

September 2016

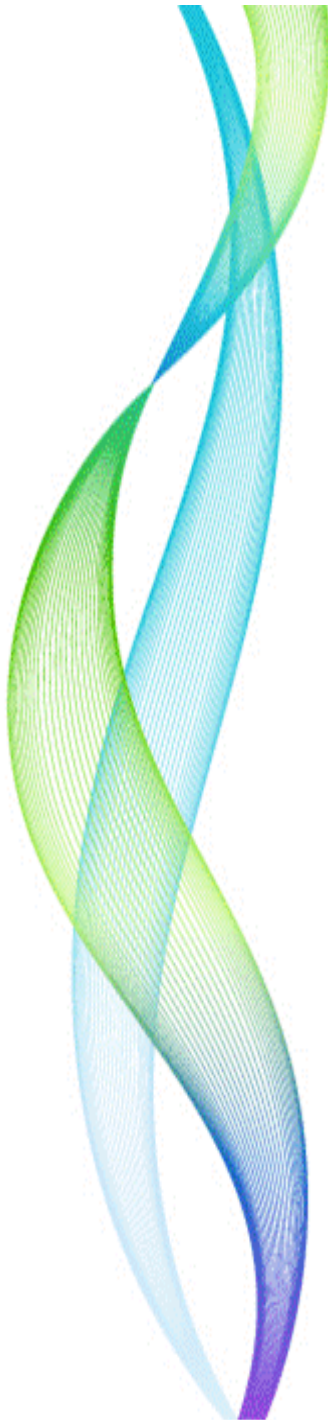
Focus: The Next Right Thing

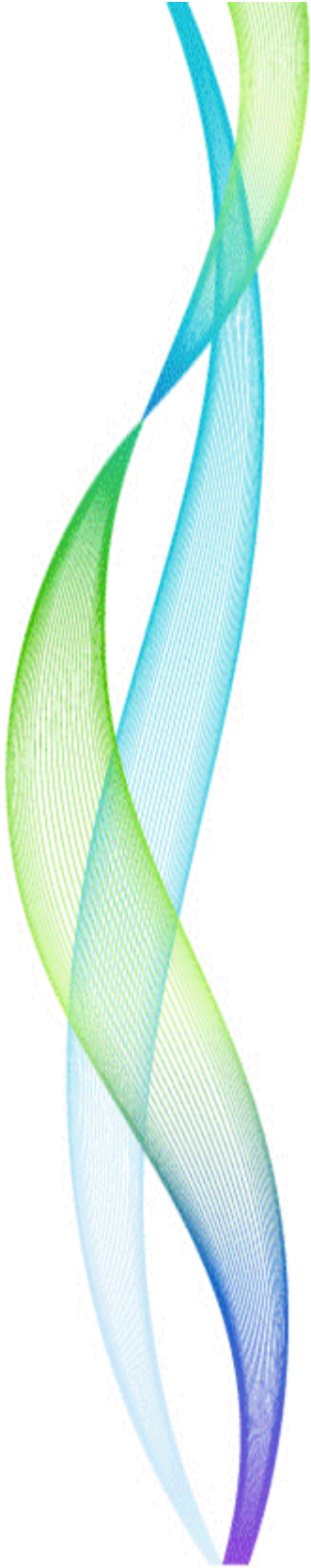
"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream, Discover." ~Mark Twain

Change is in the air. There are things that we can change -and should try to do so for our own well-being -and things that we cannot, no matter how many times we've tried. Change may be noticeable to the outside world -perhaps we try a new job, or hairstyle, or we lose a significant amount of weight; other times it's an internal process, such as learning to stop the negative self-talk in our own head, being bold enough to say "no" when we have always been a caretaker and only know how to say "yes", or having self-pride when we've accomplished a personal goal.

Our bodies are always in the process of change, from cell turnover to digestion and collagen production. If you've forgotten just how much the human body is capable of changing on a daily basis, just look at any child aged 10 to 20. Their height and facial features seem to change practically overnight. In therapy, we realize that our relationships, behavior and perspective often develop and change over time. Sometimes these changes take work or create pain, and sometimes the process is gentle and feels organic. Change often involves bravery but it's an opportunity that allows us to grow in new directions.

