



## **Dabrowski Center**

### **Annual Report**

#### **2022 Activities**

The Dabrowski Center is a 501(c)(3) nonprofit organization with the mission of actively promoting mental health through the application, exploration, research, and dissemination of the theory of positive disintegration. We help alleviate suffering by reframing mental illness through the lens of positive disintegration. The Center is the international home of Dąbrowski's theory, and we encourage people from around the world to reach out to us for help, services, and resources.

Dabrowski Center was formed on February 2, 2022 with three members of the board of directors: Chris Wells, Tina Harlow, and Jason Wells. Our major programs include maintaining an archive of work about the theory, as well as giftedness. We host the Positive Disintegration Podcast, Positive Disintegration Study Group, and a monthly social group for the highly and profoundly gifted. We provide a variety of professional services such as speaking engagements and consulting. This report of activities from the 2022 calendar year was compiled by Chris Wells, PhD, LSW, our CEO and President.

In 2023, we are developing a database of providers who work with the theory of positive disintegration, and we will be bringing together committees of clinicians and coaches to develop best practices for working with gifted individuals of all ages. We are also planning the next Dabrowski Congress, which will be hosted in Denver, Colorado, on July 11-14, 2024. Building a supportive community is a priority for the Center, and we're grateful to everyone who has been with us on this journey. Thank you!

#### **Positive Disintegration Podcast**

The podcast was launched on October 25, 2021, and is hosted on Substack by co-hosts Chris Wells and Emma Nicholson. It is a syndicated podcast available on Apple Podcasts, Spotify, and all other major podcast platforms.

*Episodes released following the Dabrowski Center's formation on February 2, 2022:*

2/7/22: Ep 8: Surviving Disintegration with Chris Wells & Emma Nicholson.

2/27/22: Ep 9: Complexity and Positive Disintegration with Lotte van Lith.

3/20/22: Ep 10: Nature, Spirit, and Disintegration with Eric Windhorst.

3/29/22: Ep 11: Positive Disintegration in Children and Adolescents with Tina Harlow.

- 4/24/22: Ep 12: Gender and Authenticity with Ellie Krug and Tamara Grady.
- 5/10/22: Ep 13: Through the Dabrowski Lens with Amanda Harper.
- 5/26/22: Ep 14: Relationships and Vulnerability with Michele Kane.
- 6/5/22: Ep 15: Creativity and Authenticity with Melissa Bernstein.
- 7/1/22: Ep 16: Overexcitability and Openness to Experience with Shelagh Gallagher.
- 7/30/22: Ep 17: The Highs and Lows of Positive Disintegration with Elizabeth Mika.
- 8/19/22: Ep 18: Engaging Transformation with Rachel Fell.
- 9/18/22: Ep 19: The Challenge of Levels with Stephanie Tolan
- 10/19/22: Ep 20: Values with Chris Wells & Emma Nicholson.
- 10/28/22: Ep 21: GTN Awareness Week with Marc Smolowitz.
- 11/23/22: Ep 22: Nonviolent Communication with Bob Yamtich
- 12/3/22: Ep 23: Explorations in Gifted Diversity with Jennifer Harvey Sallin
- 12/20/22: Ep 24: Through the Lens of Youth with Lance Johnson

### **Positive Disintegration Study Group**

The Positive Disintegration Study Group is connected in a hidden, private group on Facebook, and meets via Zoom once per month for 90 minutes to discuss a topic or reading that is of interest to the group. Chris Wells facilitates these discussions, and attendance ranges between 10-14 members. There is a suggested donation of \$10 per session, and members donated \$1,029.54 in 2022.

*The group met on the following days in 2022:*

2/26/22: Stephanie Tolan joined the group, and she is the author of our reading, “Parents vs. Theorists: Dealing with the Exceptionally Gifted.”

3/26/22: Reading: “Self as Phoenix: A Comparison of Assagioli's and Dabrowski's Developmental Theories” by Elizabeth Maxwell.

4/23/22: The group was joined by guest Michele Kane, and the reading was “The Function of Mystical Experiences in Personality Development” by Laurence F. Nixon.

5/28/22: Michael M. Piechowski joined the group, and he is the author of the reading, “Childhood Spirituality.”

6/25/22: This session was hosted by Chris and Tina Harlow during Chris’s trip to Clark, Colorado, and the reading was “Dabrowski’s Views on Authentic Mental Health” by Elizabeth Mika.

8/27/22: The topic for August was PDA (Pathological Demand Avoidance).

9/24/22: In September the group was asked to watch Chris's Conversations with CAGT video from April and give feedback on the topic "Overexcitability and Neurodivergence" in preparation for the fall conference season.

10/22/22: Reading: *Unmasking Autism* by Devon Price.

11/26/22: Reading: Chapter 4 from Volume 1, "Dynamisms: The Shapers of Development."

## **HG/PG Group**

The HG/PG group was created by Chris Wells and Tracy Winter to meet the need for community in highly and profoundly gifted clients and friends who feel isolated and in need of connection. We have a hidden, private Facebook group for communication in between monthly Zoom sessions. There is no charge for this group.

*The group met on the following dates in 2022:*

4/24/22: Inaugural meeting co-facilitated by Chris Wells and Tracy Winter.

5/15/22: Co-facilitated by Chris Wells & Tracy Winter.

6/12/22: Facilitated by Tracy Winter.

7/10/22: Co-facilitated by Chris Wells & Tracy Winter.

8/14/22: Co-facilitated by Chris Wells & Tracy Winter.

9/11/22: Facilitated by Chris Wells.

10/23/22: Facilitated by Tracy Winter.

