

# Changes in the Narratives of Mothers of Children with Development Disorders, Using the Externalization Process

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This study explores the narratives and changes in mothers of children with developmental disorders through the process of externalizing their problems, all in order to help the mothers broaden their perspectives.

For this study, four mothers of elementary school children with developmental disorders were recruited. The resulting narrative was divided into episodes, and the important episodes were selected. The results revealed that participants that were able to externalize their children's problems all shared the same four common points: (1) reflection on their own behavior; (2) reflection upon their past parent-child relationship; (3) distancing themselves from their problems; and (4) sharing externalized views between mother and child. On the other hand, three factors were identified regarding failure in externalizing their problems: (1) difficulties with identifying and managing problems; (2) difficulties in sharing externalized views between mother and child; and (3) difficulties in seeing things from the child's point of view. However, regardless of success or failure in externalizing problems, the program brought about common narrative changes, such as "listening to their children's opinion" and "viewing their relationship objectively." Thus, using externalization provides mothers of children with developmental disorders an increased variety of perspectives regarding their relationship with their children.