

THE GENESIS THERAPY CENTER

Winter 2011

The Upside to Your Downsize

By Naomi Effort, MA, LCPC

In the midst of these uncertain economic times, families have had to tighten their wallets and spend less money. Some families have had to give up their annual family trips or vacations. Some have lost their homes, cars and the ability to go out and enjoy themselves. Feelings of loss and sadness may permeate throughout the family and some members may find it difficult to feel motivated to find enjoyment. However, families can be creative in finding ways to have fun with one another. Below are some activities and resources that families can enjoy without spending lots of money:

- 1) Go sledding, but use the top of storage containers as sleds
- 2) Have family game night using playing cards such as UNO cards or board games that you currently own.
- 3) Instead of building a snowman, build a snow family together.
- 4) Prepare a family meal that everyone can help with that is low cost.
- 5) Visit the www.ChicagoKids.com website to find free and/or low cost activities for the family to enjoy.
- 6) Visit your local library for free tickets to museums and zoos.
- 7) Visit your local library for books and movies that the family can enjoy.
- 8) Visit restaurants where kids eat free or at a low cost, such as Denny's, Texas Corral, etc.
- 9) Visit www.Chicagofree.com for free things to do in Chicago.

These activities and resources are a starting point from which your family can begin to look at creative ways to have fun without spending a lot of money. So, enjoy and use this list as a guide to staying connected with each other during these difficult times.

By Joleen Hartland MS, LCPC

The past two years have been very difficult financially for many people. Although couples can share resources and support each other with the financial burdens, the recession has put particular stress on couples. Disagreements may occur around issues about the lack of money, how money will be spent, how to get more of it and even who will earn it. These disagreements can become a platform on which couples may act out their issues of power and control, as decisions are made about which bills to be paid or which purchases are to be bought. They can also cause one of the couple to feel unfairly burdened with having to make ends meet for the family. If finances have put a strain on your relationship, here are some suggestions:

- Take time every day to discuss concerns and worries with your partner so that resentments don't build up.
- Talk about financial concerns when you are calm and able to take responsibility for your own feelings and actions. Avoid blaming language and take a time out if things get too heated.
- Both partners should be aware of what money is coming in and going out. Work together to plan purchases and to address problems with bills or budgets.
- Continue to invest in your relationship by doing positive, enjoyable activities together. There are plenty of low cost, fun activities you can do as a couple such as having a romantic dinner and movie at home. (ehow.com)

The Genesis Therapy Center's

8th Annual

KidPower Benefit

October 22, 2011

Check website for further
information

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

Who Am I Now?

By Larry Nash, MA, LPC

"I lost my job"

Losing a job can create a difficult financial situation. We all know work and income are necessary for keeping a roof over one's head and food on the table. What many do not realize is that losing a job can mean much more. More often than may be commonly known, losing a job can lead to depression. Depression makes finding a new job even more difficult. The energy for the search is just not there.

The authors of *Brief Dynamic and Interpersonal Therapy* describe the problem this way: "In most social systems, individuals maintain several roles at once (e.g., mother, wife, daughter) and make transitions from one role to another (e.g., single woman to wife to widow). Rapid transition to new or unfamiliar roles or roles that are experienced as a loss or failure may result in depression."

The role of worker and provider is a very important one in our society. When a job is lost, the loss may also be seen as a failure. The new role one assumes may be viewed as a non-worker, non-provider, loser, or worse. For people who see their "primary role" as provider, the loss can be devastating and can take a while to adjust to. Seeing value and purpose in a new role and embracing it as much as possible will help with the transition. If depression deepens and does not lift, professional treatment may be required.

Hope is both the earliest and the most indispensable virtue inherent in the state of being alive. If life is to be sustained hope must remain, even where confidence is wounded, trust impaired.

Eric Erikson



Upcoming events:

CEU Trainings

Feb 25 2011

Trauma: The Enduring Impact

Presenter: James Galezewski, PsyD
Mike Ideran, D.Min

March 11 2011

Using Imagery in Working with Trauma

Presenter: Anne Morrill-Ploum, MA, ATR, LCPC
Lariza Fenner, MS, ATR

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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We're on the Web!

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Other Locations:

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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
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Oak Lawn, IL
5201 S 95th Street

** Polish and Arabic speaking therapists available at this site*