LIVING YOUR BEST LIFE WITH MD
REVISITED!
Melissa Grove M.S., LPC
Congenital MD → Limb Girdle MD
Clinical Spectrum

- Walker-Warburg
- Muscle-Eye-Brain
- Fukuyama
- MDC-1C

Congenital Muscular Dystrophies
Limb Girdle Muscular Dystrophies

Clinical Severity
Accomplishments

- Development
(http://iein-founde)
- Support for F
d
- 9 grants awar
de
- Model creation
- Support for th
- Prompt
SINCE I’VE LAST SEEN YOU...
MELISSA GROVE
2015
Kuchling Award Winner
This is the first of two posts of photos from the 2015 Black Tie Dinner, held Saturday night, Nov. 14, at Sheraton Dallas Hotel. The fundraiser featured speeches by Dallas Mayor Mike Rawlings, Houston Mayor Annise Parker, Kuching Award winner Melissa Grove, marriage plaintiff Jim Obergefell, EL Entertainment Vice President Jim Olde, a representative of The Trevor Project, HRC President Chad Griffin and more.
MENTAL HEALTH
How many brownie points do you get for being unhappy and miserable?
What are the chances that being depressed or unhappy will improve your MD?
How much time have you spent researching and thinking about....
• Buying a car
• Picking out a new outfit
• Learning about apps on your phone
• Planning a vacation
• Learning skills to be your happiest self?
• Thinking about how you can add meaning and value? Living your best life?
Skill Building
DABDA
Internal vs External locus of control
Which is your LOCUS OF CONTROL?

"I make things happen."
"I can determine my future."
"Why bother?"

"Look what I can do."

Internal locus of control
You make things happen.

External locus of control
Things happen to you.

"There is nothing I can do about my future."
"Why does everything happen to me?"
What am I going to do about it?
REFOCUS  RETHINK  REFORM
PLAYA VISTA RESORT
Rational Emotive Therapy
A + B = C

D ----> E
Irrational Words

- Can't
- Should
- Never
- Always
- Worst
- Have to
- Got to
- Need to
Rational Words

- Better if
- Prefer if
- Might
- Maybe
- Somewhat
- Difficult but not impossible
Mantras:

“It’s inconvenient not catastrophic”

“Everything going to be ok.”
transaction analysis
three states

parent
adult
child
SUPPORT
FRIENDS AND FAMILY

FACEBOOK AND CHAT ROOMS

SOCIAL GROUPS
WORK

VOLUNTEERING

THERAPY