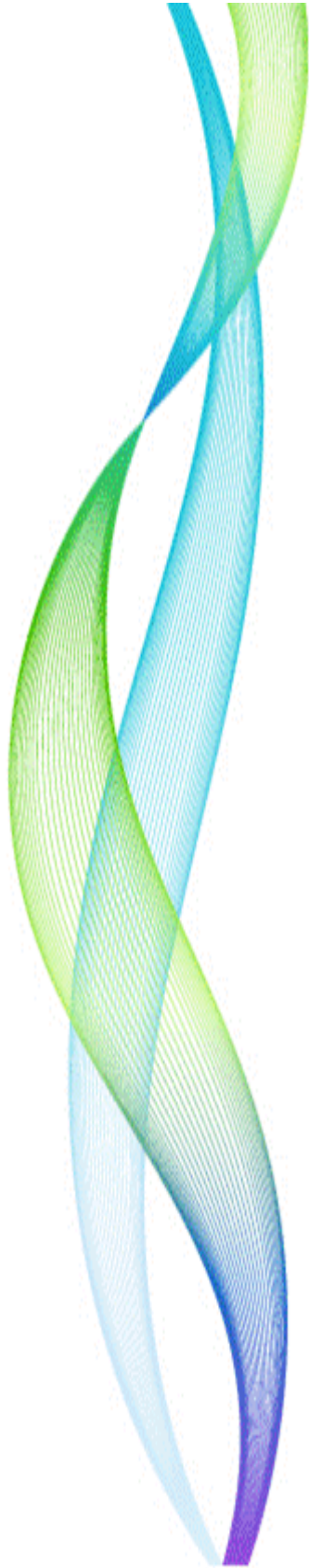
When founding therapist Mary Sanger opened the Insights' practice in 2011 (yes, we just celebrated our





fifth anniversary), the physical space and business structure were just right for our needs at that time. Fortunately, we soon began outgrowing that space, adding extra offices as well as a large multi-purpose room for seminars and groups we host on a regular basis. Well, once again, we're experiencing the best kind of growing pains -and we've got some exciting changes planned!

While our main focus has always been working as a team in a collaborative way for our clients, on September 1, three of our existing therapists joined Mary as Insights' co-owners. As Mary puts it, "I believe that part of growth is evolving to the next right thing, and making this change certainly represents that belief." **Jeff Baldrige** has been with Insights for three years and is an experienced clinical psychologist, offering both coaching and counseling which includes the practice areas of goal attainment, medical hypnotherapy, trauma recovery and anxiety. **Laura Elpers Pierce** started with Insights in 2011 as a practicum student from SMU. "It's so exciting to watch someone like Laura develop organically from student, to licensed therapist, to a gifted play therapist, and now, to business owner", Laura specializes in helping young children and their parents through play therapy and parent coaching. **Murphy Foster** joined us in 2014 and has been a tremendous asset to our group, specializing in the areas of addiction, anxiety, depression, shame and life crises. Additionally, we're delighted to announce that **Dr. Howard Smith**, who has been Insights' consulting psychiatrist for the past five years will be sharing office space with us. Dr. Smith practices in all areas of psychiatry, specializing in depression and anxiety disorders. He is available for consultation on medication needs for those who require it as a complement to therapy. We are happy that therapists **Shawn Chrisman**, **Suzanne Feiler**, and **Ashleigh Lester** continue to be an important part of the Insights' Team as well. Shawn has been working hard to put the finishing touches on the process of obtaining his PhD in Human Sexuality, which we congratulate him on. Suzanne continues to work with women in all transitions of life, 20 somethings, women dealing with fertility issues, empty nesters, or transitioning to "senior" years. We



welcome Ashleigh back to Insights after taking a few years off to be with her young children at home. Ashleigh works with older grade school aged kids, tweens and teens as well as having a specialty focus in the area of medical grief and adjustment to medical diagnosis. We continue to be here to help families through all the ages and stages of life.

Our second big announcement is our soon-to-be **new office space**, located just around the corner from our current space, will be at **8140 Walnut Hill Lane, Suite 450, Dallas, Texas 75231**. Our phone number and website will remain the same. We'll be moving at the end of September and will send out a detailed email announcement closer to that time.

Finally, we'll also be changing our billing software, which will include an improved patient portal and allow clients to schedule appointments online. While there may be a few technical bumps along the way, we ask that you bear with us as we move toward this improvement.

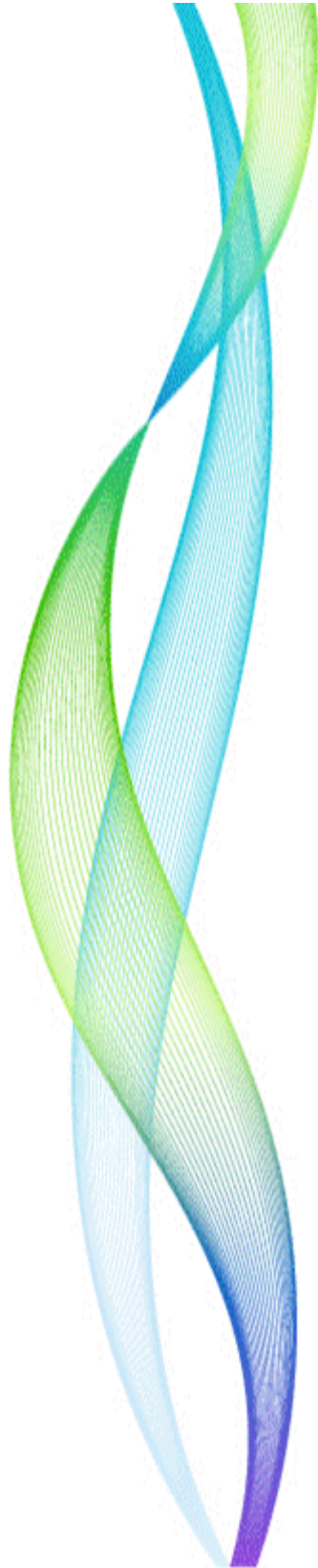
We can't wait for you to see our new space! We think you're going to love the changes.