12/11/22: Co-facilitated by Chris Wells & Tracy Winter.

## **Panels, Presentations, and Guest Lectures**

2/22/22: Chris Wells gave a guest lecture at the University of Denver for Stacey Freedenthal's class, SOWK 4784: Suicide Assessment and Intervention.

3/12/22: Denver Mensa presentation, Chris Wells & Nicole Mattingly, "Don't "Should" All Over Your Kid: Becoming a Parent-Practitioner." (Virtual)

3/18/22: Gifted Education Policy Symposium and Conference, University of Denver, Panel with Joi Lin, Chris Wells, and Nth Bar-Fields, "Experiences Being Highly and Profoundly Gifted." (Virtual)

4/19/22: Conversations with CAGT, (Facebook Live, YouTube) "Overexcitability and Neurodiversity" with Chris Wells.

5/3/22: Chris gave a guest lecture at the University of Denver, Stacey Freedenthal's class, SOWK 4480: Social Justice Challenges in Mental Health Practice, "Labeling, Diagnosis, & Stigma."

7/18-19, 7/21/22, Dabrowski Congress, University of Denver, Denver, CO. Chris Wells presented a keynote address, "How Did We Get Here? Mentors, Archives, and Building Community" on July 18, and hosted the Zoom sessions on July 21.

7/23/22: SENG (Supporting the Emotional Needs of the Gifted) conference session with Nicole Mattingly, "Don't "Should" All Over Your Kid: Becoming a Parent-Practitioner." (Virtual)

10/3-10/4/22, WATG (Wisconsin Association for Talented and Gifted) conference, Wisconsin Dells, WI, 10/4/22, Chris presented "Overexcitability & Neurodivergence."

10/16-10/18/22: CAGT (Colorado Association for the Gifted and Talented) conference, Loveland, CO, 10/17, Chris presented "Overexcitability & Neurodivergence," 10/18, Chris and Nicole Mattingly presented "Don't "Should" All Over Your Kid: Becoming a Parent-Practitioner."

11/17-11/20/22: NAGC (National Association for Gifted Children) conference in Indianapolis, IN. Chris was on a panel with Anne Rinn & Erin Miller, "Overexcitabilities: Important, Imaginary, or Irrelevant?" Chris Wells & Nicole Mattingly presented "Risks of High Achievement."

11/30-12/2/22: TAGT (Texas Association for Gifted and Talented) giftED22 conference in Houston, TX. On 12/2, Nicole Mattingly, Melanie Meyer, & Chris Wells presented "Averting Potential Risks of High Achievement."

12/6/22: CIVIT: 3<sup>rd</sup> Annual International Intelligence and Talent Summit Online Conference in Spain and Latin America. On 12/6, Tina Harlow presented, "Depression in Bright Children."

### **Guest Appearances**

3/24/22: Chris Wells & Emma Nicholson were guests on the Our Gifted Kids podcast with Sophia Elliott, episode #048, "Why You Need Dabrowski."

8/12/22: Chris was a guest on the Conversations on Gifted Trauma podcast with Jennifer Harvey Sallin, episode 12, "Giftedness, Positive Disintegration & Mental Health."

9/9/22: Chris was a guest on the Innov&Crea podcast with Anne-Julie Vallée, episode 11, "Positive Disintegration Theory VS Creative Process."

11/22/22: Chris was a guest on the Een Intense Reis [An Intense Life] podcast with Marije Hofland, "The Theory of Positive Disintegration as a framework to become your authentic self."

## **Other Activities**

- Chris Wells contributed 26 pro bono consulting and mentoring hours.
- Chris Wells worked as a Facilitator at Yunasa West, June 9-19, 2022.
- Jack Wells is working with Chris as the archive assistant, and he has been scanning documents and cataloging the books donated by Ellen Fiedler.
- The Dabrowski Center logo was completed by Eric Vorm. Eric also built the Center's website and is serving as webmaster.
- Chris is an admin in three Facebook groups: **Parents of Gifted and Twice-Exceptional Kids** (with Kate Arms, Jen Merrill, Stephanie Smart, & Jen Curry), **Positive Disintegration Study Group** (with Marni Kammersell), and **Therapists and Coaches Supporting Gifted and 2e Clients** (with Katy Higgins Lee).
- Podcast transcripts were professionally transcribed, edited, and made available for episodes 1-9, 16 on the Dabrowski Center website.
- Chris Wells reviewed papers for Gifted Child Quarterly and SSM—Qualitative Research in Health. She also reviewed proposals for NAGC 2022 (Conceptual Foundations Network) and the 2022 Dabrowski Congress.

## **Dabrowski Center Team**

Chris Wells, PhD, LSW, CEO & President

Tina Harlow, MSW, LCSW, Secretary

Jason Wells, Treasurer

Emma Nicholson, Positive Disintegration Podcast co-host

Eric Vorm, PhD, webmaster

Jack Wells, archive assistant

Tracy Winter, PhD, co-facilitator, HG/PG group

## **Follow us on social media**

*Dabrowski Center links:*

Facebook page: <https://www.facebook.com/dabrowskicenter>

Instagram: <https://www.instagram.com/dabrowski.center/>

Twitter: <https://twitter.com/DabrowskiCenter>

YouTube: <https://www.youtube.com/@dabrowskicenter>

*Positive Disintegration Podcast links:*

Facebook: <https://www.facebook.com/positivedisintegrationpod>

Instagram: [https://www.instagram.com/positivedisintegration\\_podcast/](https://www.instagram.com/positivedisintegration_podcast/)

Twitter: <https://twitter.com/DabrowskiPod>

\* This report was submitted to the board of directors and approved on January 17, 2023.