



Paul Dunne - Psychologist

In encouraging Des Bowman to continue his work, I recognise there are thousands of resources available on depression and just as many focusing on self-harm and suicide ideation, however what is available and what is user friendly is a matter for debate. As a Psychologist who has worked with young people for some twenty years, and someone who has worked in domestic and family violence and in the arenas of self-harm and suicide, I am impressed with the approach Des Bowman has taken in his presentation.

The first step in addressing any problem is recognising it for what it is and acknowledging that just because someone has an issue in their life does not mean they are broken nor is something innately 'wrong' about that person. This is about taking personal responsibility for our problems without the blame and shame. At the same time we also need to take ownership of our uniqueness and personal power to create a life of joy. There are many different resources, techniques, strategies, professionals, and support people available to address the emotional challenge we as humans experience, but first we must want to change.

The initial challenge is for each of us to recognise and acknowledge there is a problem. The second stage is to decide to do something about this 'thing' causing us so much grief. Finally, it is most important to appreciate that this is not my 'fault' nor am I broken. The reality is we all have established programs in our inner mind from past experiences. These programs have us react and respond in ways that feel painful.

Des has presented his story through his personal presentation and his books in such a way that it allows an individual to recognise the presence of these programs, and it is when individuals have this recognition healing begins to take place. This healing is a gentle way of guiding individuals to be free from illicit substance and alcohol abuse, as well as freedom from violent and suicidal behaviours. Now Des is providing a multimedia approach which will appeal to a broader audience and remain user friendly. Des's presentation and the intended film of it are down to earth and combined with his books, are a valuable resource to people regardless of age, occupation, gender, or race.