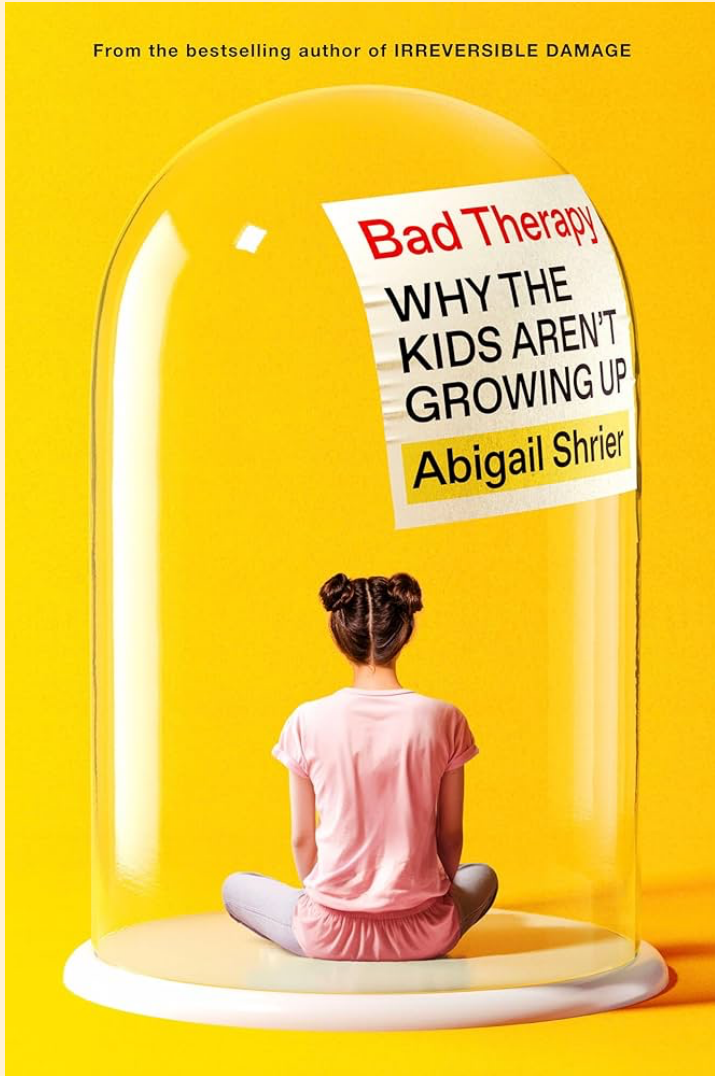




Dear friends,

I am doing something here that is a bit naughty—I am taking excerpts from a Substack article by Abigail Shrier regarding her new book, *Bad Therapy: Why the Kids Aren't Growing Up*. Shrier wrote the wonderful *Irreversible Damage: The Transgender Craze Seducing Our Daughters* in 2021 about the damage already traumatized youngsters experience during so-called gender affirming therapy. I highly, highly recommend it. Perhaps publicizing Shrier's books makes up for taking so much from her article! But I am also sure, having listened to her speak, that she is keen that what she is discovering gets out. So perhaps she would forgive me.

Shrier's new book could be even more important than her previous book because its thesis is that the damage done, often with the best intentions, by trans activists to children is simply part of a continuum of mental health damage inflicted upon children in a society that has no clue about childhood. Shrier, a lawyer, is extremely meticulous in her research and how she frames her arguments: her analysis of the over-diagnosis of learning difficulties and mental health challenges in children is sobering.



As homeschoolers and people interested in Waldorf education (real Waldorf, not what it has become in too many schools) you all know that it is based in the *reality* of how children develop and what their evolving developmental needs are. Our society, with its obsession on ever-younger 'learning', screens, the destruction of the family, over-busy parents and children with little time for real play, silence and stillness, is what causes the majority of challenges this unhappy generation of children display. It is not the children that need changing: it is the way we as a society view what it means to be a child that is in desperate need of a reality check. The sorry fact is that childhood as a legitimate and vital part of becoming a healthy human being is under attack like never before.

So...here are the quote's from Shrier's article on Substack and following that is a link to her new book (yes—it's an Amazon link but perhaps people can buy it elsewhere...)

But if you take a step back from the case of the detransitioners—young women shepherded into medical transitions they later came to regret—another image emerges. Not merely of therapists' "affirming" teens' transgender identity, specifically. But one more instance in which the Bad Feelings experts made adolescents' bad feelings worse.

Like a lot of teen girls who suddenly adopt a transgender identity, Cole's mental health treatment preceded her gender confusion. She had been medicated for ADHD starting at age nine or ten—given escalating levels of stimulants that made her feel lousy and disconnected from her body and didn't seem to help. She now believes ADHD was a misdiagnosis...

[This is key—let's read that again—the ADHD drugs made this young woman feel disconnected from her body. This is why it is vital that parents ensure that their children lead, as far as is possible, non medicated lives enriched by health-supporting family rhythms and an approach to learning and parenting that is in tune with a child's development. Need I even mention that being screen-free for ALL of childhood is imperative?]

