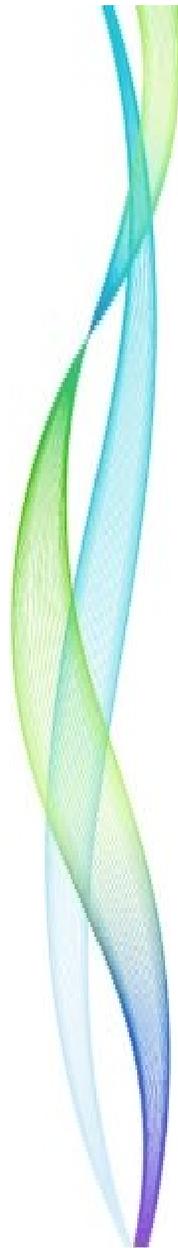


Think Tank September 2015

Focus: Failure to Launch



While many parents look forward to their children's return to school (Routine! Planned activities! Less Boredom!), if you're the parent of an emerging adult aged 19 to 28 who's still living at home, you're not alone. Statistics show that more and more adult children are either not leaving home or returning home after college (or an attempt at college) to live with parents. While some financial experts say this phenomenon, known as "Boomerang Kids", is largely the result of the recent economic downturn, others maintain it has just as much to do with the struggle to find independence.

In all likelihood, a number of factors may be involved. While the competition to get into college remains stiff, the chances of getting a well-paying job upon graduation are fairly low, leaving many recent college grads with a mountain of debt and little opportunity to pay it off. For some, moving in with Mom and Dad makes financial sense -at least for a predetermined period of time. But if there's no end game in sight, or if parents continue providing the sort of "hotel amenity lifestyle" (meals, laundry, housekeeping) to which many kids are now accustomed, there's little incentive for them to move on.

Failure to launch may also have an emotional component, for the child as well as parents. The child may feel shame, frustration or anger about his situation while parents are equally frustrated with a lack of privacy, or worrying that they aren't saving as much for retirement as originally planned during the post-college years. "Failure to launch can sometimes be caused by family dynamics that subtly communicate to a young adult. 'We don't believe you have what it takes to handle this challenge, survive this failure, or manage these uncomfortable emotions.' Addressing these dynamics and converting unintentional messages can be an important first step in helping the emerging adult gain independence," says Murphy Foster of Insights Collaborative

Therapy Group.



The rise and diagnosis of conditions such as ADD, ADHD and autism spectrum disorders may also play a role. Parents of children with these conditions know the challenges many of them face to maintain focus, assume responsibility and function independently. Family and individual counseling can be very helpful in increasing awareness of emotions and communicating them to others. And in some cases, medications to treat symptoms of ADD, depression and anxiety may be appropriate.

For more information on failure to launch and therapy for your child and family, please contact **Murphy Foster** at mfoster@insightstherapy.com or for mom's you may be interested in attending the Mindful Mom's Group on Wednesdays. For more information about the Mindful Mom's Group look at our Insights Happenings below.

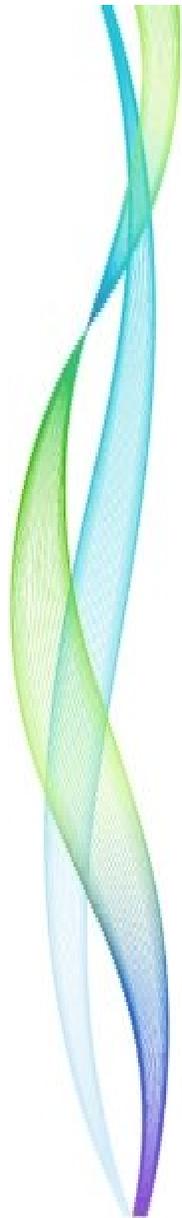
Self Care Strategies: Fall at the Dallas Arboretum

With seasonal temperatures falling (at least four degrees), we're ready to get outdoors and enjoy the weather. The Dallas Arboretum has a number of individual or group activities that will revitalize and reconnect you to nature, including its annual pumpkin village with over 75,000 gourds on display, Cool Thursdays Concert Series (with free parking), adult programs including gardening and photography (October-December) and Tour des Fleurs 10K and 20K on Saturday, September 20th. Visit www.dallasarboretum.com

Reconnect: Single-Tasking

With fall in full swing, our daily To Do Lists are growing exponentially. And while you may pride yourself on your ability to take a call, eat a bagel and listen to a podcast (while driving to the airport), multi-tasking isn't always what it's cracked up to be, especially when it comes to our relationships. Take a few moments each day to sit down with your partner and try something called single-tasking: listen to him speak, and do only that. No laundry folding, no email checking -just listening. Then, take your turn and ask for the same level of attention in return. Notice how this small change in habit has a positive effect on both of you.

Bibliotherapy: *Adult Coloring Book* by Blue Star Coloring



Yes, we really are recommending a coloring book for grown-ups. This one comes with a wonderful set of highly useful instructions (if needed): 1) Break out crayons or colored pencils, 2) Turn off electronics, 3) Pick any page, 4) Start coloring, 5) Forget worrying/ start daydreaming, 6) Stop when you feel like it. But the intricate pictures in this adult coloring book are more than just a fun way to relax; they resemble mandalas. In various spiritual traditions, mandalas are used for focusing attention and as a form of meditation. Available at www.amazon.com

Time-Out: "I Wonder..."

