

Recommended Reading

Books:

In the Realm of Hungry Ghosts: Close Encounters with Addiction (2008), Winner of the 2009 Hubert Evans Non-Fiction Prize. By Garbor Mate, M.D.

Recommended by Catherine Doan MSW, RSW

Attachments: Why You Love, Feel, and Act the Way You Do (2009) By Tim Clinton

Recommended by Jennifer Horton MACP, OACCPP

Managing Emotional Mayhem: The Five Steps for Self-Regulation (2011) By Dr. Becky A. Bailey

Creative Child Awards Winner; 2013 Top Choice of the Year

Recommended by Jennifer Horton MACP, OACCPP

Website:

mindbodygreen.com

Recommended by Kimberley Gunning MSW, RSW

Addictive Tendencies & the Capacity to Heal

Dr. Garbor Maté, M.D. has written extensively on attachment theory as well as addiction. According to Maté (2008) addictive tendencies arise in the parts of our brains governing some of our most basic and life-sustaining needs and functions. These include incentive and motivation, physical and emotional pain relief, the regulation of stress, and the capacity to feel and receive love. Maté notes that these brain circuits develop, or don't develop, mainly under the influence of the fostering environment in early life. Maté contends that addiction represents a failure of these crucial systems to mature in the way nature intended. There is hope, however. Maté notes that the human brain has the capacity to develop new circuitry throughout the lifespan, giving new hope for people caught up in addictive patterns. To learn more about hope for people impacted by addictive patterns, read Dr. Maté's book *In the Realm of Hungry Ghosts: Close Encounters with Addiction*.

If you or someone you love is struggling with addictive tendencies, our skilled counsellors are here to help. Book an appointment today.

Anxiety and the 4 P's Answers from Page 3

Anxiety (or anxious thinking) can lead to the following:

1) Pessimistic thinking

Common thoughts / reactions:

I can't do this. I will never get this done.

2) Perfectionism

Common thoughts / reactions:

I don't know where to start. This will never be good enough.

I have to start over. I can't move on if this first part isn't perfect.

When the stress of striving for perfection escalates, it leads to.....

3) Procrastination

Common thoughts / reactions:

I will do it later. I can't cope with this now. I am afraid to ask for help. I don't know how to break it down into manageable steps.

4) Perseveration

Common thoughts / reactions:

I can't do this. I won't be successful. I can't do this. I won't be successful.

Were you surprised to learn that perfectionism and procrastination are on the same spectrum?

If you are experiencing anxiety and it is impacting on your capacity to engage in daily tasks, book an appointment with a counsellor to explore and develop new coping strategies.

"You don't really understand human nature unless you know why a child on a merry-go-round will wave at his parents every time around – and why his parents will always wave back."

WILLIAM D. TAMMEUS

The Lidkea Stob & Associates' Family Counselling Team

Owner: John Stob, MSW RSW

Associates: Alix Carter BA MSW Kimberley Gunning MSW RSW Lorraine Arbuckle MSW RSW Jennifer Horton MACP (OACCPP)
 Gail Paterson MSW, RSW George Nicolaidi MEd, RSW Catherine Doan MSW RSW Rebecca Boucher, MSW, RSW

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Administrative Asst./Receptionist: Rose

* RSW indicates Registered Social Worker with the Ontario College of Social Service Workers and Social Workers. All associates are registered with a professional organization assuring a Code of Ethics is in place.



Lidkea Stob

& ASSOCIATES

FAMILY COUNSELLING SERVICES

Employee Assistance Program Newsletter

Winter 2013

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Lidkea Stob and Associates Welcome Rose and Rebecca Boucher to our Team

Christine Hamm left her role with Lidkea Stob and Associates in late August to pursue new career opportunities. Christine worked for LSA from 2009 – 2013. We will miss Christine's keen eye for detail and her strong organizational skills – and always being able to see the big picture. We wish Christine the very best in her new career and personal endeavours.

We welcome Rose to our administrative team. Rose joined Lidkea Stob & Associates in August of 2013. She has a financial & bookkeeping background. Rose will be assisting in the office with scheduling, statistics and some light bookkeeping. Welcome aboard, Rose!

We also welcome Rebecca (Becky) Boucher, MSW, RSW to the LSA counselling team.

Becky has been involved in the community for over 10 years now in a variety of roles. Her clinical background includes extensive experience working with men and women who have experienced violence/abuse/trauma. She is trained in multiple therapeutic modalities including EMDR, CBT, Narrative therapy and Mindfulness. Becky is also a trained Kripalu Yoga Teacher and has been teaching meditation and yoga classes for a few years now. Becky is working exclusively with students at Brock University through LSA in a counselling role at this time.

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"Life affords no greater responsibility, no greater privilege, than the raising of the next generation."

C. EVERETT KOOP EINSTEIN

Coping With the Expectations of the Christmas Season

Research shows that the Christmas season is a stressful time for many people. In fact, domestic and relationship problems can be amplified at this time of year. To help you cope more effectively over this season, consider the following suggestions provided by Graham Yemm, owner of a consulting business called *Managing Pressure*:

- Develop a plan for what you need to do. This can help you to break things down into manageable steps.
- Ensure that you are allowing time for you and your family over the Christmas season. Avoid over-committing you and your family to visiting with others all the time, even if you have a large family! Plan some “down days” or a slower-paced schedule.
- Consider saying “no” to invitations which are going to add to your time pressures.
- Do plan to spend time with, people you want to be around.
- Consider creating a budget for what you want to spend over the whole period. (Include food, drink, entertainment as well as presents.)
- Enlist help from others in the household, young and old! Involve children in the things you don’t normally do so it feels like a special time. While making cookies, remember that it is the process which creates the positive memories, not just the product!
- Make things ahead and freeze them.
- Decorating the house can be done in a series of tasks. It doesn’t have to be completed all at once.

