

Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and the Larimer Center for Mental Health

Mystery in Depth Psychology

Submitted by: Rebekah Knight-Baughman, Ph.D.

The father of all psychology, Sigmund Freud, was the first to consider hidden parts of the human psyche. He coined the terms “unconscious” and “conscious” in the development of his psychoanalytic theory. If I could ask Freud any question, it would be, “How do we remain open to both the conscious and the unconscious aspects of being human?” Given that this conversation is not likely to happen any time soon, I wish to engage readers in a conversation concerning this depth psychology. I suggest that we are only able to hang between the known and the unknown when we dwell in a place of mystery. For the minds way of revealing some knowledge to and hiding other knowledge from us, is an incomprehensible process.

The conscious is that which is known to us. Conscious knowing can be defined as objective or subjective in nature. Objective knowing is an awareness of facts that lead us to a logical conclusion. Subjective knowing is an internal understanding of our reality as people. As care providers in relationship with our clients, we are required to exercise mastery and competence, forms of objective knowledge, while remaining mindful of the personal narrative, or subjective knowledge. Mystery facilitates the perpetual openness to that which we are objectively and subjectively cognizant of.

In contrast to the objective and subjective knowing of the conscious mind, the unconscious is generally concealed from our awareness. Depth psychologists prefer that the unconscious is occupied by introjects, or unseen internalizations of messages given to us by others in childhood; unidentified beliefs; unrecognized patterns of relationships; and other undiscovered pieces of the self. We may remain blind to some of these parts of ourselves and our clients, while we may

become intimately acquainted with others. These unconscious facets may surface into the conscious and become known via the mystery involved in the dynamic and unseen interplay between client and therapist.

Therapist and client traverse the indefinable plane between the unknown and the known. The human connection gains dimension and depth as we wade through the conscious and the subconscious, and we acknowledge the mystery of it all. Mystery is our enigmatic base from which we observe the conscious and the unconscious. It seems that the more we accept mystery, the more open to the known and the unknown realities we become. In ambiguity we gain faith in the process. We become okay with the fact that some things will emerge into our awareness and others will not. Outcomes dwindle in importance and mystery allows for a more fluid, nonjudgmental compassionate connection in the therapeutic process. As therapists, we cultivate an appreciation for the course of mindful inquiry into the oftentimes incomprehensible. An acceptance of mystery is evident when we come to peace with the idea that we are both able and unable to know aspects of the self.

The therapeutic process entails a strange exploration of the conscious and the unconscious. In order to remain open to these two psychic spheres, we must humbly return to the mystery between them. Therapists model an acceptance of mystery, while the client unfolds his or her personal narrative. Mystery serves to amplify the client’s voice. In the process of talk therapy, we anchor ourselves in the mystery of what will emerge into consciousness and what will remain hidden from



(continued on page two)

In this issue

Mystery in Depth Psychology.....	1-2
Part-time/Relief Clinicians Wanted.....	2
Resources for the Community.....	3
Girl's Clothes Drive-Beyond the Mirror.....	4

We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

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Professional Bulletin Board online:
www.healthdistrict.org/connections

Connections is published 6 times/year. The purpose of *Connections* is to offer information on current therapy groups and services in the community; provide updates on services available through the Connections Program; and offer a place where information on community happenings of interest to mental health and human services providers can be shared.

Submissions are welcome. E-mail them to Carrie Husted at chusted@healthdistrict.org by the following deadlines:

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Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. Thank you.

(continued from page one)

awareness. The late John O'Donahue (1999) states, "When we know something, we come into relationship with it." By allowing for mystery, profound intrapersonal and interpersonal insight may develop.

Coming into awareness of what was once hidden may be emotionally healing. Even more corrective is the commitment to staying the course when understanding eludes us. Freud may have supported my assertion that mystery assists us in tolerating the unpredictability of the conscious and the unconscious. We won't know his position on this. However, we do know that as we sit with clients and facilitate the playful exploration of any domain of his or her world we embrace the mystery of depth psychology.

