

Parents grateful to NFSB for being given the opportunity to overcome their obstacles

Christine is a 14 year-old female who has struggled with autism that was not diagnosed properly until she was 11 years old. The diagnosis caused a great deal of distress for her parents and when they called NFSB, they were struggling with guilt, anger, confusion about the diagnosis and overwhelming feelings of fear about the future for their child. They always knew something was different about Christine, but the word “autistic” was just too much for them to handle. They originally contacted our agency with the hope of obtaining counseling for their daughter to address social and emotional issues that were impacting her daily functioning at home, in school and with activities and peers.



When they met with their clinician for the intake, they learned that Nutley Family Service Bureau is committed to working with families, not just children and they also learned that they could process their feelings, grieve for the loss of the child they thought they would have and embrace the child they have in a way that would help Christine to feel like she is loved and cherished for who she is and to view herself in the world that way. Through family therapy and some individual sessions with Christine, she and her family developed coping skills and ways to work together to help Christine to overcome the challenges of her disability.

Christine started high school this year and she is making the adjustment well and preparing to join the set decoration team to work behind the scenes on the school play. She is also joining the choir and is developing her voice. Christine’s parents are grateful to NFSB for being given the opportunity to overcome their own obstacles and to see that the most important word in disability is the word ability.

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