It wasn't only ideologically-motivated "gender therapists" who were making mischief, reifying the idea in adolescents' minds that they were really, truly transgender. Ordinary, well-meaning therapists were doing the same, not primarily for ideological reasons. Sometimes the therapists were simply following the guidance of their accrediting organizations. But just as often, affirming the adolescent – in place of treating her – was simply par for the course.

[When I was a young woman, what plagued many of my distraught and alienated peers were various eating disorders. Imagine if my anorexic friends had been 'affirmed' in their unhappy illusions that they were fat...we loved them, cared for them, empathized with them...but we did not say 'yes, if your experience is that you are fat, if you say you are fat, then you are indeed fat.']

That was simply what the therapeutic relationship with the teen patient had become. 'Sure, I'll call you 'Sebastian.' I can see why you feel Mom's taking away your smartphone was emotionally abusive. Losing a beloved cat can be devastating; let's talk about coping with your grief for the next few sessions. It sounds like having to move after seventh grade was traumatic.'

The rising generation is swimming in therapy. Forty two percent of Gen Z—those born between 1995 and 2012—has been in therapy (more than any other generation). Forty two percent has a mental health diagnosis. One recent survey indicates the extent of diagnosis may even be more dramatic: 60 percent of those between the ages of 18 and 26 may have been diagnosed with an anxiety disorder.

Perhaps most alarming, by 2016—long before the Covid lockdowns and well before American kids aged 2 to 8 were even on social media—almost 20% of these little ones had a diagnosed mental, behavioral, or developmental disorder.

https://www.amazon.com/Bad-Therapy-Kids-Arent-Growing/dp/0593542924/ref=zg_bsnr_g_11291_scc1_1/132-5538864-4022639?psc=1

Shrier makes the point that therapists are being taught the ideology of gender-affirming (sic) care and are not allowed to deviate from this ideology (witness the case of Jordan Peterson). Some of you might therefore be interested in this open letter from thoughtful people in the therapy professions protesting the biased and ideological slant of a new textbook for those caring for teens, children and those alienated from their bodies and role in the world. The 700 signatories make quite an impressive list:

<https://www.fairforall.org/open-letters/open-letter-apa/>

Live webinars with Donna

I am pretty excited about all the new things I am doing—well, new and old. New as in webinars, but old as in consulting—it has been quite a few years since I offered consultations

In terms of webinars, we have Special Subject Webinars (with the first on Parental Sanity coming up 18 January); monthly Early Years Conversations beginning in February; and the Take Hold Grades Webinars I spoke about in the last newsletter.

[Find out more here!](#)



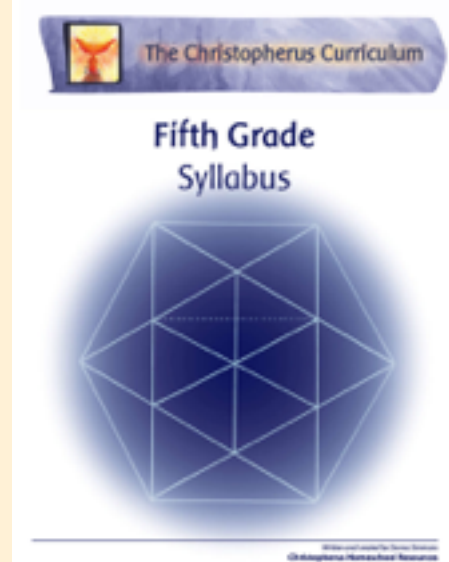
Consulting

If anyone would like to consult with me, I am offering a package of 4 ½ hours' consulting for \$225, a considerable savings over the real price, which will come back into effect in a month o so. Hopefully this reduced price will enable those of you on the low income side of things to consult with me if you wish.

[Please click here to pay](#) and then please email me. At that point I get to say hello to you and send you a questionnaire! We will find a time to speak, and I will call you.

We can talk about pretty much anything within the realm of teaching, family life, parenting and parental self-development. I do not advise on medical or legal issues.

Updated 5th Grade Curriculum



Another new thing I am doing is upgrading our 5th grade curriculum. I am re-writing botany, making it even more experiential; making audio downloads of me telling some (but not all!) of the stories from Ancient Mythologies; re-jigging some of the material on Ancient China and Ancient Greece; and generally improving the curriculum. The result of this is that parents will need a few less resources written by others.

The new 5th grade should be available...mmmmm....end of February with luck?

Candlemas

Candlemas coming up for those of you who celebrate this festival....[here is an old blog post I wrote on this theme.](#)

As always, we depend on you, dear reader, to tell others about Christopherus so we can remain sustainable. We are very different from other Waldorf resource providers and we need help in finding 'our people'. Word of mouth is always the best way to grow and we are grateful to all of you who have spread the word. If you all can find new ways to do this, it would really help!

And this is especially true for those of you in places like the UK and Australia. Over the years, many, many folks in especially Australia (and New Zealand) have wanted to use our materials but were prevented from doing so because of shockingly high shipping costs. Now that our materials are printed by Lulu (which prints locally in Australia) this is no longer the case. We would be thrilled and very grateful if those of you outside the US would make a special effort to tell fellow homeschoolers about us and our new inexpensive shipping rates (people can always put items into their shopping cart to see what the shipping will be).

All feedback on this issue of the Homeschool Journey welcome—and, as always, do forward it to anyone who might be helped or interested.

Til February,
Blessings on your homeschool journey,
Donna