Rebekah Knight-Baughman, PhD, MAT is a licensed clinical psychologist with a private practice in Fort Collins. She specializes in spirituality, eating disorders, and trauma. Please contact her at (970) 232-4206 or rjkbaughman@yahoo.com if you would like to dialogue about this article or other topics.

Part-time/Relief Clinicians Needed at Mountain Crest/Crisis Assessment Center (PVH)

**Help
Wanted**

Relief staff are very important to the overall functioning of our services at Mountain Crest/Crisis Assessment Center at Poudre Valley Hospital. They fill gaps in scheduling and give the employee lots of flexibility over when they work. They can even get almost full-time hours if they want to. One of these relief positions would be assisting Kathy Forrest with the Mobile Assessment Team.

Requirements:

- 1) Clinical license (you must be able to sign a mental health hold); and
- 2) You must be willing to work occasional night shifts in the ER.

The person who will help the Mobile Assessment Team probably would not have to work any overnight shifts, but must be available on call sometimes until 11:00 p.m. or midnight.

This job would be a great supplement to a private practice; or would be great for someone wanting to pick-up some extra work (or for someone looking for part-time work).

If you are interested or want more information, please contact Kathy Forrest at (970) 310-3334.

Resources for the Community

Group Supervision



This is an ongoing group providing supervision for people who need hours for licensure. Space is limited. This group meets two time per month for an hour each time.

The cost is \$35.00 per session. The location is in Old Town, Fort Collins. There are two facilitators: Rachel Isenberg, LCSW, ACSW and Maggie Tibbitts, LCSW.

If you are interested in participating in this group, please call Rachel at (970) 490-6851 or Maggie at (970) 988-4173.



The Bumpy Road to Independence: Psycho-Educational Support Group

It is difficult for parents of adult children to know how to be appropriately supportive, especially in the current economy. If you know people who are working with this developmental issue, please let them know about -*The Bumpy Road to Independence* – a psycho-educational resource forming now. This group will offer a safe place to discover what is healthy for each family. Issues of boundaries, reasonable expectations, and how to identify and work with possible unfinished business will all be covered in a supportive and skilfully facilitated environment.

When: Monday evenings, September, October and November

Contact: To find out more call (970) 484-7868 or email carolyn@insightforchange.com Carolyn Bartlett, LCSW, or visit www.insightforchange.com

Remember to check out www.healthinfosource.com for up-to-date provider listings and local health care, mental health and substance abuse classes and events.



Girl's Clothing Drive

It is time once again to collect funds for our GIRL'S CLOTHING PROJECT for girls with low-income. Starting Jr. High & High School is SO hard anyway without worrying about "fitting in."

Many girls struggle with poor body image & self-esteem. When someone has a negative body image, they perceive their own body as being unattractive or even repulsive to others.

Having the "Right" clothes doesn't fix this by any means however, it does help. Worrying about not having clothes that fit & not being able to afford clothes, makes it even harder to concentrate in school.

Beyond the Mirror, a local Counseling Center for Women and Youth will be collecting donations or gift card-from the clothing store of your choice. Each client will receive a gift card(s). Our goal is to have \$100/client (Clothes are so expensive these days).

Funds will be distributed to clients of Beyond the Mirror as well as clients of other local non-profit organizations that work with youth.

If you know of a girl in need of this service or if you would like to donate, contact Jen Amaral-Kunze by email at

beyondthemirrorcounseling@yahoo.com or call (970) 402-8543.

You can find more information about Beyond the Mirror's services at: www.beyondthemirror.org



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mental health & substance abuse resources

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If you wish to be removed from the *Connections* mailing list, your address is wrong, or you would like to receive the publication via email, contact Carrie Husted at chusted@healthdistrict.org or call 970-494-4370.