Self Care Strategies: Try a Different Route

Take a side street once in a while. Avoid the freeway today. Drive or walk through a park. Did you know that mixing up your routine in small ways not only makes life a bit more fun and interesting but also creates new neural pathways in the brain, which help to keep it healthy and active?

Reconnect: Anniversary Traditions

Anniversary celebrations mean something a little different to every couple. For some, it's roses and champagne every year. For others, it might be a



weekend getaway. And for the more practical among us, it might just be a card or verbal acknowledgement. While anniversaries don't need to be expensive or elaborate to be meaningful, they do give us the opportunity to reflect for a moment on what the relationship means to us and how it has evolved over the years, and to show gratitude for the other person's place in your life. What can you do this year to make your anniversary a little more special? Is it time to start a new tradition?

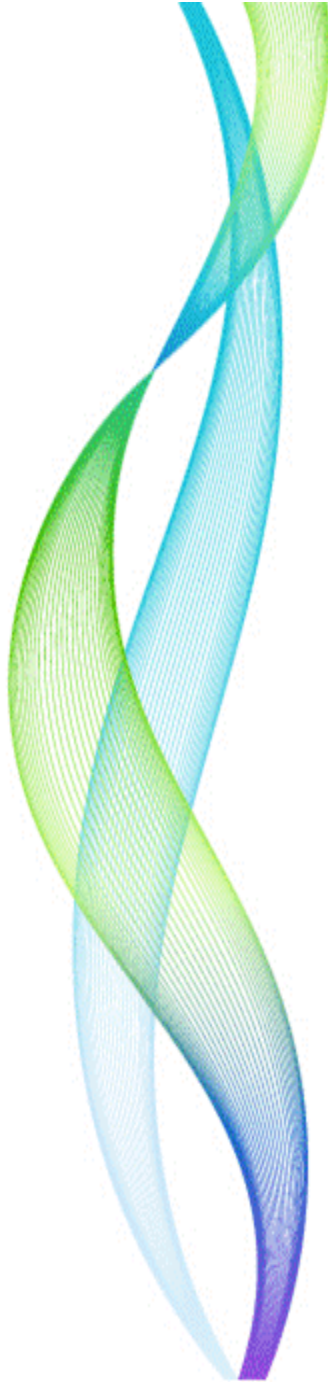
Bibliotherapy: *Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert

Note: We thought this was the perfect time to revisit this book:

From the author of *NY Times* bestseller *Eat, Pray, Love* comes an insightful look at the creative process -but this book isn't just for musicians, artists and writers. It's for anyone wishing to face down fears and embrace the "strange jewels that are hidden within each of us." Also known for her highly popular TED talks, Gilbert certainly knows how to motivate readers and listeners, guiding them to the attitudes and habits needed to live more fulfilling lives. This book would also make a nice gift for the person in your life (you?) who's been holding back from trying something new. Available at www.amazon.com

Time-Out: Letting Kids Work It Out

How often do you find yourself jumping into disagreements between your children? Or, brokering playground friendships on their behalf, especially when another child isn't being friendly to yours? It can be sort of exhausting, right? Next time it happens, try letting your child navigate these challenges all by him or herself. Of course, if physical harm or bullying is involved, it's time for you to intervene. But allowing them to develop communication and



relationship skills on their own terms can be pretty darn satisfying for both of you. Remember that your job as a parent isn't to solve your kids' problems for them. It's to be with them as they solve them on their own.

Take Two: *The Light Between Oceans*

"A couple (Michael Fassbender, Alicia Vikander) who reside in an Australian lighthouse discover a baby in a boat along with a dead body. They decide to raise the child, a choice that leads to devastating consequences." Based on the book by M.L. Stedman, this is a story prompting a closer look at our own life choices and how they affect the world around us. - source: www.moviefone.com

Insights Happenings

Meditation Each Saturday from 10-11am, Insights hosts a mindfulness meditation group that encourages relaxation and the development of more mindful living. Newcomers and visitors are welcome. This group is open to anyone interested in learning about and practicing mindfulness meditation. There is no cost to attend.

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