



## **WHAT IS IT WITH LABELS?**

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Counselors are infamous for encouraging people to not let themselves be defined by their disabilities or limitations. Indeed, society has come a long way in altering our perception and definition of disabilities. Often the focus has been on not labeling people.

Yet in my work with children with learning disabilities such as ADHD and Dyslexia, I have found that what damages the children most is not the label, but the ways in which adults around them lower their expectations of what the child is capable of. Rather than seeing the massive potential inherent in the child, the adults in their lives begin to see the limitation as the central defining quality of who that child is and how they must be raised.

One of my favorite moments as a therapist is when I get to point out to a child (and a parent) what a remarkable masterpiece they are, and likewise, to show them the insignificance of the disability to their ultimate God designed identity.