



Xenia

Monthly Newsletter



November

Welcome back to another issue!

We are super excited to share what we have going on!

Mindful Moment

As we get into this wonderful time of year of self-reflection, we should take time to practice noticing the feeling of Gratitude, and in doing that we will give ourselves room to regulate and find more contentment in our lives.

Gratitude Practice:

Instead of just listing things you are grateful for, write down all the letters of the alphabet on the left side of a piece of paper.

Mindfully think of things for each letter that brings you that feeling of gratitude.

Notice: Where do you feel gratitude in your body?
Is it a calm feeling? An energetic feeling? Is it in your chest or your shoulders?



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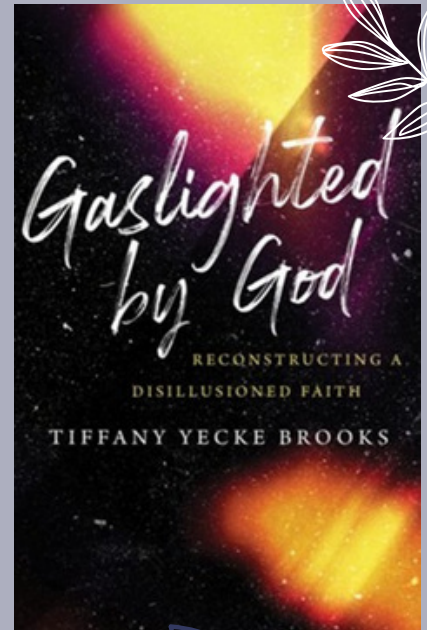
Book of the Month

November's Book of the Month is...

Gaslighted By God Reconstructing a Disillusioned Faith by Tiffany Yecke Brooks

November and December tends to be a time full of tradition, steeped in religious roots. For many, that's a wonderful thing. For others, this time of year is a painful reminder of our past, those that have hurt us, and something that we once believed. Knowing all of this, we've chosen this book going into the Holiday Season. *Gaslighted by God* is about when faith is used to manipulate, abuse, discourage earnest questions, or dismiss our experience and what happens to faith as a result. The book is also about what faith can look like on the other side when you are authentic and choose to meet God on your own terms.

-Taylor Madsen, LMFT-S



New Staff!

We have recently added to our team!

Meet:

Joe Grant!

Joe has joined the Xenia team to help us compile and research all the data we have been collecting about Neurofeedback! He helps us look at trends in Neurofeedback use with clients, and over-all trends in the clinic. He's been able to help us see what diagnosis are benefitting from consistent use.

"Mental health has made large strides within the last 20 years. Back in the day it has had such a stigma of it being not necessary or a bad thing and "we just bottle up our emotions" and then have it explode. In our current generation/society it is become such a relief that people can just go to someone to just talk too or work out problems that we wouldn't feel comfortable dealing with otherwise.

I look back on the person I was back in the day and to the person I am today and am grateful for the journey that I have been to work on my own mental health, even though it's been hard, I am grateful for the journey."

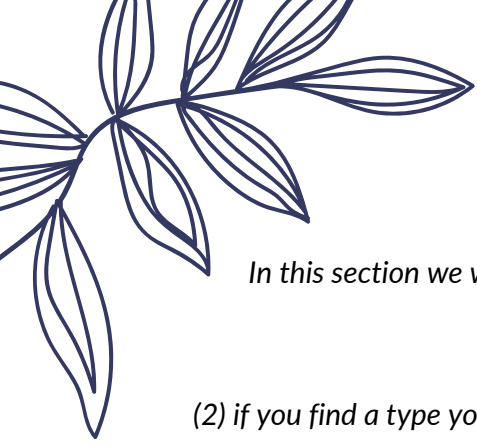


Joe enjoys to spend time with his dog, an Irish Setter named Charlie (as well as his two new dogs, the Sheepadoodles Maggie and Olive). He also loves going to the Gym, Fishing and working on his wood-working projects.

Fun Fact, he actually just got married to our Owner/therapist Hailey Maire, LCSW!

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In this section we want to help our clients understand the different therapy types out there!

