



Xenia

Monthly Newsletter



February

DBT Skill

Self Sooth with the Six Senses!

Vision, Smell, Touch, Hearing, Taste and Movement

Vision- Go to your favorite place and look at all around you, look at your favorite photos on your phone, zone out on a painting you like, notice the people around you, see the colors or nature.

Smell- Use your favorite lotion or body wash, make chocolate chip cookies, smell fresh brewed coffee, go past your favorite flower bed.

Touch- Take a warm shower, feel the texture of your favorite sweater, notice how it feels to pet your dog or cat or hamster, notice the temperature of ice in your cup.

Hearing- Listen to your favorite song, pay attention to the sounds in the room around you, hum along to the radio.

Taste- Eat your favorite candy, drink your favorite drink, choose a different flavor of ice cream, notice what you are eating and eat it one thing at a time!

Movement- Rock back and forth, do stretches, work out at the gym, notice what those movements feel like in your body.

Table of Contents:

DBT Skill-	pg 1
Book of the Month-	pg 2
Therapy Insight-	pg 2
Therapy Insight cont.-	pg 3
Therapist Training-	pg 3
January Book Review-	pg 4

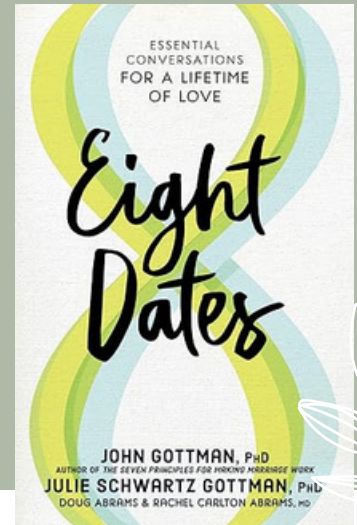


Eight Dates:

Essential Conversations for a lifetime of love

John Gottman Ph.D, Julie Schwartz Gottman PhD, Doug Abrams,

This book covers eight topics that all couples need to talk about but sometimes don't know how to navigate: conflict, sex, commitment/trust, fun/adventure, family, growth, spirituality, and dreams. The best dates bring us closer to our partner and diving into these discussions will help you come to know yourself and your relationship better than ever!



Therapy Insight

This month's therapy insight is on:

Contextual Therapy

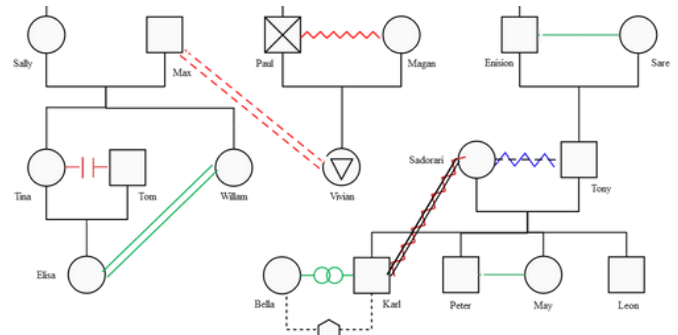
Contextual Therapy was pioneered by Ivan Boszormenyi-Nagy and Barbara Krasner. These two believed that therapy can't be done in isolation; it's not enough for individuals to come into a session and give a stream of consciousness like they did with Freud. They believed that our relationships are so influential to who we are that they can't be ignored in therapy. These two even went a step further to say that relationships are influential across generations and patterns in relationships can be passed down from one generation to the next.

One of the most important interventions in Contextual Therapy is to make a genogram, a special family tree to mark out the relationships with each family member. Together, the therapist and client look for patterns that may be playing out across time.

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!*



For example, some families have a pattern of parentifying the older children and infantilizing the younger children. (Parentifying means a child is overburdened with responsibilities and doesn't have the chance to be a child. Infantilizing means treating a person like they are less capable than they are; this often takes the form of helicopter parenting or rescuing rather than allowing a teen or adult to experience the consequences of their own mistakes.)

Therapy Insight Cont.