- Make some time for some self-care over the holidays. Plan to get a massage or some other form of care to promote good health and capacity to cope.
- Aim to get adequate sleep. It will help you to feel more energized and able to cope with the expectations.
- Take care of your health over the holiday season! For many people, the break from routine signals to the body that it can now take things easy and so various bugs which have been held at bay suddenly get through your resistance. Consider increasing your intake of fruit and possibly taking some supplements to increase your resistance to bugs.
- If you are starting to feel yourself getting wound up, take time out if possible. Take some deep breaths, hold them and count to 10. Remember, the holiday season is not long, the situation will change and your time will be yours again soon.
- If you are thinking that you will not enjoy yourself over the season, spend time reframing your thoughts and envisioning how it can be a joyful time.

*All of us at Lidkea Stob and Associates
wish you the very best over this holiday season
and a successful new year!
We look forward to serving our clients
in the new year.*

What is Self-Regulation and Why is it so Important?

According to Dr. Becky A. Bailey, author of *Managing Emotional Mayhem: The Five Steps for Self-Regulation* (2011), we are born with a profound genetic need to be in relationships with others.

Indeed, our survival depends on this connection. The ability to regulate our thoughts, feelings and actions is known as self-regulation. This ability is at the core of emotional wellbeing for school-based, relationship-based, and career-based success. Self-regulation is the crucial skill that allows us to put a pause between impulse and action (Vohs & Baumeister, 2004, as cited by Bailey, 2011).

The core features of emotional wellbeing, or the ability to self-regulate, include the ability to:

- Identify and understand one’s own feelings.
- Accurately read and comprehend emotional states in others.
- Manage the expression of strong emotions in a constructive manner.
- Regulate one’s own behavior.
- Develop empathy for others.
- Establish and sustain relationships.

(National Scientific Counsel on the Developing Child, 2005)

If you or a member of your family is struggling with self-regulation, book an appointment with one of our skilled counsellors today. We can help you develop essential skills in this important area. You will notice improved emotional wellbeing and healthier relationships.

Dear Counsellor,

The holidays are approaching and each day I feel a deeper sense of dread. Reminders of the season are everywhere! I can’t escape it. The holidays are coming! It seems to me that everyone else has a wonderful family time.except me.

Signed,
Trying to cope through the holidays

Dear trying to cope through the holidays,

While you are feeling quite isolated in your feelings about the approaching season, many people share your sense of apprehension. While some people are fortunate enough to have a lovely family time, most of us have some good times with family and friends combined with considerable work, stress and financial burden.

In particular, family stresses can intensify and become intolerable over the holiday season when everyone is encouraged to spend time together, trying to keep things joyful. For others, it is a very lonely time. They may be alone or out of contact with, or without family.

So what is one to do? How can one get through this time? It starts with changing the way we approach it so that we can feel better about it. If we change the way we think about it, or change what we do – then we will change the way we feel. Rather than approaching the holidays thinking and doing as you presently are, take time to reflect on these three questions:

How can I think differently?
What can I do differently?
How will I feel if I think/act differently?

Perhaps the approaching season is difficult for you due to a loss you have experienced or because of some unresolved issues with family members or friends. It may be helpful to explore these issues with a counsellor. I encourage you to call our office to book an appointment today. A new way of thinking, feeling and responding is possible for you.

*Fictional .Not real names. Based on composite scenario

Anxiety Awareness

Can you think of four common cognitive traits associated with anxiety? Hint: They all start with the letter “p”. See page 4. for the answers!

What’s the Key to a Successful Marriage?



According to Emerson Eggerichs (2010), love and respect is the key to a successful marriage!

Eggerichs notes that during marital conflict, a husband most often reacts when feeling disrespected and a wife reacts when feeling unloved. Eggerichs and his associates asked 7,000 people this question: When you are in conflict with your spouse or significant other, do you feel unloved or disrespected? 83% of the men said “disrespected.” 72% of the women said “unloved.”

Eggerichs and his colleagues suggest that although we all need love and respect equally, the felt need differs during conflict. For instance, when a woman feels unloved during an argument, her natural reaction is to respond disrespectfully. And when a husband feels disrespected during conflict, his reaction is to respond in an unloving manner. Eggerichs and his associates term this interaction The Crazy Cycle: “Without love a wife reacts without respect, and without respect a husband reacts without love.”

The researchers suggest that the message the wife is attempting to send in her negative reaction is, “I don’t feel loved by you right now.” The message the husband hears is, “I don’t respect you, unless you change immediately.” When he reacts either in anger or by stonewalling, the message the wife hears again is, “I don’t love you.”

The good news is that this cycle can be broken. What couples ultimately desire is love and respect, and the key to healthy marriages is the attitude and action of love and respect.

You can read more about this key to marriage in the book *Love and Respect* (Copyright 2010 Love and Respect Ministries Inc. Emerson E. Eggerichs Ph.D.). More information can be found at <http://loveandrespect.com>

“What we resist persists. What we accept evaporates”.

DR. BECKY A. BAILEY, AUTHOR OF MANAGING EMOTIONAL MAYHEM: THE FIVE STEPS FOR SELF-REGULATION