

# The Genesis Therapy Center

SPRING 2016

## Spring Transitions

Sarah Jurkovic, Psy.D.

The weather is warming, children are playing outside, and the smell of the first barbeques of the season fill the air; clearly spring is here. Although this winter was not as snowy as it has been in recent years, the return of flowers and greenery couldn't come fast enough. As a therapist, I love spring because it symbolizes a time of change and hope. Before long it will be the end of the academic year which will kick start long awaited trips, weddings, and summer activities. In times of change, it's helpful to pay a little extra attention to your health and well-being; this becomes especially important during major life changes such as starting or ending a job, welcoming or saying goodbye to others, or beginning or ending a chapter in life. In self-care I often suggest a sort of self-reflection checklist containing four questions:

*“What does my body need?” “What does my mind need?” “What does my soul/spirit need?” and “Do I need help?”*

If your answer to the last question is either “yes” or “I’m not sure” you might consider reaching out to family, friends, religious leaders, coaches, or others in your life. Many of us don't reach out because of fear that others won't understand, or for fear of being seen as weak or incapable, or because of embarrassment. Although making the appointment is uncomfortable for some, many individuals seek a professional to talk to even when there are people at home they can reach out to. Whatever transition comes next in your life remember, “A journey of a thousand miles must begin with a single step.” Just make sure to take care of yourself along the way.

## When Spring Gets You Down

Joleen Hartland MS, LCPC

We often think of spring as the time of year when we can feel energized and upbeat. Flowers are blooming, birds are singing, the sun is bright and warm. This can make it especially difficult for those who actually feel increasing symptoms of depression at springtime. You can end up feeling you are the only one that isn't feeling good. If you are in that group, there may be some comfort in knowing that you are not alone. Don't hesitate to reach out for help if you are finding spring is leaving you down.

*We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.*

*Maya Angelou*

The Genesis Therapy  
Center's

13th Annual

**KidPower Benefit**

Sunday, October 30, 2016

2 to 6pm at Gaelic Park in  
Oak Forest

### A Message from Joy Johnson, Extern

Genesis Therapy Center staff went on their yearly retreat in February. What I personally enjoyed the most about the retreat was the time to spend with the other staff members. I was comfortable enough to not worry about doing something right or doing something wrong and that allowed me to open up more with the staff members. It was during this time where I could see and feel the sense of “family” that Genesis Therapy Center has fostered. I am thankful to have had the chance to help plan the retreat and I think it could not have gone better. Jon, a fellow extern, mirrored some of the same reactions I had to the retreat saying “the scavenger hunt was fun, had it been warmer it would have been a blast! The beginnings and endings activity was thought provoking and I learned a lot about the Genesis staff.” The LGBTQ presentation by Rachael was informative. Overall, the retreat was fun, relaxing, and educational. Great job putting it together Penny, Rachael, Joy, Maura, Kim and everyone else who helped”.

Another extern, Choon, went on to say “the supper and late evening’s activities further decreased the guard I put up. People shared their meaningful object and memory, we played cards and escaped from our professional role. It was an amazing time. I really enjoyed the retreat and wished it could happen earlier”. Like Choon, I enjoyed hearing about things that held meaning in everyone’s lives. It allowed me to see how unique everyone is.

Derra, another extern, like me was really unsure about the experience but expressed how much she enjoyed it in the end saying “I was able to reflect and truly understand that Genesis is a family of practitioners who value each other personally and professionally. This

retreat not only helped me connect with my fellow colleagues, but it also helped me connect with myself as a developing professional and the value I bring to the table.”

Needless to say, Genesis Therapy Center is really about the learning and growing experience and has definitely accomplished that amongst this year’s group of externs and of previous externs, I’m sure. We’re really glad to have had this experience with Genesis Therapy Center.

The Genesis Therapy Center is pleased to announce the addition of a new therapist, Brian C. Dryer, LCSW. Brian will be working out of our office at 9411 S. 51<sup>st</sup> Avenue, Oak Lawn, IL 60453 as well as a new Genesis location at 2625 Butterfield Road, Suite 138S, Oak Brook, IL 60523. Brian works with individuals, couples, families and groups. Brian received his MSW from Aurora University, Aurora, IL in 2011.

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

Please call 708-535-7320 for more information, locations and times.

#### The Genesis Therapy Center

Administrative Office  
6006 W. 159th Street  
Oak Forest, IL 60452

Phone: (708) 535-7320  
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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:

Hyde Park  
5600 S Woodlawn

Schaumburg, IL  
930 W. Higgins Rd.

LaGrange, IL  
14 W. Burlington Ave

Oak Park, IL  
1010 Lake Street

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

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

Oak Brook, IL  
2625 Butterfield Rd., Suite 138S