

Connections

The Newsletter of the Connections Program

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

If You Talked to Me Like I Talk to Me, I Wouldn't be Your Friend

By: Paul Chubbuck, M.S., S.E.P

Question: Why am I often angry with myself? Why do I fail to live up to my expectations?

Answer: Did you have highly critical parents or older siblings? Was there a lot of chaos, power-struggling, neglect, or abuse in your family when you were growing up? Children instinctively assume that such turmoil was their fault. You probably thought, "if I can only be better, Mommy and Daddy will love me and I'll feel safe."

If a child's needs are not met, she/he has few options. She can try to figure out what would make those around her meet her needs better. Sometimes this works. A child who smiles brightly and makes eye contact may influence her mother to embrace her and bond better with her. However, in a family that is co-dependent or where addiction is present, the child's best efforts won't work, through no fault of their own.

If that was your experience, you figured it was your fault. You couldn't have had the perspective to think, "My parents are just troubled and immature. They don't know how to take care of me. It's not my fault."

Instead, you just kept trying to do better and you felt unlovable when that didn't work. You felt that if you could only figure out what was wrong with you and how to change it, then you could fix it. And you learned to criticize yourself harshly when it didn't work. Maybe you thought that if you criticized or even hated yourself first, you wouldn't feel so hurt by others' criticism.

Once this pattern of self-criticism gets started, it tends to persist and become unconscious. You may not hear the way you talk to yourself anymore, but you sure do feel the effects. You feel it in your emotions and your body just as if someone else said those mean things to you. Then at least you'd know who said it and you

could choose to walk away. When the "voice" is inside you, you tend to accept it without question.

You're not stuck with this mean, self-hating voice

A lot of different things can help, like meditation, and consciously treating yourself more kindly, etc. But if I were to give you the most promising short cut, it would be the following exercise.



The Heart Touch

Whenever anyone compliments, praises you, or acknowledges you in any way, even with a mere nod, or politeness, touch your heart and say "thank you." Don't apologize or reject it in any way. Touching the heart is a reminder

to get out of your head. Accepting the praise is breaking the habit of feeling un-praiseworthy. To make it most effective, pause to feel each time. Take a breath. Allow the praise or acknowledgment into you.

Remember that your tendency to talk unkindly to yourself has gone on for years. It won't cease quickly, but an exercise like this can definitely make a difference. If you'd like more great tips, I recommend Cheri Huber's book "*There Is Nothing Wrong with You: Going Beyond Self-Hate.*" Remember, you are worth it.

Paul Chubbuck, M.S., S.E.P, provides therapy at his private practice, Releasing the Past. He specializes in Somatic Experiencing and Somatic Trauma Resolution. Paul Chubbuck is the author of "Releasing the Past: Four Keys to Healing from Trauma, Abuse, and Loss". If you would like to learn more about Paul Chubbuck's practice, you can visit his website at www.releasingthepast.com.

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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 Emily Leetham at eleetham@healthdistrict.org by the following deadlines:

NEXT EDITION: Mar/Apr 2012
Article Deadline: February 15, 2012

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.

Resources for the Community

10 Tools to Live Your Life Well

- 1. Connect with others**—Fight stress with friendship. Learn how to strengthen old bonds and build new ones.
- 2. Stay Positive**—Changing your thinking can change your life. Take steps to increase your optimism.
- 3. Get physically active**—Exercise can make you happier. It can decrease stress, anger and tension. It can also reduce anxiety.
- 4. Help others**— Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer.
- 5. Get enough sleep**—Being tired can hurt your health and your relationships. Experts suggest that adults get seven to nine hours of sleep a night.
- 6. Create joy and satisfaction**—Feeling good is good for you, so have a laugh, find a hobby or just kick back.
- 7. Eat well**—The right foods can fuel your mind, boost your mood and fight disease.
- 8. Take care of your spirit**—Praying, meditating, or just connecting with your deepest self can enrich your life.
- 9. Deal better with hard times**—Coping tools can help you through a rough patch. Consider these tips: Write it out, tackle your problems, shift your thinking and/or get support.
- 10. Get professional help if you need it**—Don't hesitate to seek professional help. Mental Health Professionals can help you come up with plans for solving problems, feel stronger in the face of challenges, change behaviors that hold you back, heal pains from your past, figure out your goals and build self-confidence.