In the Montessori tradition, it's quite common to encourage children to spend time just "wondering." Examples might include, *I wonder why stars twinkle? I wonder how this rock was formed?* This idea isn't necessarily to come up with scientific explanations but to enjoy the process of creating possibilities. As parents and teachers, we sometimes feel the need to rush in with information so that our children never have to struggle with an answer. But what if you left some of your children's marvelous questions *unanswered*, allowing them to come up with their own answers? I wonder...

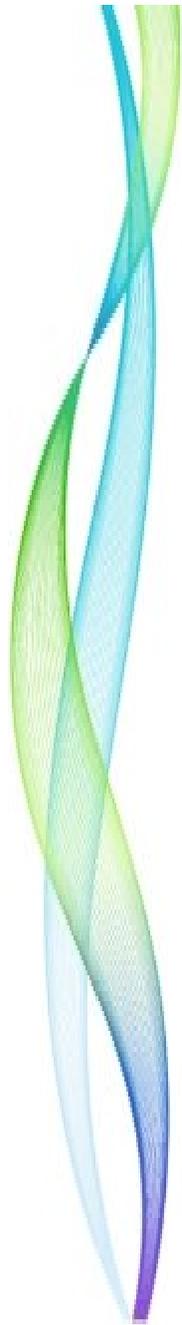
For more insight on how these suggestions can relate specifically to your family, please contact **Laura Elpers** at lelpers@insightstherapy.com to schedule a parent coaching session.

Take Two: Kahlil Gibran's *The Prophet*

A delightful adventure for all ages and based on Gibran's book of the same name, this film "combines Gibran's elegant poetry with stunning animated sequences. In a Mediterranean village, a woman and her free-spirited young daughter embark on a journey meant to end with exiled artist and poet Mustafa's return home - but first they must evade the authorities who fear that the truth in his words will incite rebellion." Produced by Salma Hayek and directed by Roger Allers (THE LION KING), featuring the voice talents of Hayek, Liam Neeson, and Quvenzhané. (Review source: www.angelikafilmcenter.com)

Insights Happenings:

Book Launch *Ready to Talk: A Companion Guide to Psychotherapy* by Insights Founder/CEO Mary Sanger, LPC-S, LMFT-S, LCDC, *Marriage & Family Therapist*



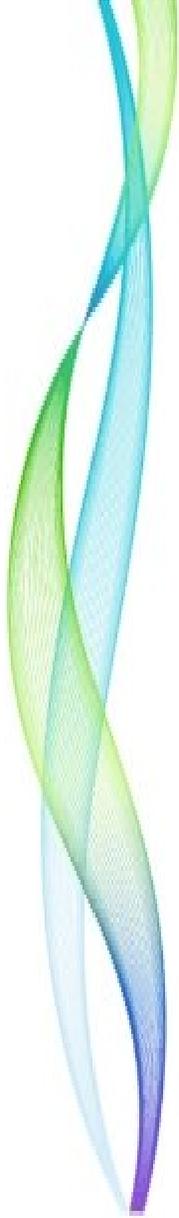
Have you ever wondered how therapy really works? Would you like to enhance your weekly sessions? Have you tried therapy in the past but were dissatisfied with the results? In straightforward language and an easy-to-read format, Sanger explains how to get the most out of the therapeutic process, teaching us that essentially, each of us is the architect of our own story.

Readers will learn how to challenge current beliefs that are no longer serving them well, recognize unhelpful thought patterns and self-defeating behaviors, manage emotions so that relationships are more enjoyable and understand how others' beliefs and emotions don't have to control their lives. It's an indispensable book for those seeking a more pleasurable, less painful and authentic daily life. You can order your copy from www.amazon.com

Mindful Moms Group Join us weekly for an ongoing group designed for moms who are looking for help and understanding in navigating life challenges with their kids. This group is designed for moms with kids who are tween, teens, young adults, and boomerangs. Mindful Moms Group offers moms support, therapy, and education as well as connections, parenting tools and stress reduction techniques. The cost is \$30 a week, registration is not required. For more information email thinktank@insightstherapy.com or call (214) 706-0508.

Yoga We believe that healthy living requires an holistic approach - mind, body and spirit. We don't just treat symptoms or isolated causes. We work with you as a whole person to experience greater fulfillment and less anxiety in your life. Every 4th Saturday of the month, Insights will host a Yin Yoga class. Yoga for your mind -it calms, it stretches, it builds endurance. The poses in yin yoga are practiced entirely while sitting or lying on the mat, with out the use of props. This style of practice is a restorative yoga. The fee for this class is a donation and all proceeds will go to The American Heart Association. Instructor -Scott Murphy

Nourish -Insights will be starting a new mixed-gender on going group on Monday, May 11th for individuals 18 and up that struggle with eating and body image. The group will help separate food and feelings with the support of a Licensed Professional Counselor and a Registered Dietitian. The group will meet on Mondays from 6-7:30pm. For more information, call (214) 706-0508 or email



thinktank@insightstherapy.com

Our Time is Up: Stay tuned for our October issue...

