



carole.kirby777@gmail.com | 734.369.2016 | therapy4couples.com | November 2018

Upcoming Workshops

**“Be-friending”
Your Amygdala
Sat, Jan 12 ~ 2-4:30pm**

Our brain is amazing and there is lots to learn and understand. This workshop will introduce you to some basic ideas about the brain, yet focus on the amygdala, the alarm system. The amygdala alerts us to danger or perceived danger. Our amygdala is that part of the brain that reacts “as if” it were a life and death situation. When the alarm system of the amygdala is “tripped” people react in different ways.

Some people freeze, not able to think or respond, become startled or defensive, lash out, or withdraw. Some say it feels like their brain is frozen or off-line. Others respond with immediate anger, insults, and defensiveness. These unconscious responses are very harmful to a relationship. You will be introduced to several practical ways to “be-friend” your amygdala that will protect you and your relationship.

Cost: \$50pp Location: Carole's Office



The Five Love Languages

Sat. Feb 9

Come learn why it's important to show love to your partner as well as your friends and family in what warms their hearts. You will discover your “love language” and your partner’s “love language.” You will become more interested and willing to show love to your partner in ways that best fits your partner’s needs & desires. Valentine’s Day is 5 days away from this workshop. You will be ready to give what pleases your partner.

Cost: \$125 couple Location: TBA

Call to reserve a place.

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Best Wishes for the Season

I have been out of touch recently so I am sending this newsletter to let you know what has been going on with me AND to offer a few psycho-educational workshops in 2019.

Many of you know that I had a complete right shoulder replacement on August 15. I was in a sling night and day for 6-weeks. As I am right handed, everything was challenging for quite some time, even brushing my teeth. Luckily, my daughter came from New York and stayed with me for 3 ½ weeks. I began seeing clients after 2 weeks, but couldn't do much else. I am currently in physical therapy and am gradually able to use my right arm. I feel grateful that the hardest part is now behind me.

I've included information about mindfulness and gratitude which is pertinent given the season. I hope you will read before Thanksgiving.

What's new...

I am offering psycho-educational workshops January thru May on the 2nd Saturday of the month from 2 – 4:30 pm. The workshops are open to current and former clients, and anyone else who finds out about the workshops through my mailing list. The workshops will not be advertised. The first workshop is entitled Befriending Your Amygdala, the reactive part of your brain.

Why attend...?

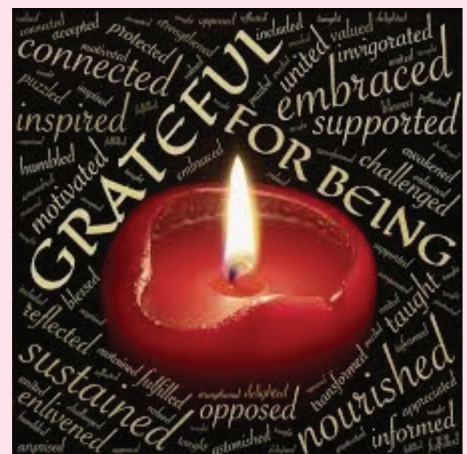
There is a plethora of good information for helping folks understand themselves and each other. However, we must learn how to apply the new information to ourselves and our relationships. That is sometimes very difficult. This new knowledge must be applied, practiced, and integrated.



Gratitude

Another reason I like to keep in touch at this time of year is to encourage ALL of us to concentrate on GRATITUDE. With Thanksgiving and the December holiday season upon us, I want to remind ALL of us, me included, to ...

**be GRATEFUL this
season for family,
friends, and all
your blessings!**



Mindfulness & Gratitude at Thanksgiving

This article about **Mindfulness & Gratitude at Thanksgiving** by Mary MacFean, Los Angeles Times, suggests a way to involve everyone at the table regardless of age in mentioning something they are grateful for.

Before we eat Thanksgiving dinner at my house, along with saying grace, each of the 20 or so people at the table takes a turn lighting a candle and expressing gratitude. The appreciation can be lighthearted — for mashed potatoes or a day off from school. Or the thankfulness may be accompanied by a heavy heart — for the memories of a loved one recently passed.

As it happens, this expression is not an empty exercise. And if we developed the discipline to be consciously grateful on a regular basis, year-round, research shows we'd be happier and suffer less depression and stress. We'd sleep better and be better able to face our problems.

There's evidence that gratitude is uniquely important to well-being. Long embraced by religion as a "manifestation of virtue," it's one of the few things that "can measurably change people's lives," says Robert Emmons, a UC Davis professor who has been studying gratitude since 1998 and is the author of the book "Thanks! How the New Science of Gratitude Can Make You Happier."

"Gratitude implies humility — a recognition that we could not be who we are or where we are in life without the contributions of others," Emmons writes.



“Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence.”

~ Erma Bombeck



Think Twice Before Rushing to the Mall

At a time when Thanksgiving is the starting gun for a race to the mall, Jeffrey Froh has some insight as well.

"We know there's a negative relationship between materialism and gratitude. That's pretty powerful right there," says Froh, a professor at Hofstra University on New York's Long Island. His research with more than 1,000 high school students showed that grateful teenagers were also less likely to be depressed, more likely to want to give back to their communities and more likely to have higher grade-point averages, among other traits.

But despite the benefits, Emmons says, gratitude is in trouble.

"Outside of happiness, gratitude's benefits are rarely discussed these days. Indeed, in contemporary American society, we've come to overlook, dismiss or even disparage the significance of gratitude as a virtue," he says.

"We have become entitled, resentful, ungrateful and forgetful." Not all of us.

Information, Education, Workshops

For over 15 years I gave workshops on a variety of subjects at Crazy Wisdom Bookstore. I was a teacher early in my career before I became a therapist. I love learning and sharing what I learn. I, also, presented **Getting the Love You Want**, a weekend workshop for couples several times a year for over 20 years. I truly enjoyed presenting and facilitating those intensive weekends. I am not currently offering that weekend workshop for couples; however I do offer a two day, total of 12 hours private intensive for a couple. The intensive covers the information and exercises presented in the longer 21 hour workshop that starts Friday night and goes for all day Saturday and Sunday. An intensive can be scheduled at your convenience.

Future Workshops

Boundaries. Amends & Forgiveness. Introverts & Extroverts. Attachment to Others—Do You Feel Deeply Loved

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