



# The Labyrinth

## NEWSLETTER

News from The Temenos Center

Summer 2010

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*The moment of change  
is the only poem.*

Adrienne Rich

### Seasons of Change

Recently I walked out of the house into the blazing heat, I found myself thinking of February, when everything was blanketed with snow and the only sound outside was the occasional scrape of the plow on the road. This day, like all the others in the previous two weeks, was just over 90 degrees and humid. Snow seemed like something that might have happened in another universe. I thought about how as a therapist I am constantly thinking about change and have been witness to many psychological transformations as total and amazing as winter to summer. Yet on a day to day basis, those changes are often slow and gradual, so that sometimes it is only in the midst of a new season that I can look back and see how extraordinary the change has been.

Often, and rightly, therapists measure change concretely and day to day in terms of symptoms. We see that someone is eating more stably, purging less; someone is sleeping better or having fewer panic attacks; a couple is fighting less and talking more. There are, however, many subtle and complex changes that are more difficult to measure but that are also essential to growth and sustained recovery.

A few weeks ago a client said to me, "I've been noticing lately that there is some space created in my mind. I have these mental tracks I go down, these routine ways of thinking, but now there is some space to think about other ideas, to go in different directions." And even though she had been working toward this change for some time, I felt a kind of amazement as she described this shift in her perspective. The change she was describing was in a way subtle, but at the same time as dramatic as the shift from winter to summer. "I feel as though I can allow myself to be fed by relationships in ways that I never have before," she added. She was giving voice to a change in her fundamental way of being in relation to herself and the world—change that is hard to measure concretely, but change that is very profound for her and will support positive growth in many aspects of her life.

At Temenos we believe that lasting change takes place at many levels. For example, we teach our clients techniques for managing anxiety or alternate coping strategies to deal with the symptoms of an addiction or eating disorder, but we also believe that it is important to understand what these particular struggles mean for each unique individual, so that deeper change can support ongoing healing and recovery within a person's relationships and internal life long after the therapy experience is over. In this issue, we have chosen to focus on the themes of change and transformation and share with you a few of the ways that we work with clients to support lasting change through the many seasons of their lives.

Catherine Ambrose, MSS, LCSW

### Learning New Approaches to Healing from Trauma

Jane Fox, MSW, LCSW, recently completed a 14-month training program on Sensorimotor Treatment for Trauma sponsored by the Sensorimotor Psychotherapy Institute in Boulder, CO. We interviewed her about what she learned and how this training has had an impact on her work with clients.

**Q: What interested you about this particular approach to healing trauma?**

A: I read the book *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*, by Pat Ogden, Kekuni Minton, and Clair Pain, and it appealed to me because it is based on very up to date neuroscience research. A primary tool of this approach is mindfulness, one of my areas of interest for many years. Using this approach, a therapist helps clients develop mindfulness by asking certain types of questions and drawing attention to certain sensations and emotions. A primary focus is on neuroplasticity: that is, with practice we can develop new behaviors and change our brains. Sensorimotor treatment uses all the traditional approaches to trauma treatment, including talk therapy, but it also brings in an awareness of the movements that were blocked by the trauma and opens up the potential for new responses.

**Q: Can you share with us some of the most important principles of this approach to working with people who have experienced trauma?**

A: This approach is based on what are known as the Hakomi principles. The first principle is mindfulness. The second is non-violence, meaning you would never push a client in a direction they do not want to go. The third is organicity, meaning you go with whatever the client brings to the therapy. The fourth, unity, holds that all parts of the universe are interconnected and interdependent, so a central goal of the therapy is to facilitate communication within different parts of each of us, particularly including the body, and between people. The last principle is mind/body/spirit wholism, which states that all experience is registered in the body and we can communicate with the unconscious through the body. The founder of this approach, Pat Ogden, added techniques to the Hakomi principles for use with clients who have experienced trauma.

**Q: How is this approach different from other kinds of trauma treatments?**

A: You do not ask a client questions about "why," but help him or her to get curious about a specific movement or thought. Curiosity is a key attitude in this treatment, and people can feel very "seen" when they work with a therapist in this way. This approach spends a relatively short time processing trauma and a lot of time building resources. In the last stages the therapist helps the client develop productive activities and deeper connections with others.

