

# THE GENESIS THERAPY CENTER

Autumn 2010

## Gratitude for Our Military Personnel

By Larry Nash, MA, LPC

The holiday season is around the corner, and even in these troubled economic and political times, there is much we can be thankful for. In this newsletter we want to acknowledge how thankful we are for the men and women in our country who place themselves in danger and protect us every day. We expect and hope that our government will give them all of the support they need. We know that their families certainly do, and that there are others in the community who also want to show their gratitude.

Caring for someone can be a sentiment, but caring is far more powerful when it becomes an action. I like the notion that “love is a verb.” A good way to express care/love is to take action. Any “action” taken to support those who were, or are, “in action” is a sign of gratitude and respect. All of us can educate ourselves on the effects of combat, and learn what role we can play to support the people who protect us. Sometimes our role may be direct and personal; other times, it may be to guide a loved one to a professional who can provide services that are needed. There is no greater gift to our service men than our appreciation.

## Return to Civilian Life

By Jared Eaton

In the military, individuals spend 8-12 weeks in basic training learning how to be a soldier, airmen, sailor, or marine, but spend only 8 hours learning how to return to civilian life. They get thorough training to prepare for military service, but are given very little preparation for adjustment back into civilian life.

Unlike most jobs in the world, being in the military is a way of life rather than just a job or a career. When a military person leaves their job, they are leaving behind the new person they have become. They are expected to shift back to civilian life without any difficulties. The military teaches them to be a part of a team and to rely upon each other for protection. They operate as a unit; everything they do is dependent upon and affects the others. However, once they rejoin civilian life, they are expected to return to being an individual and to look out for themselves.

Separating from the group and becoming an individual can cause a soldier to feel guilty about not being there to protect their team. These feelings of guilt can bring significant stress to the person. However, these feelings are normal and can motivate returned soldiers to give back to the group in other, creative ways that continue to support the group while maintaining one’s individuality. Sending care packages to deployed soldiers, volunteering in various ways to support the troops, working to change the stigma associated with counseling, or giving back to the community through volunteer programs such as Big Brother/Big Sister are all ways to continue to support the group, as well as one’s own individuality



The Genesis Therapy Center's

7th Annual

KidPower Benefit

Oct 23, 2010

Check website for further information

\*The Genesis Therapy Center is a 501c3 non-profit organization. \*Tax ID#: 363508233  
Please contact the Administrative Office in Oak Forest at 708-535-7320 if you wish to make a tax-deductible donation.

## PTSD: Signs and Symptoms

By Jenifer Ernst and Joleen Hartland MS, LCPC

We frequently hear about troops returning from Iraq and Afghanistan suffering from PTSD. PTSD, or Post Traumatic Stress Disorder, is an emotional illness that usually develops as a result of a terribly frightening, life-threatening, or otherwise highly dangerous experience. PTSD sufferers re-experience the traumatic event or events through nightmares or flashbacks. They tend to avoid places, people, or other things that remind them of the event and are likely to feel threatened by everyday situations. They often develop general numbing of emotional responsiveness and frequently remain in a state of hyper arousal which leads to difficulties with sleep, poor concentration, irritability, and problems with anger. Treatment includes talking with an experienced therapist and other soldiers about the trauma, understanding the illness to reduce the stigma it carries and learning to manage the symptoms of PTSD. In addition, there are some medications that can alleviate some of the symptoms.

In the 2008 RAND study, "Invisible Wounds of War," almost 20 percent of Iraq and Afghanistan veterans screened positive for PTSD or major depression. Multiple tours and too little time for rest between deployments significantly increases psychological injury. Suicide rates are a major problem as well. According to the website [ptsdcombat.blogspot](http://ptsdcombat.blogspot), 15 percent of all military casualties result from suicide. The debilitating effects of the trauma can lead soldiers and veterans into a downward spiral of drug and alcohol abuse, homelessness and failed marriages.

Unfortunately, soldiers and marines feel stigmatized about receiving treatment for PTSD or psychological injury. More than half of the soldiers and Marines in Iraq who test positive for psychological injury report concerns that they will be seen as weak by their fellow service men. One in three worry about the effect of a mental health diagnosis on their career. Consequently, many do not seek out the help they need to return to a full life. We as a country can support our soldiers and marines by diminishing this stigma and encouraging those who have sacrificed so much to get the help they need.

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

**Albert Schweitzer**

### Upcoming events:

The Genesis Therapy Center will be offering a variety of programs for adults and families in our Oak Lawn location. The programs included will be:

**Coping with Work and Family Stress:** a 12 week program for adults on managing stress

**PREP:** a six week couples program helping couples maintain high levels of functioning and prevent marital problems from developing

**Guiding Good Choices:** a five week drug use prevention program for parents of children ages 9-14 years

**Strengthening Families Program:** a family skills training program for increasing resilience and reducing risk factors for behavioral, emotional, academic and social problems in children ages 3-16.

Program Contact Person is Kim De Jong  
708-535-7320 Ext. 46

### CEU Trainings

Oct 29 2010

**Forgiveness in Psychotherapy**

Presenter: Deborah Weaver LCSW

**Issues related to LGBT**

Presenter: Molly Herron LSCW

**We offer ongoing support groups for parents and ongoing social skills groups for children.**

Please call 708-535-7320 to get more information on locations and times.

### The Genesis Therapy Center

Administrative Office

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We're on the Web!

Visit us at: <http://www.genesistherapy.org>

E-Mail: [info@genesistherapy.org](mailto:info@genesistherapy.org)

#### Other Locations:

Chicago, IL

Hyde Park  
5600 S Woodlawn

Chicago, IL

30 N Michigan

Downers Grove, IL  
4832 Main Street

Oak Park, IL  
1010 Lake Street

Schaumburg, IL  
930 W. Higgins Rd.

Aurora, IL  
31 S Edgelawn Drive

Oak Lawn, IL  
9411 S 51<sup>st</sup> Ave.

Oak Lawn, IL  
5201 S 95<sup>th</sup> Street

\* Polish and Arabic  
speaking therapists  
available at this site