



The Labyrinth

NEWSLETTER

News from The Temenos Center

Spring 2010

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Welcome Friends of Temenos!

Hard as it is to believe since none of us look any older, Temenos has been here in Moorestown for ten years! One of the ways we are celebrating a decade of hard but wonderfully rewarding work together is by starting this newsletter, which we hope to offer quarterly. Since we use a drawing of the labyrinth at Chartres Cathedral as our logo, *The Labyrinth* seemed the perfect name for our new newsletter. The journey of the labyrinth symbolizes how our emotional and spiritual path is not linear, but circular and gradual, often turning back on itself to show us where we have been before once again moving forward, but always leading us toward our own center.

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. To protect your confidentiality, we will only use a first name or initials on your piece if we use it.

Confronting the Blue Balloons: Some Thoughts on Therapy

The other morning my dog and I were taking a walk, each in our way celebrating the arrival of spring. I was enjoying the sun on my face and the first appearance of forsythia and daffodils, and my dog was trotting merrily along with her tail waving. Suddenly she pulled up short, growling softly, tail slumped. I couldn't imagine what was upsetting her, but then I saw it. Tied to a mailbox was a partially deflated blue balloon nodding lazily in the slight breeze. Like most of us, my dog is wary of the unfamiliar and unexpected. We have encountered, and managed, other threats: yellow recycling buckets, UPS trucks, open umbrellas. I encouraged her to approach the balloon and she took a few tentative steps. "Good girl!" I exclaimed, and she bumped the balloon very gently with her nose, leaping back when it bobbed her way, but then finding the courage to nose it again. In a moment she is proudly prancing down the sidewalk again, tail wagging, master of her fears and her world.

It occurred to me as we made our way home that there was a metaphor here. If my dog and I avoided all her fears, our little journeys around our block would be much longer and scarier, and far less fun and relaxing. Unchallenged fears have a tendency to multiply, so after awhile we might not even be able to get out the front door. In a similar way, we humans have a tendency to avoid the blue balloons—our fears of facing our anger, our addictions, our hurts, our memories, our losses, our needs and desires—rather than move up close and get to know them better. Psychotherapy is an opportunity to confront the blue balloons in the environment of a safe and supportive relationship rather than continuing to take the long detours involved in avoiding all those issues that have the potential to threaten us. The work of psychotherapy can support us in choosing, on our own terms and in our own unique way, how we will take our journey to the place that we really want to go.

Welcome to our newsletter, and best wishes on all your journeys!

--Catherine Ambrose, LCSW

New Faces at Temenos

Miriam Kazansky Horn, Ph.D.



In March we were very pleased to welcome Miriam Kazansky Horn, Ph.D., a licensed psychologist with over eleven years of experience, as an associate of the Temenos Center. She has worked with clients with a wide range of issues including anxiety, depression, behavior problems, school difficulties, ADHD, traumatic experiences, and difficulties with life transitions. While she has specialized in children and adolescents, Dr. Horn also enjoys working with adults. Dr. Horn provides individual and family therapy, as well as parenting support and strategies. She also provides psychological assessments.

Dr. Horn is skilled in psychodynamic, family systems, and cognitive-behavioral therapies. She takes an integrative approach towards treatment, in which she tailors her methods to the unique needs of each client. Dr. Horn is inspired by the healing that takes place within the therapeutic relationship, and always looks forward to helping her clients to create positive changes, and gain insight and self-acceptance.

To contact Dr. Horn, call the Temenos Center at (856) 722-9043.



Davida Rende has joined us as our intake coordinator. Many of us at Temenos are familiar with her warmth and friendliness from her 10 years as an administrative coordinator of the Outpatient Department at the Renfrew Center, and we are fortunate that she has brought her many talents to the Temenos Center. In addition to her work with us she maintains a small massage and reiki practice in Philadelphia.

Books We Like

We interviewed Frank Schwoeri, Ph.D., of the Temenos Center about *Hold Me Tight: Seven Conversations for a Lifetime of Love*, by Dr. Sue Johnson (2008).

Q: With all the relationship books out there, what is new or different about this book?

A: This isn't a book about relationships just based on someone's opinion or personal experience or distilled only from their individual experience as a therapist, but based on the author's extensive couples' therapy research experience at the University of Ottawa. It turns out that the qualities that make for a good parent/child relationship are exactly the same as those which make for a good adult partner relationship, that is, it is important to be available, responsive, and emotionally engaged.

Hidden within the content of most marital arguments is the real and most important question "Are you there for me?" We are all interdependent on each other. Adult partners are emotionally attached to and dependent on each other for nurturing, soothing, and protection. Dr. Johnson's book helps couples to strengthen their emotional bond by showing how to have important conversations that foster an adult, loving relationship.

Q: What are one or two key points that may be useful to all couples?

A: From this way of thinking, the most common marital/relationship problem happens when one partner (often a woman) attempts to engage her partner and other partner (often a man) experiences this request as a criticism. He responds by withdrawing further, creating a negative cycle of "nagging" and withdrawal. Typically, though of course not always, men fear engagement and women fear separation, so being aware of this fundamental relational difference can help couples to communicate better with each other.

Q: How can this book be a useful adjunct to couples therapy?

A: It can save time (and therefore money) by educating couples about the real basis for their relationship problems and give them some specific guidelines and exercises that help them work toward being more available, responsive, and emotionally engaged with each other.

Q: What else can this book teach us about the importance of secure relationships?

A: In addition to the obvious benefits of a more secure and supportive relationship with your partner, there is also evidence that positive loving relationships protect us from stress and help us to cope better with life's challenges and traumas. This book shows us how the people we love are the hidden regulators of our bodily processes and emotional lives, so it makes good sense to make our connections the best they can be. We start improving our relationships by being attuned, available, and emotionally responsive to our partners, and this book is a start on showing us how to do that.

What We Are Doing

This spring **Catherine Ambrose, LCSW**, graduated from New Directions, a three-year post-graduate program in writing and psychoanalysis. Last summer she had an article published in the journal *Voices: The Art and Science of Psychotherapy*.

Jane Fox, LCSW, attended a trauma training sponsored by the Sensorimotor Institute in Boulder, CO. She says of her experience, "it is thrilling to have learned a way of helping people heal both body and brain from trauma without becoming re-traumatized. Clients enjoy working in this way as they see the progress they make with this collaborative and respectful type of treatment." Look for our interview with Jane in the upcoming summer issue of *The Labyrinth*.

Terry Hall, LPC, and **Flavia Herzog, RD**, gave a talk to the Haddonfield Crew Team on January 5 entitled "Body Image and Sports Nutrition."

Pat Duffy, LCSW, and **Natasha Horsley, LPC**, have been busy working on a couple of our new projects here at Temenos. We are delighted with Pat's work on the newsletter, which she designed. Natasha has been working on getting us up and running on Facebook.

The Labyrinth is published by *The Temenos Center of Moorestown, NJ*
For more information call **856-722-9043** or visit www.temenoscenter.com



*There is a vitality, a life force,
an energy, a quickening, that
is translated through you into
action, and because there is only
one of you in all time, this
expression is unique.*

*And if you block it, it will
never exist through any other
medium and will be lost.*

Martha Graham



"Masked Emotions"
by CB

Be yourself.

Life is precious as it is.

*All the elements for your
happiness are already there.*

*There is no need to run, strive,
search, or struggle.*

Just be.

Thich Nhat Hanh



"Crawling out of my skin"
by CB