**Q: How has learning about this approach changed your work with clients?**

A: I am definitely more observant about the body. I pay more attention to what my client's body is saying and look for ways to use what the body is saying to foster change. I pay much more attention to "where the frontal lobes are": that is, trying to help clients keep their thinking mind active. Normally our thinking-wisdom is inaccessible when we work with traumatic material. Helping clients to be curious about symptoms rather than self-judging and helping them access their "wise mind" while working on this material gives them more flexibility and sense of empowerment.

### Mistakes We Make by Flavia Herzog, MA, RD, LDN

When women (and some men) learn that I am a Registered Dietitian I often find myself in a lively discussion of the latest fad diet, weight loss pill, program or product. Through conversations like these, and my extensive work with women, it is clear that the primary nutrition concern on women's minds is weight loss. Most often I find myself in conversations about what has and has not worked in a woman's attempts to transform her body. I have come to realize that women everywhere are making similar mistakes.

The biggest mistake I see is women trying to change everything at once. Do not try to make drastic changes. Set small goals for yourself that will lead to lasting lifestyle changes. It is important to know that it is nearly impossible to eat "perfectly," and frankly unnecessary. Below I list the 9 most common mistakes women make, and explain why they will not lead to weight loss and in fact often cause weight gain, and simple steps to take to change these behaviors.

**Mistake #1:** Skipping meals, especially breakfast

**What goes wrong:** Slows down your metabolism and/or causes you to overeat later.

**Simple steps to take:** Breakfast doesn't have to take long, a piece of fruit, a bagel or a granola bar are enough to "break the fast" and jump start your digestion.

**Mistake #2:** Grazing or "picking" all day instead of eating a meal

**What goes wrong:** May become physically full but you'll be left emotionally/mentally feeling like you are still hungry.

**Simple steps to take:** Eat 3 meals and 1-2 snacks per day. If you take time to slow down and eat a meal you'll feel more satisfied and ultimately eat less.

**Mistake #3:** Eating while Distracted (driving, reading, working, watching TV)

**What goes wrong:** Can lose track of how much you eat and cause you to eat more because you didn't taste what you ate.

**Simple steps to take:** Focus on what you are eating and savor each bite. If you taste and enjoy your food you will not need to go back for more.

**Mistake #4:** Avoiding Dietary Fat

**What goes wrong:** Fat is satisfying and keeps us feeling full 3 times longer than eating carbs alone. It is also essential for the absorption of fat-soluble vitamins.

**Simple steps to take:** Balance your fat, protein and carbohydrate intake. Do not eliminate any of these. Choose healthy fats such as olive oil, fatty fish (salmon), & nuts; whole grain carbohydrates & fruit; and lean proteins.

**Mistake #5:** Avoiding Carbohydrates

**What goes wrong:** Carbohydrates are our bodies' main source of energy; provide important vitamins and minerals & fiber. Activity is very hard to do without them.

**Simple steps to take:** Again, balance your fat, protein and carbohydrate intake. Do not eliminate any of these.

**Mistake #6:** Over exercising while under eating

**What goes wrong:** Slows down your metabolism & decreases effectiveness of your workouts.

**Simple steps to take:** Do not go overboard. Decrease your calories in manageable increments while gradually increasing your activity. For example, cut out 200 calories per day and add in 20-30 minutes of activity.

**Mistake #7:** Never allowing yourself treats; Good Food/ Bad Food mentality

**What goes wrong:** You can't resist forever and end up really overindulging.

**Simple steps to take:** Learn moderation and let go of the guilt. It really is ok to have a few Hershey Kisses EVERY day. Do not categorize foods as Good or Bad. All foods can be part of a healthful diet when eaten in balance.

**Mistake #8:** All or nothing thinking

**What goes wrong:** One little "mistake" means it's time to go all out today and start being "good" again tomorrow.

**Simple steps to take:** Be forgiving. If you think you overindulged let your body make the adjustment: you won't feel as hungry later. Stop putting pressure on yourself to eat "perfectly."

