

New Beginnings



Small Steps the Kaizen Way

By Julie Mueller, LCPC

Have your New Year's resolutions crashed and burned? You're not alone. People often set high, unrealistic goals to achieve in a short period of time. This can be a set up for failure and discouragement. Taking small steps toward continuous improvement can be a much better, motivating process. The concept of Kaizen (meaning constant and steady, small improvement) is a Japanese term that has been circulated among Japanese businesses for decades and is used daily by individuals across the globe.

It is the essence of Kaizen that you seek small, often seemingly trivial steps toward the major goal in your life. The philosophy is captured succinctly and beautifully by Lao Tzu: "A journey of a thousand miles must begin with a single step." The idea is to seek small increments and change without regard to the importance or speed of change. For example, setting a goal to lose 20 pounds may feel overwhelming to you. If you set a goal of losing 1 pound per week, you may achieve this goal more effectively and will stay motivated. Now you're on your way. Try it!

Fresh Start to Dating

By Larry Nash

If you are new to dating, are dating "again", or your last dating experience was not what you wanted, then Joy Brown's book, *Dating for Dummies* is a good book to consider. It is surprisingly good and contains a lot of nuts and bolts details that many of us have forgotten, or never knew.

I especially like that Joy starts where most therapists would want to start, that is, with a healthy you. When your life is full and you are comfortable in your own skin, dating can be an exciting and rewarding experience. If on the other hand you are trying to "get it together", there are many better options than jumping into a relationship. Join a club, make new friends, take a class, join a support group, or seek a professional who can help you in the area you need.

What I would add: Always keep in mind your "intent." For instance, if you want to marry and have kids, look where you would find "the parent of [your] children." If you are only looking to have a good time, then try to make dating an enjoyable experience for yourself and for the enchanting person you are dating. Who knows, they may really be "the one."

**The Genesis Therapy Center's 7TH
Annual**

Kidpower Benefit

Oct 23, 2010

*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.

Social Anxiety Disorder

By Joleen Hartland LCPC

It's normal to feel anxious about social situations at some time or another: feeling awkward or uncertain in new situations, anxious about public speaking, nervous about making small talk at a party or meeting new people. Sufferers of Social Anxiety Disorder, however, experience excessive and unreasonable fear of social interactions. Everyday interactions cause extreme fear and self-consciousness. Anxiety and self-consciousness arise from a fear of being closely watched or criticized by others. Normal everyday activities become difficult or impossible. It may be difficult to go to work, to call someone on the phone, to go to the store, or to visit a doctor.

Both medication and behavioral therapy have proven effective for treatment of social anxiety disorder. It is important to reach out to people for support. Join a support group. Engage in a fun activity or hobby when anxious. Eat a balanced diet and get plenty of sleep. Get counseling to improve self-esteem and social skills, as well as to develop relaxation techniques, such as deep breathing. Over time you will learn to feel more confident and comfortable with social interactions.

“A journey of a thousand miles must begin with a single step.”

Lao Tzu

Upcoming events:

4th Annual Wine Tasting Fundraiser on May 8th, 7pm to 9pm at The Clubhouse at the Fountain Hills Golf Club 12601 S. Kedzie Ave. in Alsip. For more information, please call the GTC at 708-535-7320.

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

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

April 30

Cultural Diversity Presented by PESI

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

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