We focus on a new type to help you understand

(1) what your therapist is talking about and

(2) if you find a type you're interested in, you can bring it up to your therapist to try out next session!

This month's therapy insight is on:

Positive Psychology

Positive Psychology is the science of what makes people happy. Therapists trained in Positive Psychology can assess the baseline happiness and help someone view their past more positively as well as engage in tasks to become happier day after day. Therapists not trained in Positive Psychology may view mood as a matter of coping skills to be learned and hope for the best rather than something we know a great deal about from research and specific tools to use. Ask your therapist if they're trained in Positive Psychology!



Policy Reminder

Just as a reminder that as schedules are changing, holidays and vacations are approaching, to be aware of your therapy sessions! Therapists are often paid by the session as we do in our office, so to respect their time and yours we ask you to look over your therapy appointment schedule for the next few months and inform them of any conflicting issues!

48 Hour Cancellation Policy

We request 48 hours notice for cancellations. *Unless in cases of extenuating circumstances (as identified by the therapist)* client will be charged the full price of the session with late cancellations.

Cancellations made prior to this window will have no penalty.

The timing of cancellation is important to help 3 things: the therapist to know what availability they have, the client to know they have consistency with their therapy, and clients who need appointments the time to have those.



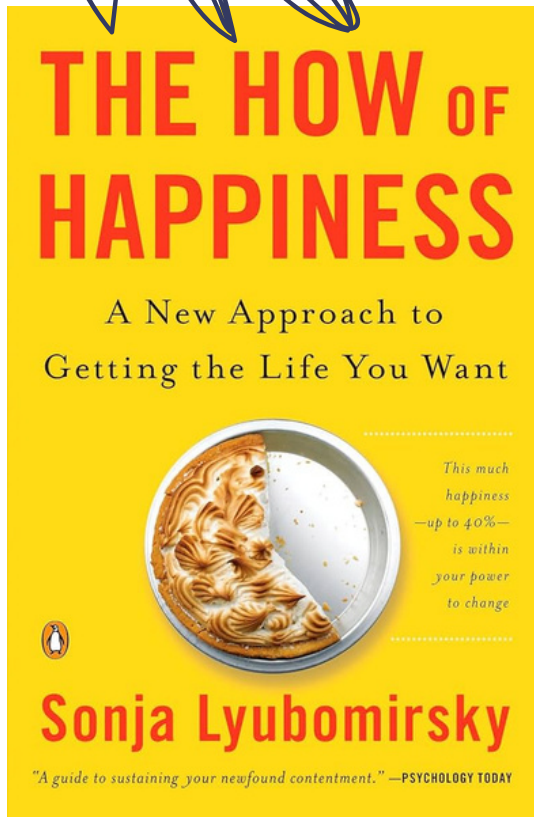


October Book Review

The How of Happiness

The How of Happiness has twelve activities to boost your happiness with studies and examples showing how to go about them. One of the activities is being kind to others.

Women with MS were divided into two groups for three years. One group would receive support calls from other women with MS while the other group would make the calls. The women who made the calls were trained in empathy and listening. The group who received the calls were expectedly a little happier but those that made the calls and helped others? They were seven times happier than the women who were helped despite everyone having MS. One of the helpers even shared, "There's no cure for MS, but I really feel that I'm able to handle whatever comes my way."



Sonja, the author, also explains what research shows about gratitude. "Gratitude bolsters self-worth and self-esteem. When you realize how much people have done for you or how much you have accomplished, you feel more confident and [effective]...Gratitude helps people cope with stress and trauma... Indeed, traumatic memories are less likely to surface--and are less intense when they do--in those who are regularly grateful."

In the rest of the book, Sonja explores how to be more positive, avoid overthinking, maintain friendship, cope effectively, forgive, go with the flow, enjoy the moment, and quizzes about how happy and depressed you may be currently. Perhaps the biggest take away I have from this read-through is that circumstances don't affect happiness much at all. People get used to good circumstances and bad circumstances shockingly fast. So that thing you're hoping will change like your waistline before you'll be happy? Won't actually make you happy. But things you do daily like gratitude, helping others, using coping skills will.

-TAYLOR MADSEN, LMFT-S