

Anxiety and Depression Among Gifted Learners

Dr. Colleen S. Boyle



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1

Tonight's Topics

- Aspects of gifted learners and their environment that intensify experiences
- Non-clinical experiences of anxiety and depression
- Clinical experiences of anxiety and depression



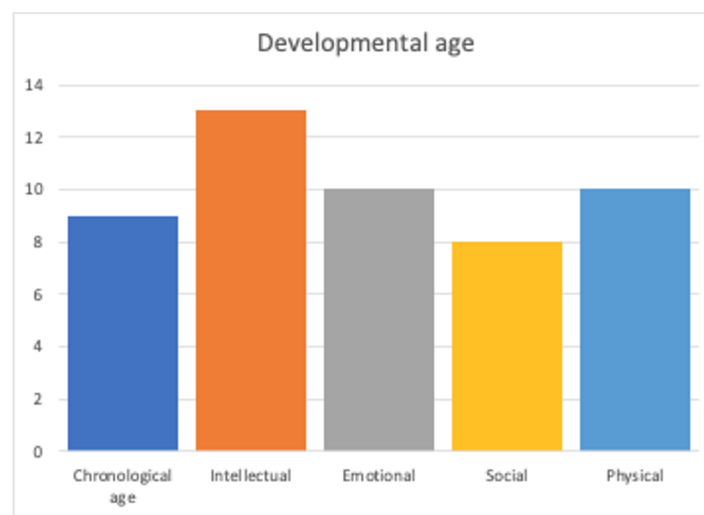
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Aspects that Intensify Emotion



3

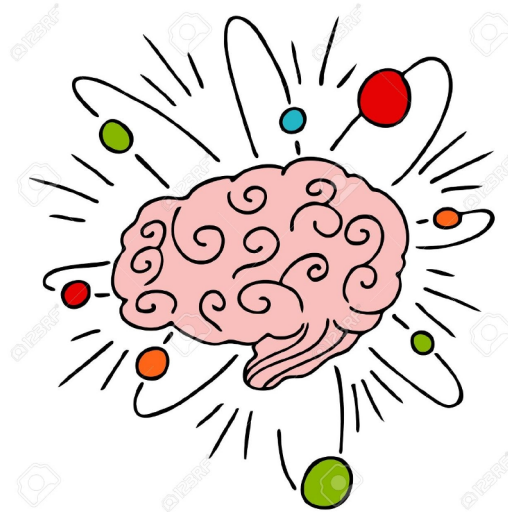
Asynchronous Development



4

Overexcitabilities

- Intellectual
- Imaginational
- Emotional
- Psychomotor
- Sensory



5

Perfectionism

- | | |
|--|--|
| <ul style="list-style-type: none"> ● Self-Prescribed <ul style="list-style-type: none"> ○ Internal Push ○ High expectations ○ Often productive ○ Innate | <ul style="list-style-type: none"> ● Socially-Prescribed <ul style="list-style-type: none"> ○ External push ○ Unrealistic expectations ○ Maladaptive ○ Develops over time |
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6

Environment



- Home
- School
- Social Settings

7

Life Realities

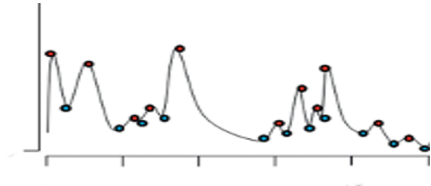
- Expectations from others
- Obstacles
- Disappointments
- Hurt and loss
- Trauma



8

Responses to Emotional Triggers

Expected processing



Clinical concerns



● Avoidance



9

Home Support for Healthy Response

- Establish routines
- Realistic expectations
- Name the emotion
- Provide outlets for expression
- Face the concern
- Model healthy response
- Discuss alternatives



10

Examples



- Learning struggles



11

Examples

- Friendship challenges



12

Clinical Anxiety and Depression

Anxiety

- Excessive in experience and duration
- Variety of focal points and shifts among them
- At least three physical or cognitive symptoms

Depression

- Depressed mood
- Decreased interest or pleasure in daily activities
- At least four physical or cognitive symptoms



- *Not due to medical condition or substance use*
- *Significantly impact life*

13

Clinical Needs and Gifted Individuals

- Not more susceptible to clinical issues
- Potential for misdiagnosis
- May experience them based on reasons atypical for age
- May mask symptoms
- Risk factors vs. Self-protective factors
- Gifted identity



14

Seeking Therapist

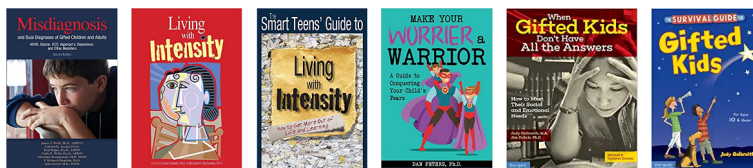
- Provider lists and qualifications
- Know their background
- ***Tips for Selecting the Right Counselor or Therapist for Your Gifted Child***
 - <https://www.sengifted.org/post/tips-for-selecting-the-right-counselor-or-therapist-for-your-gifted-child>
- ***Finding a Mental Health Professional***
 - [https://www.nagc.org/sites/default/files/Publication PHP/NAGC TIP Sheet_Finding a Mental Health Professional 0.pdf](https://www.nagc.org/sites/default/files/Publication%20PHP/NAGC%20TIP%20Sheet%20Finding%20a%20Mental%20Health%20Professional%200.pdf)
- ***Misdiagnosis and Dual Diagnosis of Gifted Children***
 - <https://www.sengifted.org/post/misdiagnosis-and-dual-diagnosis-of-gifted-children>



15

Books

- ***Misdiagnosis and Dual Diagnoses of Gifted Children and Adults*** (Webb, Amend, et al.)
- ***Living with Intensity*** (Daniels/Piechowski, Rivero)
- ***Worrier into Warrior*** series (Peterson)
- ***When Gifted Kids Don't Have All the Answers***
- ***Survival Guide Series*** (Galbraith & Delisle)
- Others on the website



16

Articles

- **Worry and the Gifted: How Much is Too Much?**
 - <https://theamendgroup.com/articles-by-dr-amend/tips-for-parents-worry-and-the-gifted-how-much-is-too-much/>
- **When Your Child Goes Overboard: Fears and Compassionate Concerns**
 - <https://www.sengifted.org/post/when-your-child-goes-overboard-fears-and-compassionate-concerns>
- **De-escalation: Helping Gifted Children Identify Their Emotions and Regain Control**
 - <https://www.sengifted.org/post/de-escalating-young>
- **How to Stop Automatic Negative Thoughts**
 - https://www.huffpost.com/entry/how-to-stop-automatic-negative-thoughts_b_58330f18e4b0eaa5f14d4833/amp



17

Questions
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18