



# **Hands off our Holy Terrors: Empathic Care of Children Affected with Adhd (attention Deficit Hyperactivity Disorder)**

*Emilia Costa, Daniela Muggia*

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# Hands off our Holy Terrors: Empathic Care of Children Affected with Adhd (attention Deficit Hyperactivity Disorder)

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ADHD (attention deficit hyperactivity disorder), is a syndrome whose reality is in doubt today. Children diagnosed with it are often subjected to heavy and risky therapies based on psychopharmacological drugs. What if there was another, noninvasive way to help them? The innovation of this approach is threefold. It takes into account the new paradigm introduced by the evolution of studies about empathy (we can have more information if we are in a suitable state to grasp it, and at the same time we can communicate the state of great peace that we can train ourselves to attain). It introduces the concept of a collective mandala of suffering (the child, the parents, the teachers, the therapist, or the caregiver). It inserts into the well-oiled mechanism of self-perpetuated suffering a transformative element that brings this process to a halt. The inspiration comes from the method ECEL (empathic care at the end of life), which derives from the marriage of Tibetan thanatology and neuroscience.

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