During the course of exploring family dynamics in individual therapy (or couple's and family therapy,) clients explore options regarding their contribution to the patterns in the family. Clients may recognize how they've been mistreated and the ones who mistreated them were mistreated in turn. We become more empathetic as we see how others may have grown up or been treated and may feel like forgiving a person, though we may still need boundaries for safety.

In short, this therapy is called "Contextual" because it is the context of our lives that matters so much.

-TAYLOR MADSEN, LMFT-S

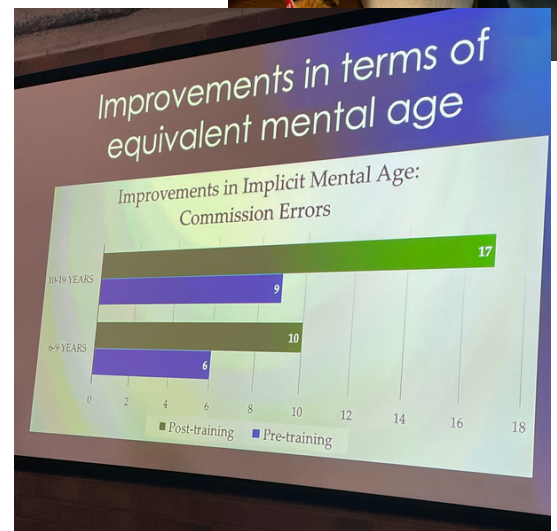
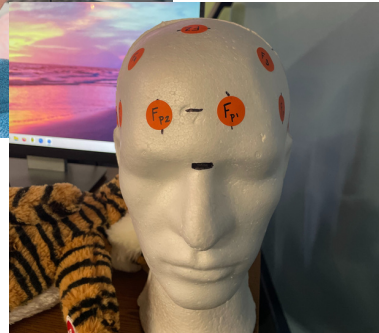
Training Spotlight

Last month Hailey got to attend Neurofeedback Training!

This past month I was given the opportunity to travel to California for an intensive week long Neurofeedback training! It was honestly one of the best trainings I have ever attended. This was put on by the EEG Institute and trained in the Othmer Method for Neurofeedback.

One of the biggest takeaways was that the brain is even more powerful than we realize. It holds the formulas to SO many of our bodies functions/reactions. I was able to learn more in depth of ways we can use Neuro training to help our clients. It was so interesting to learn the part of the brain with their responsibilities, and how we can help train the brain to see better functioning.

I'm bringing a lot of take-backs with me to implement in the office so you'll see changes, and I'm excited for all that will bring!



January Book Review



Changing for Good

by James O. Prochaska, PhD, John Norcross, PhD, Carlo DiClemente PhD



"Life itself is change"

A lot of individuals classify themselves as people who "hate change". Change can be VERY uncomfortable, there is no doubt about that. One thing we need to remember however is that Change is ever constant. It's the one thing we can count on in life. The message we get that "change is bad" needs to be re-written. In its place we need to learn it's not the fact we *have* change, it's how we work *through* the change that can make it difficult or not.

I'm going to highlight just a few areas this book covers.

The Science: The Process of Change

"In change, as in many other aspects of life, timing is everything. You will apply different processes to your problems at different stages of change"

Timing is important as we strive to make changes. We can't rush a process, or try to input processes that are better suited down the road. If we are learning to bake a cake, we can't save time and decorate a cake while it is still batter. We have to wait for the cake to go through baking and cooling before we can attempt to start that stage. We are like cakes in that way (no that wasn't a fat joke). We often are trying to jump to the "decoration" phase of life, or even the enjoyment phase before we have done the phases that require waiting.

"What is it that is appealing about the pre-contemplation stage that so many people struggle to stay in it? For one thing, it feels safe. You can't fail there. It frees you from the demands of time- you can change some other day, not now. It also frees you of guilt. If you can avoid thinking about bad habits, then how can you begin to free guilty about them? "

One of the biggest things we encounter with those trying to make change is the issue of what stage of change they are. There is no shame in being in an earlier stage than you thought, through finding this out you give yourself a *better* chance for success!

-HAILEY MAIRE, LCSW