

# THE GENESIS THERAPY CENTER

Fall 2012

## Does Couples Counseling Work? The answer is yes.... And no

Cheri Tobolski MA, NCC, LCPC

Let's start with the bad news. Couples counseling doesn't work for everyone. According to marriage editor, Lori Philips, it doesn't work for couples who seek help too late, aren't willing to implement their therapist's recommendations, want their partner to change but won't do anything to change themselves, view their partners as unfixable, or come to counseling to prove their partner wrong and themselves right.



The good news is a *Consumer Reports* study found that counseling worked for couples who were still in love, were open to therapy and change, and went for help before problems reached a critical stage. John Gottman, a marriage researcher, discovered all couples have conflicts, but not all couples have the skills to handle them. Therapy can teach these skills.

As an experienced therapist, I've seen couples overcome extreme difficulties. Obstacles to progress arise when couples say they want to preserve their relationship but refuse to let go of past resentments, have unrealistic expectations, or when one partner isn't being sincere and already has one foot out the door.

Bottom line: couples counseling is helpful for many. Couples must be willing to change, be honest, and not wait too long to seek help.

## Tips for Improving Your Relationships

- During conflicts, focus on connecting and learning, not on being right or controlling.
- Make the relationship a priority; make time to be together, to talk, to play, to connect.
- Take responsibility for your own feelings and needs. Don't look to your partner to make you feel happy and secure, learn to do this yourself. (from Margaret Paul, Ph.D.)
- Be tolerant; everybody has their "stuff" and you have yours. You have to understand that you are not going to change anybody.
- Don't tolerate the intolerable. Speak firmly and assertively to demeaning behavior. (from Dr Dale Atkins, author of *Sanity Savers*)
- *Have an attitude of gratitude, rather than constant complaints. Practice being grateful for what you have rather than focusing on what you don't have.*

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**Darkness cannot drive out  
darkness; only light can do that.  
Hate cannot drive out hate; only  
love can do that.**

[Martin Luther King, Jr.](#)

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Attendees at Kidpower had a great time, especially with the live performance art.

Thanks for your Kidpower Support!

## Presidential Election Stress Disorder\*(PESD)

\*(Aaron Traister. Redbook columnist)

Joleen Hartland MS, LCPC

Are you sick of the negative ads, tired of emails or facebook feeds telling you of the evils of how Romney hates Big Bird or of how Obama wants a socialist America? Are you anxious around certain family members or friends in case politics comes up? Do you feel fearful that the candidate you support will not win? If so, you are one of many Americans that are experiencing stress during this election season. According to a New York Times poll, roughly half of each candidate's supporters say that they are "scared" of the prospect of the other candidate becoming president. Our country is more polarized than ever. Many people are intensely passionate about their candidates and are angry when others disagree with their opinions. This can lead to internal stress and conflict within offices and between friends and family where there are intense differences of opinion. (Dr Elizabeth Scott, MS, mental health author, About.com Guide) How does one get through the stress of the next couple weeks while waiting for the election?

Here are some ways to manage PESD stress.

- Most importantly, limit your news exposure.
- Start a project or volunteer for your candidate or for any worthy cause. Taking action in some way can help reduce your sense of powerlessness.
- Exercise and eat well- these are basic stress relieving techniques.
- Maintain a sense of humor and find ways to laugh.
- Respect and accept each other's points of view and don't get into arguing with people whose opinions you will not change.
- Finally, have faith in this country and it's ability to persevere. We are an amazing country and have managed to come through many very difficult circumstances and will do so again, if not perfectly. No matter who is elected, the country will operate and thrive!

(Dr Rob Bell, mental toughness coach and writer, [www.drppbell.com](http://www.drppbell.com))

## Upcoming events:

### CEU Trainings

Friday, November 16th

### Therapeutic Relationships in the 21<sup>st</sup> Century: The Impact of Media

Presenters: Mike Anton, M.A.

Tom Alcock, M.A., LPC

Trainings are held at the Orland Park Civic Center  
14750 South Ravinia Ave, Orland Park  
from 9am to 4pm.

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

Please call 708-535-7320 for registration or to get more information on locations and times.

## A Note From Cathy Fairfield, Executive Director

The Genesis Therapy Center was thrilled to be the recipient of an \$18,000.00 grant in May of this year from the Blue Island Community Healthcare Foundation.

The purpose of the grant was to assist with providing a mental health professional for our Community Care Program which serves clients who are able to pay between \$5.00 and \$40.00 per session. We have been fortunate to use this grant to secure a psychology doctoral internship which allows us to have a doctoral student for a full calendar year available in our Oak Lawn location. We are deeply grateful to the Blue Island Community Healthcare Foundation for their support of our work with individuals and families who are either uninsured or under-insured and struggling to pay for their mental health services.

## The Genesis Therapy Center

### Administrative Office

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We're on the Web!

Visit us at: <http://www.genesistherapy.org>  
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### Other Locations:

Chicago, IL  
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