

THE GENESIS THERAPY CENTER

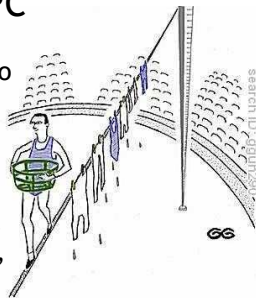
Summer 2010

Walking a Tight Rope

FAMILIES: IT'S A BALANCING ACT

Penny McGrath MA, LCPC

Many of the families that come to Genesis express a desire to do more things together as a family, but lack the time to do so with their work commitments, their kids' activities and life demands. Many families are overscheduled, over committed, and overwhelmed! Sound familiar? While we cannot make more hours in the day, we can prioritize activities that demand our family's time and attention.



The first step to prioritizing how your family will spend is to identify what your family's values are. Take a look at the activities your family engages in. Does your family work better together when they attend church services weekly? Does your family feel a sense of accomplishment if everyone participates in a daily walk or bike ride? Does your family feel success when a family member achieves high honors at school? Determine which activities demonstrate your family's values (spirituality, fitness, and academics, etc.) and also reflect a sense of your family's identity.

These are the activities that should get priority in the family's schedule. When faced with scheduling another obligation that does not add to the values of your family, developing a firm and consistent response of "No thanks" will go a long way to establishing the boundaries of your families' time.

Another way to prioritize your family's needs is through establishing weekly family meetings. Family meetings demonstrate the value of communication, let your children know that the viewpoints of all family members will be heard, and offer the opportunity to practice effective listening, conflict resolution and problem solving skills—life skills that you can only learn by doing! These meetings can be a check-in for how well you are maintaining your families' balance.

You can also create a Family Mission Statement, which seeks to define the goals of the family. What better way to understand your family than with everyone expressing how they see the family!

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.

A Centering Retreat

Trying to balance all of the demands of today's world is so difficult. The stress can take a toll on your body. Taking time out just to relax and let your body rest is so important. Here is a short relaxation exercise that can be done in just a few minutes.

Slow and deepen your breathing. Imagine that you are slowly walking down an inner spiral staircase into a place of calm and serenity. With each step and with each breath that you take, feel yourself becoming more serene. When you step off the bottom step, take a few moments to absorb the calm feeling. When you're ready, slowly ascend up the staircase again until the next time you need a mini-retreat.

A man who dares to waste
one hour of time has not
discovered the value of life.

Charles Darwin

Panic Disorder

By Naomi S. Effort MA, LCPC

Imagine you're going about your daily responsibilities, when all of sudden you experience an intense feeling of fear, which causes your heart to palpitate, makes you feel dizzy and brings on shortness of breath. Initially, you may think you're experiencing a heart attack. Since you probably have never experienced anything like this before, you might be inclined to visit an emergency room. After being evaluated by the emergency room physician, you may be informed that everything is okay, leaving you puzzled because the symptoms felt so real and were debilitating. The physician may ask if you have a significant amount of stress in your life. If you answer yes, you may have suffered a panic attack and may have Panic Disorder.

According to WebMd, Panic Disorder is a serious condition that strikes without reason or warning. Symptoms of Panic Disorder include attacks of fear and nervousness, sweating, hot flashes, smothering sensation, chest pains, shortness of breath and trembling/shaking. Commonly, the symptoms of Panic Disorder last for approximately ten minutes and then go away. Most individuals who suffer from Panic Disorder begin to live in fear of having another attack. Since the symptoms of Panic Disorder can be debilitating, it would be beneficial to talk to a psychiatrist to determine the need for psychotropic medications to help minimize the number of attacks. Also, working with a psychotherapist to find out the sources of the Panic Disorder, and learning appropriate coping mechanisms may also help you feel better.

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

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 03 2010

To be announced

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

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