

THE GENESIS THERAPY CENTER

Winter 2014

Restarting Relationships

Naomi S. Effort, MA, LCPC

It is surprisingly easy to become estranged from family members. We become emotionally wounded by our loved ones in so many ways and may no longer want them to be a part of our lives. So sometimes we choose to cut them out of our lives. Sometimes we can become so immersed in our hurt and fail to recognize how the estrangement affects not only us but other family members as well. The hurt can make it extremely difficult to move toward reconnecting and forgiving a loved one.

If you have been disconnected from a family member, have worked through your hurt and disappointment and are wanting to reconnect with your loved one, there are a few things you may need to consider as you move toward reunification.

1. Determine if reconciling is the best thing for you and your loved one. However, if an issue of safety is a concern, maintain your distance.
2. Discuss your desire to reconnect with a neutral family member to gauge whether this would be a good time to contact your loved one.
3. Contact your loved one by mail or email; have someone look over the letter to make sure you are expressing your thoughts and feelings properly.
4. Set up a meeting with your loved one; be on time and keep things light. You want to feel out the situation before you discuss the challenges within your relationship.
5. Be patient and understanding of your loved one's decision to either move forward with reconnecting or maintaining the estrangement.

If you are unable to forgive your loved one in person, you may have to forgive within yourself. Holding onto anger and resentment can result in ongoing physical and emotional issues. You may find it difficult to enjoy life and move on. If you find this too difficult, you may want to engage in counseling to help you come to terms with your family dynamics.

Keeping Your Resolutions

Ankur Varma, MA

The New Year is here and as usual, many people decide to use this turning of the calendars to make changes in their lives to get healthier, smarter, more efficient, and generally happier. This is a great time to set personal goals related to physical, emotional, and mental health, but most people tend to lose track of their resolutions just days and weeks into the year. So how can you make sure this doesn't happen to you?

1. ***Be Specific.*** Try to make sure your resolution is measurable and detailed. A resolution of "Taking 10,000 steps a day" is much more effective than "exercise more" and much more likely to be kept throughout the year.
2. ***Find a Friend.*** Setting a resolution with a friend or family member can make it easier to be held accountable. Find a like-minded friend (or group of friends) who are willing to agree to a specific resolution and make sure you check in with each other for support and strength.
3. ***Be Passionate.*** A resolution is much more likely to stick if it's something you truly care about. Think about your resolution and make sure it's related to a top priority change that *you* want to make.

In the end, almost any resolution you make will be beneficial if you plan out any obstacles you face throughout the year. Remember, habits take time to form (over 30 days), so stay patient and forgive yourself for lapses. Have a great 2014!

The Genesis Therapy Center's

11th Annual

KidPower Benefit

Sunday, Oct. 26, 2014

Check website for further
information

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



Intimacy: In To Me You See

Jeremy Luce, M.A.

Intimacy, or true closeness and connection, is something that we all long for. One of the most poignant descriptions of intimacy is readily apparent simply by uttering the word: “In-to-me-you-see.” This simple statement suggests that close connection with another person is about being seen for all that you are; that which you perceive as good, bad, beautiful, ugly, acceptable, and not. While there is great freedom and connection that comes with being seen and known in this way by another, it might also leave us feeling exposed and vulnerable.

Chances are, you’ve felt exposed and vulnerable at some point in your life. When we experience this kind of vulnerability and end up being hurt, we learn that vulnerability can be costly. The protective measures that we take to keep ourselves from being hurt again are often the behaviors and attitudes that end up undermining intimacy in the very relationships where we wish to develop it. How far in to you does your partner see? If you don’t feel as connected, understood, and known by your partner as you would like to be, you might consider the following:

1. Are you hiding anything? Nothing can erode the foundation of intimacy more quickly than secrets in a relationship. Do you have resentments you haven’t discussed? Often times, partners may sense when something is being withheld and bolster their own defenses. While it can be a risky proposition, honesty can be a powerful catalyst toward deepening intimacy.

2. Discuss the elephant in the room. This metaphor describes something that everyone knows is large and obvious in the middle of the room but that no one is willing to acknowledge or discuss. Many times, we don’t acknowledge these issues because we know that they will evoke difficult feelings in ourselves, our partners, or both. Taking the risk to shine a light on, and discuss, the elephant in the room, can pay big relational dividends.

3. Consider couples therapy. Couples therapists are trained mental health professionals who can help to navigate some of the aforementioned discussions. If you are thinking “I could never have that discussion with him/her”, you might want to seek couples therapy. Someone who does not have an emotional stake in the relationship can help each partner to consider, and address, some of the relational barriers of an intimate, connected relationship.

The reality is that being vulnerable and exposed in a relationship can often be threatening, and painful. However, the closeness and freedom that come out of a truly intimate relationship, can be one of the most fulfilling human experiences we can ever have. What do you need to do to be more fully known, understood, and connected to the ones you love?

Upcoming CEU Trainings

March 14, 2014

The Intersection between Women’s Reproductive Health and Mental Health

Presenters: Jennifer Harris, M.A.,
Cara Nicholson, M.A.,
Christine Yoo, M.A., Psy.D, LCP

April 11, 2014

Soul Collage

Presenter: Priscilla Boyd

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
Fax: (708) 535-7571

We’re on the Web!

Visit us at: <http://www.genesistherapy.org>
E-Mail: 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 51st Ave.

Oak Lawn, IL
5210 W. 95th Street