <ul style="list-style-type: none"> • Externalizing behaviors are the overwhelming defining characteristic of EBD that most people are familiar with. • DSM- IV-TR does not define aggression. • Does refer to it under Conduct Disorder and Oppositional Defiant Disorder. • Can occur at different times and at varying degrees (varies case to case). • Can lead to involvement with the criminal justice system. 	<p style="text-align: center;">“General pervasive mood of depression of disturbed behavior”</p> <p>Definition:</p> <ul style="list-style-type: none"> • Behaviors that are internalized by the individual. • Though it can occur in anyone, most commonly seen in adolescents. 	<p>Definition:</p> <ul style="list-style-type: none"> • Some disorders occur very infrequently but are quite serious when they do occur.
<p>Examples Include:</p> <ul style="list-style-type: none"> • Hyperactivity • High level of irritating behavior that is impulsive and distractible • Persistent aggression • Linked to ADHD 	<p>Examples Include:</p> <ul style="list-style-type: none"> • Depression • Phobias • Eating disorders • OCD • Forms of autism • Anxiety • General withdrawal from society • Exclusion from friends and family 	<p>Examples Include:</p> <ul style="list-style-type: none"> • Psychosis • Adult Schizophrenia • Childhood Schizophrenia



Attention deficit hyperactivity disorder (ADHD)

There are significant problems of attention and/or hyperactivity such as acting impulsively that are not appropriate for a person's age.

Aggressive Behavior

Physical behavior turned toward objects, toward the self, or toward others.

Anorexia or bulimia

Occur because of individuals' with weight and body image, their drive for thinness, and their fear of becoming fat.

Depression

Guilt, self-blame, feelings of rejection, lethargy, low self-esteem, and negative self-image.

Anxiety

Intense worry upon separation from family, friends, or a familiar environment; as excessive shrinking from contact with strangers; or as unfocused, excessive worries and fear.

Schizophrenia

Bizarre delusions, hallucinations, "loosening" of associations (disconnected thoughts), and incoherence.

Where to seek help?

- Your family doctor
- Support groups
 - Nami
 - Grand Avenue Club
- Psychologists
- Psychiatrists
- Psychotherapy
 - Art Therapy
 - Play Therapy
 - Animal Assisted Therapy
 - Applied Behavioral Therapy