**Mistakes #9:** Weighing yourself multiple times a day

**What goes wrong:** Makes you feel that all the healthful changes you have made are not working, you get frustrated and you eat. Weight loss (or gain) is not detectable from hour to hour.

**Simple steps to take:** Get rid of the scale, or at the very least only weigh yourself 1-2 times per month (but always at the same time of the month).

### What We Are Doing

Terry Hall, LPC, and Pat Duffy, LCSW, attended a training in June to run parent groups on body image for the organization "A Chance to Heal," a non-profit foundation dedicated to the prevention of eating disorders.

In April, Frank Schwoeri, Ph.D., attended a four-day Sudarshan Kriya Yoga workshop offered through the Art of Living Foundation.

Pat Duffy, LCSW, is participating in an ongoing training and supervision program in Object Relations Theory and Therapy. They have just completed a semester reading about and discussing the complex nature of love relationships.

Natasha Horsley, LPC, will be interviewing Dr. Dan Gottlieb for the fall edition of *The Labyrinth*, which will focus on the impact of disabilities such as autism on families.

Our newsletter *The Labyrinth* is published quarterly. We look forward to receiving submissions from you, our readers. Please feel free to submit your artwork or short writing pieces (no more than 750 words, please) or poetry on recovery-related themes to any of the Temenos therapists or by email to Catherine Ambrose at [catherineambrose@temenoscenter.com](mailto:catherineambrose@temenoscenter.com). To protect your confidentiality, we will only use a first name or initials on your piece if we use it.

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For more information call 856-722-9043 or visit [www.temenoscenter.com](http://www.temenoscenter.com)

#8

*"Attune yourself to personal energy*

*Feel it flow like water,*

*Jagged stones of firm belief*

*Smoothed into nothing;*

*Cleansing, clearing, nurturing,*

*healing.*

*Follow it faithfully, honestly,*

*spontaneously,*

*Let it empower and serve.*

*Emotions are energy, too.*

*When they flow the most*

*They hurt the least."*

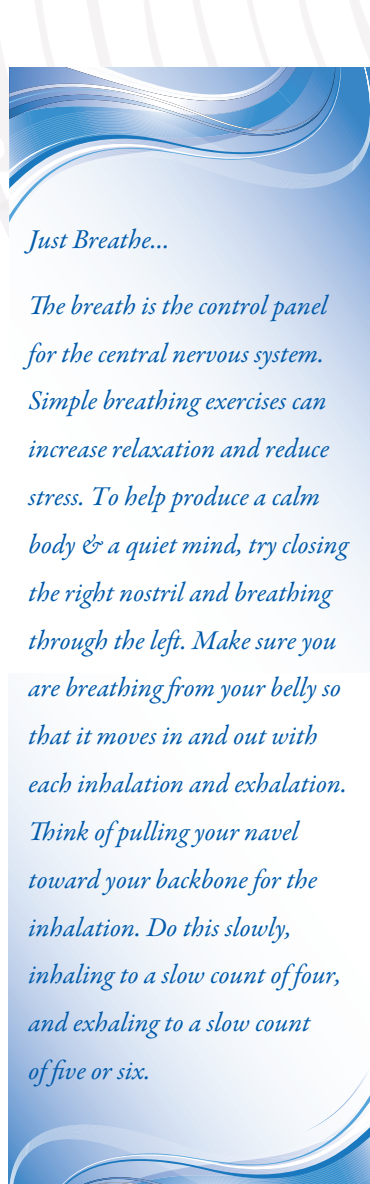
Haven Trevino,

*The Tao of Healing*



*"One Day at a Time"*

by Colleen P.



Just Breathe...

*The breath is the control panel*

*for the central nervous system.*

*Simple breathing exercises can*

*increase relaxation and reduce*

*stress. To help produce a calm*

*body & a quiet mind, try closing*

*the right nostril and breathing*

*through the left. Make sure you*

*are breathing from your belly so*

*that it moves in and out with*

*each inhalation and exhalation.*

*Think of pulling your navel*

*toward your backbone for the*

*inhalation. Do this slowly,*

*inhaling to a slow count of four,*

*and exhaling to a slow count*

*of five or six.*

*The curious paradox is that*

*when I accept myself just as*

*I am, then I can change.*

Carl Rogers

