

# THE GENESIS THERAPY CENTER

Winter 2012

## It's not Rocket Science, just Brain Science By Stephen Wise MA. M.Div., LCPC

Studies of the human brain over the last 20 years have told us much about how we process emotionally and intellectually the different events of our experience. One primary purpose of counseling is to reprocess our experiences. Though prior to 20 years ago we didn't really understand how our remembered experience is formed in our brains. With recent progress in scientific brain research or neurobiology, we know more precisely how memories are formed and therefore how memories can be reprocessed.

What many brain researchers like Daniel Siegel are finding is that our brain is shaped by childhood experiences and significant events relative to important caretakers. There are centers in the brain that store the emotional impact of these events that are then triggered by similar events in adulthood. When we overreact to something, for example, there is a good chance that we are tapping into the implicit memory of past events. This memory affects us even when the incident that produced it is not consciously recalled.

Daniel Siegel's research indicates our brains are hardwired to develop and adapt from group interactions. This means that family and group interactions can be both the cause of trauma and the way to find healing for past trauma. At Genesis, many therapists specialize in group and family therapy which help utilize the healing power of group and family interactions. Many of us are also trained in helping clients to reprocess thoughts and emotions from traumatic events so that they can be adaptive in current circumstances.

## A Genesis Therapy Center Client Story

Every time I come here, I get stronger. I now get through my daily stuff a lot better. Maura Maloney, who takes care of me, is an angel. The time I spend with her is better than my doctor. Without it I would have no one to talk to but my cat. I wish I could come here more often, but I can not afford it. We all feel the pinch of this bad times that the whole world is in. From the lady at the window to the person I talk to, I am better off being here than I was before. I just want to say thank you and may God bless you all and your families.

From a Genesis Therapy Center Client

### Upcoming events:

**May 1<sup>st</sup>** will be the 25<sup>th</sup> anniversary of Genesis Therapy Center

#### CEU Trainings

**April 13 2012:** ADHD: Our current understanding and treatment of this disorder over the lifespan including parenting the child with adhd  
Presenters: Dr Phillip Parker, MD and Fran Parker, PhD

**May 11, 2012:** Crisis Intervention and Suicide Assessment  
Presenter: Georgia Jones

*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's  
9th Annual

**KidPower Benefit**

TO Be Announced

Check website for further  
information

\*The Genesis Therapy Center is a 501c3 non-profit organization. \*Tax ID#: 363508233

## The Red-Headed Step Child of the Holidays: Post-Holiday Blues

Rebecca Bensfield,  
Genesis Therapy Center practicum student

After Thanksgiving, society tends to become all aflutter; consumed with the fury and frenzy that is known as the “holiday season.” The season is an emotional roller coaster as adrenaline is pumping with the focus on festivities. Yet, what happens when the holiday season is over? The tree bristles are falling and turning brown and the lights come down. The adrenaline has dissipated and people are now left with the thought of cleaning up and getting back into a routine. January and especially February, are the times when the weather becomes frighteningly cold and wet, creating potentially dangerous conditions. This is the time we tend to activate our “isolation button” in our brains. With the increase in isolation, we can become overwhelmed with the sadness and loneliness of unmet expectations and failed resolutions. The New Year can invoke a sense of loss and grief and we can get lost engaging in the “woulda, coulda and shouldas”.

Good News! The Seminal Institute for Neuroscience and Human Behavior offers tips on how to combat those depressive symptoms:

- Keep holiday expectations realistic: Don't base your happiness on what's "supposed to" happen.
- Look forward to the future: Don't dwell on past "could haves", or "should haves" but think about new chances for a brighter new year.

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

Buddha

- Try something new - the brain responds to novelty; experiment with new activities.
- Make time for yourself: This is especially important if you have spent a lot of time taking care of others and not much time on yourself.
- Get physical: Exercise improves mood for many people.
- Avoid excessive drinking: Alcohol can increase feelings of depression.
- Get enough rest: Return quickly to your regular sleep schedule.
- Help others: Volunteer your time at places like a nursing home, a soup kitchen, an animal shelter or an elementary school.
- Don't forget to laugh: Make yourself laugh with a book, online jokes or a comedy film.
- Try relaxation techniques: Deep-breathing exercises may improve your reactions to stress.
- Count your blessings: Appreciate the good things that are all around, but are missed in the hustle and bustle of everyday life.
- Get professional help when needed: If your post-holiday blues are interfering with your work, school or social relationships, consider professional help.

### 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

Aurora, IL  
31 S Edgelawn Drive

LaGrange, IL  
14 W. Burlington Ave

Oak Park, IL  
1010 Lake Street

Schaumburg, IL  
930 W. Higgins Rd.

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

Oak Lawn, IL  
5210 W. 95<sup>th</sup> Street