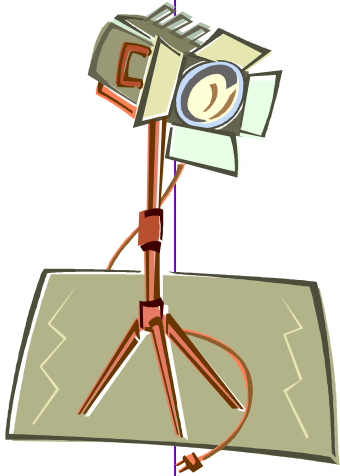


To learn more about these tools, please visit
www.liveyourlifewell.org.

Source: www.liveyourlifewell.org from Mental Health America

Resources for the Community

Therapist Spotlight—Love of Christ Ministries, Inc.



Love of Christ Ministries, Inc. (LOCM) is a faith based counseling organization with the purpose of "Ministering to those who hurt" (2COR 1:3-5). It is run by Steven and Janine Gonzalez and is located in Wellington, CO. LOCM offers traditional psychotherapy and/or Christian counseling. Faith based therapy integrates psychotherapy with the exploration and implementation of Biblical principles. Clients may choose from traditional or Christian counseling with the option to change at any time. LOCM was started in 1995 and exists to bring love and support to children, adolescents, adults, couples, and families.

Steven Gonzalez, LCSW, has over 35 years experience providing traditional therapy and Christian counseling working with children, adolescents, adults, married couples, premarital couples and families. Steven has worked in community development and the juvenile justice system and has worked with survivors of domestic violence. Most recently before starting LOCM, he worked as a child therapist in a school based program. Steven works on various issues related to post traumatic stress, adult survivors of sexual abuse, adult children of alcoholics, marital and pre-marital issues, spiritual issues and much more.

Janine Gonzalez, LCSW, has over 20 years experience providing traditional therapy and Christian counseling to youth and families, working with community outreach services. She has seven years experience working in Early Intervention (children from birth to age three with developmental delays). Janine has worked with the geriatric population and their families on issues of aging, loss and long term care decisions. Janine recently worked as a medical and psychiatric social worker. Janine concentrates on such various issues as depression, adjustment, anger, stress management, teen issues, parenting issues, premarital counseling, domestic violence, caregiving, grief/loss, spiritual issues and much more.

Love of Christ Ministries brings care to those who are experiencing spiritual, mental or emotional pain and suffering as a result of past or present circumstances.

An Evening of Remembrance—Winter Memorial Service

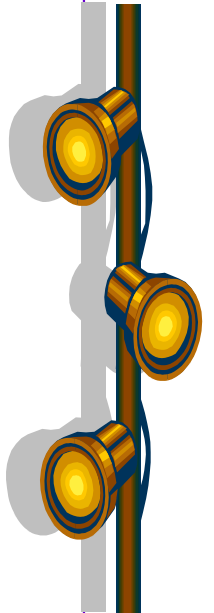
The community is invited to Pathways Hospice for an evening of remembering loved ones. The service will include a slide show honoring loved ones, a message from a hospice staff member and special rituals of remembrance.

When: Monday, January 9, 2012 at 5:30 p.m.

Where: 305 Carpenter Road
Ft. Collins, CO 80525

Cost: No Fee, No Registration Required

For more information, please call Pathways Hospice at (970)663-3500.



Resources for the Professional

Group Supervision

This is an ongoing group providing supervision for people who need hours for licensure. Space is limited. This group meets two times 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.

Andrea Holt, LMFT, CAC III, EMDR II, is providing a Supervision Group for LMFT, LPC, and CAC. This meets the second Tuesday of each month.

Time: 9:00 a.m.-11:00 a.m.

Location: 612 S. College Avenue, Suite 23
Fort Collins, CO 80524

Cost: \$30-35 per hour (\$60-70 for the 2 hour block)

Contact Andrea at (970)691-9007 for more information and to check availability.

• c o n n e c t i o n s •

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 Emily Leetham at eleetham@healthdistrict.org or call 970-494-4370.