

THE GENESIS THERAPY CENTER

Winter 2010

BEATING THE WINTER BLUES



By Joleen Hartland, M.s, LCPC, CADC

Winter can be a tough time to get through. After the business and excitement of the holidays, January hits with its dark days and cold, stormy weather. Spring seems so far off. We often want to hunker down and hibernate, to go to bed and not wake up until April. Even if we are not always enthused about life during the cold months of winter, there is a lot we can do to stay energetic and lively:

- Bring fresh cut flowers into your home each week.
- Wear colorful clothes.
- Learn a new skill or hobby. Learning to play the guitar, or learning a new language in preparation for a trip to another country can bring excitement to the winter months.
- Be sure to get exercise. Even a brisk ten minute walk outside can make a great difference in your mood.
- Get active through a winter sport such as skating or sledding.
- Make a snowman with your family.

And remember, spring will be here before you know it.

By Cay Ivester, M.S., LCPC

Here is a sampling of some games that you can play with your family on a cold winter evening along with some of the skills the different games can teach you.

- 1) Pictureka: helps with focusing one's attention and picture recognition
- 2) Monopoly Deal Card game & Zooreka board game: helps with critical thinking and focusing one's attention
- 3) The Self-Esteem game: helps with building confidence and recognizing positive traits in one's self and others
- 4) The Sleeping Grump game: helps with cooperative play, team work
- 5) Monster Stomp game: helps with changing one's perception of fear
- 6) Kids Rule game: helps parents and children understand each other's perceptions in handling conflict resolution

The Genesis Therapy Center's 7TH
Annual

KidPower Benefit

To be announced

Check website for further information

*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.

Seasonal Affective Disorder

By Kristen Ginn, M.A., Psy.D.

Seasonal Affective Disorder, also known as SAD, is a type of depression that occurs in a pattern throughout the year. As the name implies, an individual with SAD will experience depressive symptoms, seasonally, often beginning in the fall and lasting into or through the winter months. Although SAD can occur in the spring and/or summer, it is less common during these seasons.

The most commonly reported signs and symptoms of SAD include feelings of hopelessness, loss of energy, social withdrawal, change in sleep patterns, change in eating habits, anxiety, and sadness. All of these symptoms can range from mild (the “winter blues”) to severe (debilitating).

The specific cause of Seasonal Affective Disorder is still unknown. Research supports the idea that, as with other mental health conditions, genetics, age, and health all play a role in developing SAD. Factors that increase your risk for SAD include your gender, family history, and geographic location. Some studies have shown that females are at higher risk for the disorder. In addition, other studies have shown that people with the disorder are more likely to have blood relatives with similar conditions (depression). Living far from the equator may increase your risk for SAD. This may be due to the lack of sunlight in the winter months and longer days in the summer months.

It is normal to have some days when you feel down or sad. On the other hand, if you feel down for days at a time, and you can't seem to get yourself motivated, consult a professional. A professional skilled in treating SAD will guide you as you discuss your many treatment options. (Mayoclinic, in press, 2009)

Laughter is the sun that drives
Winter from the human face
- Victor Hugo

Upcoming events:

The Genesis Therapy Center will be offering a variety of programs for adults and families through our location in Oak Lawn. The programs included will be:

Coping with Work and Family Stress: a 16 week program for adults.

PREP: a six week couples program helping couples to 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.

Contact person is Kim De Jong
708-535-7320 Ex 46

CEU Trainings

March 12, 2010

Reality Therapy

Presented by Patricia Robey of Governor's State

April 30, 2010

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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