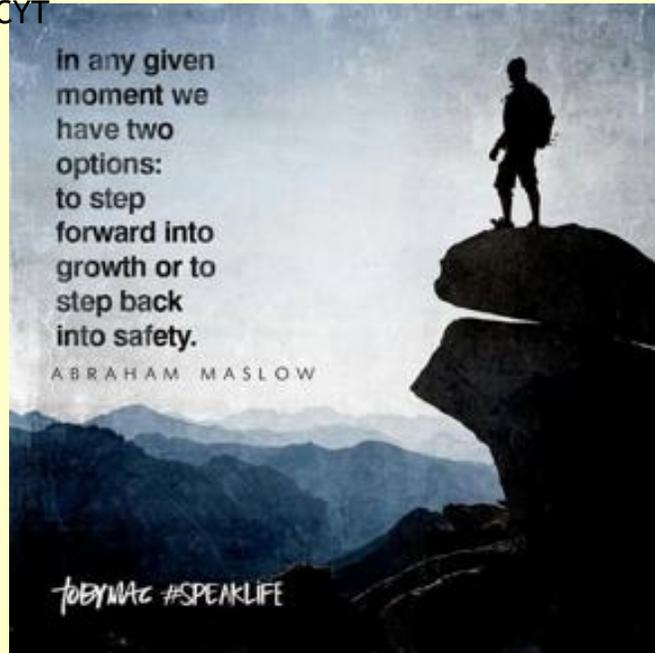


The Genesis Therapy Center

AUTUMN 2017

#Let's Get Motivated!

Morgan Black M.A, LPC, CYT



Let's be honest, getting motivated and staying motivated is not an easy task. Whether you are working towards your goals in therapy, tackling a big project or even simply getting through the day to day nuances of life, staying focused is different. Too often we overload ourselves with the idea that it must all get done and just as often we find ourselves unable to get started and unable to complete everything we put on our plates. This tends to leave us feeling defeated and at times unwilling and unsure how to get moving to achieve our goals.

When it comes to finding your key to getting and staying motivated, try some of these helpful tips: Keep your goals realistic, whether they are long or short term goals, to avoid feeling disheartened should we not be able to achieve them. Make daily or weekly checkpoints to stay on track and check your progress. It's nice to know where we are in our progress and how we are doing. Break large tasks into manageable pieces, especially if it begins to feel overwhelming. Make sure to eliminate or remove distractions that would prevent you from staying focused and on task. Allow yourself to take a break to avoid getting burned out, and sometimes a break is all we need to keep going. Watching or reading a motivational speech can be inspiring and a great pep talk. Reward yourself every time you achieve your goals. This could be as simple as a bowl of ice cream or slice of cake after a long week of exercising. Most important, is to NOT be too hard on yourself. We all experience setbacks in life. How we recover and keep moving is key and being kind to ourselves along the way makes all the difference. So take your time, stay the course, show yourself some love and get those goals done.

The Genesis Therapy
Center's

14th Annual

KidPower Benefit

Sunday, Oct. 29, 2017

2 to 6pm at Gaelic Park in

Oak Forest

What it Takes for Change

Penny McGrath MA, LCPC

CHANGE: the act or instance of making or becoming different.

What reasons do people give for beginning therapy?

- A. They want a circumstance in their lives to change;
- B. They want a person in their lives to change;
- C. They want to change; or
- D. All of the above.

If you answered D, you are correct. For a majority of people who venture into therapy, they are looking for something, someone, some situation in their lives to change. They often do not realize that the desire and motivation for change in themselves is the best predictor of success in therapy.

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Here are some components of successful change through therapy. First, have an open mind with a willingness to accept feedback and look at situations from a broader perspective. It is true what they say about staying in your "comfort zone"-- nothing new ever grows there.

In order to feel differently, we need to think, do, and act differently. It is also important to recognize that the process of change takes time. Sustainable change requires practice of new habits, new ways of thinking, and new ways of understanding over time. You cannot expect to be different after doing something once. Finally, having a commitment to your treatment goals can make change successful. Change does not occur from the weekly 50-minute session you have with your therapist. The other 167 hours of your week count, too! That is where you are putting in the small steps everyday to meet your bigger goal towards change.

We offer ongoing social skills groups for children ages 9-12 and 12-15. If interested, please contact Dr. Katie Springfield at 708-423-3361, ext. 41.

The Genesis Therapy Center

<p>Administrative Office 6006 W. 159th Street Oak Forest, IL 60452</p> <p>Phone: (708) 535-7320 Fax: (708) 535-7571</p> <p>We're on the Web! Visit us at: http://www.genesistherapy.org E-Mail: info@genesistherapy.org</p>	<p>Other Locations:</p> <p>Schaumburg, IL 930 W. Higgins Rd.</p> <p>Oak Brook, IL 2625 Butterfield Road, Suite 138S</p>	<p>LaGrange, IL 14 W. Burlington Ave</p> <p>Oak Park, IL 1010 Lake Street</p>	<p>Oak Lawn, IL 9411 S 51st Ave.</p> <p>Oak Lawn, IL 5210 W. 95th Street</p>
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