



visible silence, still as the hour-glass,
up in the sun-searched growths the dragon-fly
sits like a blue thread loosened from the sky--
this winged hour is dropped to us from above.

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Therapy Thought

Fall 2013 Newsletter

You've heard of it... But what exactly is EMDR?

Some of you come to see me because you want EMDR therapy. Others of you have never heard of it, or have heard of it but aren't interested in it. But what, exactly, is it?

EMDR stands for Eye Movement Desensitization and Reprocessing. It's a big fancy title for a type of therapy that is ideal for trauma and breaking persistent patterns of thinking. In fact, it's one of the only methods of therapy that has been endorsed by the Veterans Association to treat veterans with PTSD. That's a big deal.

But you don't need PTSD to benefit from EMDR. Most of us have negative patterns of thinking like "I'm worthless" or "I don't deserve love" that have been with us since childhood.

Those thought patterns, just like flashbacks from a trauma, get "stuck" in the brain. And when a trauma or thought pattern gets stuck, it's not easy to change it. We've all tried to stop intrusive thoughts and sometimes no matter how much we want to stop the thoughts, we can't.

EMDR therapy specifically targets those "stuck" areas in your brain. Don't worry, it's not as scary as it sounds. In fact, most clients find it not only extremely helpful, but also relaxing. Using tones in a headphone and little buzzers that you hold in your hand, I walk you into some particular thoughts and memories that we have discussed in advance, and then we just let your

brain do the work it needs to do to heal.

I am certified in this type of therapy, and I jumped on all the hoops to get certified because I have seen how effective this type of therapy is. It's remarkable.

If you want more information, you can visit the EMDR website at www.emdr.com or www.emdria.org. My website is www.stacystoddard.com. I have more detailed information there. And feel free to talk to me about how it might help you.

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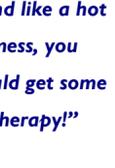
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Office is located in a private setting in the heart of downtown.

Hey, you sound like a hot mess, you should get some therapy!"



Wouldn't it be nice if you only had difficult feelings or situations on your therapy days? Then you could talk through everything right away and not have to wrestle and struggle with hard to manage feelings for too long! Unfortunately, life situations don't happen on our schedules.

This is where Kathleen Adams' book comes in handy. I talked in the above article about how important and how helpful

The 99-cent Therapy: Journaling

If you are a client and have ever asked me for homework, I probably said "Journal!" A response I often hear back is "But I'm not a writer!" or "But I'm afraid writing will make me feel worse!" I reply with, "It doesn't matter." So much for compassion! :-)

The truth is, journaling is the cheapest therapy you can get. For only 99 - the cost of a notebook - you can write your way through almost anything. Here are some tips about journaling to make it work for you:

It doesn't matter what you write. The goal is just to move the thoughts from your head onto paper. Even if you write "This is stupid," you're still moving that thought out of your head.

You never have to reread your journal. In fact, you can even rip up the pages afterwards. This type of journaling isn't meant to record events, it's meant to be a process, a release, and you don't have to revisit those pages.

You can write your journal in the

form of a letter to yourself, a letter to your future self, a list, or any other way you like. There is no right way to journal!

Just like with a therapist, you might feel raw and vulnerable after you spend some time journaling, but you WILL FEEL BETTER after you do it. After you can come to a better understanding of what's happening, or at least emotionally raw, and even deeper into what's

Help! My friend needs help!

We've all been on the receiving end of a conversation with a friend where he/she is telling us something that makes us think "Oh my! She needs some help with that!" But recommending that someone get therapy is not as easy as recommending a mechanic. "Hey, your car is making a noise, you should get that looked at!" versus "Hey,

you should get a hot mess, you should get some therapy!" But you really want to help your friend...so what do you do?

It's usually most helpful if you share with your friend your experience of therapy, or even that you have thought about therapy in the past. It can help normalize it for them, help

them to know that it is not something to be afraid of, and it's not something scary or shameful. They know some therapists who have learned in therapy made you want to do it. Of all, let her know that sometimes a therapist can help with the changes that sh

Book Recommendation -

journaling can be, but many times it's hard to get started. 'Journal to the Self' lays out twenty-two different styles of journaling, so it's easy to pick a style that fits for you and then just let the ink flow. For instance, for the rational mind she outlines a way to journal called Clustering, and another one called Lists. And for the more emotional person, she describes Stream of Consciousness and Dialogue writing. And those are just four of the twen-

ty-two options. This is the kind of book you don't have to read in one sitting, but one that you can read over and over as you grow your journaling practice.

Adams, K. (1990). Journal to the self. New York: HarperCollins Books
ISBN: 978-04463903