



The Counseling Center News

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INSIDE THIS ISSUE

- 1 TCC News (*page 1*)
- 2 New Programs (*page 1*)
- 3 Peak Performance and EMDR (*page 2*)
- 4 Anger: Good or Bad ? (*p 3*)

TCC NEWS

We are excited to finally be back to our newsletter. There were some website technological nightmares for awhile—but we are back. And, we have lots to report on happenings at The Counseling Center. As you will see when you check out the website, we have three new therapists on our staff.

We are very pleased to offer the expertise and services that Cindy Szebenyi, Paul Bello, and Kathy King bring. With this additional staff the breadth and depth of help at TCC has increased further.

Cindy brings a wealth of experience in working with families and children. She has helped couples dealing with domestic violence and provided groups in anger management. Paul has specialized training in a technique called Core Energetics, a holistic method which accesses body centered experiences to promote growth and change. Paul is interested in working with men and groups to achieve more authentic living. Kathy King has years of experience in dealing with families and children

Please see News on page 2

New Programs at TCC

By Gayle Bohlman

There are some new opportunities being offered this Fall.

Paul Bello and Cindy Szebenyi are offering a **10 week course in Anger Management**. This is a valuable community resource for those struggling with patterns of hurtful and destructive anger and aggression. We hope you will consider this for anyone who might benefit from this training.

Paul Bello is also offering to speak to community groups on several topics in a **Wellness Series**. Topics include: How People Change, Midlife Checkup, Recover From Loss, Understanding Personality Types. This is a great educational resource for your groups and organizations. For more information, contact Paul Belo at The Counseling Center.

Please see *New Programs* on page 3

*New Anger
Management
Program starting
this fall - Presented
by Paul Bello and
Cindy Szebenyi*

Peak Performance with EMDR

By Wayne King

The purpose of this article is to examine how EMDR, a therapeutic intervention developed to help individuals resolve traumatic memories, can be used to help people perform at their highest levels in their jobs. Work is an important part of most adults' lives. Beyond their contributions to our financial well-being, our jobs can also contribute to our identity and sense of self-esteem. So, when one is experiencing difficulty with work, the impact can be far reaching.

This protocol utilizes the client's ability, focus, and motivation to improve job performance

We are all influenced by the experiences of our lives. These experiences contribute to our understanding of ourselves, others, and the world in general. This belief system shapes our emotional and behavioral patterns in all areas of our lives, including at our work.

Frequent job-related problems include difficulty focusing, fear of failure, fear of success, and interpersonal problems. EMDR addresses these and other work-related problems through a protocol known as Peak Performance. This protocol utilizes the client's ability, focus, and motivation to improve job performance. Ability refers to the client's strengths, skills and talents; focus is the ability to attend to present needs, and motivation refers to future goals.

During the initial EMDR session, problem areas are identified. A treatment plan is created to address self-defeating belief systems and skills deficits. For example, a client may have had the experience of doing poorly on a presentation. As a result of this experience, the client may believe he or she is not capable of

Please see *Peak Performance* on page 4

News from page 1

dealing with traumatic experiences. She is joining us part time to provide individual counseling.

Linda Beam, Wayne King, Gene Schwartz, Jim Gach, and Gayle Bohlman continue to offer services to individuals, couples and groups. Please check out the website to discover the many problem areas in which assistance is available. Our accumulated years of experience provide an excellent resource for your needs.

Anger: Good or Bad?

By Cynthia Szebenyi, LCPC

We often consider anger as a "bad" or "negative" emotion. It can feel uncomfortable and can get us into trouble. We often hear we shouldn't feel "that way" when we are growing up. I would like to propose a different way of looking at anger.

The feeling of anger can be viewed as an important message that deserves to be heard. It is an emotion that arises just like other emotions; it is part of being human. Anger occurs when something in our life is perceived as being threatening to our physical or emotional well being. It is a protective emotion that occurs secondary to underlying feelings such as hurt or fear. Adaptive anger serves a purpose in our lives to motivate us to solve problems and improve our situation. It does not harm other people or property. Maladaptive anger is often out of control and destructive. It is not anger itself that is bad, but rather how we choose to act on it.

Two common responses to feeling angry are to either be physically or verbally aggressive, or to be passive and "stuff" your feelings. When we are aggressive it sometimes intimidates others into giving us what we want, but in the process damages our relationships. It can also create defensiveness and resistance in others making them less likely to want to change and meet our needs. If you are passive and don't communicate your anger, you rarely get your needs met, and often feel taken advantage of by others. This frequently contributes to unhappiness and even depression. It can also lead to a pressure cooker of anger that eventually explodes in an aggressive way.

There is a third way of expressing your anger—and it is the one that will most likely get you the changes you want from others. It is being assertive. Assertion involves expressing your beliefs, feelings and preferences in a way that is direct, honest,

Please see *Anger* page 4

New Programs from page 1

A new couples group will begin this Fall, "**Sacred Union: Relationship as a Spiritual Path.**" This will be facilitated by Gayle Bohlman and Paul Bello and will provide couples with an opportunity for growth and deepening intimacy in their relationship.

There are ongoing women's groups, *The Wisdom Circle*, and *The Journey Group*, and a *Men's Council* which meet monthly. There are weekly yoga and meditation classes as well; see article in this newsletter for more information.

We hope that you will consider these opportunities as you attend to your physical, emotional, mental and spiritual well being this Fall. We look forward to seeing you.

Peak Performance from page 2

giving a good presentation. When confronted with the task of having to give a presentation, this client may feel a high level of fear and as a result may try to avoid giving future presentations. Or the client may be so anxious as to almost guarantee a poor performance, thereby validating the belief that he or she is not capable of giving a good presentation.

During the EMDR sessions, the therapist and client would work to see if this pattern is rooted in prior experiences. If so, these prior experiences would also be targeted with EMDR.

Through the EMDR protocol, clients are able to become desensitized to emotionally upsetting memories and develop more productive ways of thinking. In our example above, the client may change the negative beliefs about his or her ability to give presentations by

identifying why a particular presentation was not successful and focusing on improving for the next presentation.

EMDR can then be used to help rehearse giving a positive presentation thus creating a template for future success.

You can read more about EMDR on The Counseling Center website at www.tcctowson.net under *Special Services* or at www.EMDR.org under *What is EMDR*.

Anger from page 3

appropriate and shows a high degree of respect for yourself and for others. It is standing up for your rights without infringing on the rights of others. It's hard to be assertive when we are experiencing very strong angry feelings. In that situation the first step toward being assertive is learning to recognize when you are moving toward being out of control. You can often identify specific thoughts (e.g. that's not fair or they are taking advantage of me) or physical feelings (e.g. clenched fists, feeling hot).

That is the time to take yourself out of the situation and cool down. Once cooled down it becomes easier to identify what is really upsetting you. From there, it is easier to request the changes we would like in a calm but assertive way. If you tend to be passive it also helps to think about things and practice what you want to request. It can take a lot of courage the first few times to speak up for yourself, but as you find your needs being met more often, being assertive becomes easier.

When we approach angry feelings in this way, we improve our lives, our relationships and generally feel better about ourselves.

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