

CFAR CONNECT

CENTER FOR FAMILIES AND RELATIONSHIPS IS
A 501(C)(3) NONPROFIT COUNSELING CENTER
SERVING THE NEEDS OF INDIVIDUALS,
COUPLES, FAMILIES AND CHILDREN.

Fall 2018

Executive Director Report

Whenever we have to say goodbye to Summer it is both a sad and exciting time. Every change of season can relate to our lives in a way and for Fall as the leaves begin to change, I am reminded that change can be a very beautiful thing. There is a lot of change on the horizon for CFAR as we will be opening a new expansion to our office this Fall. This expansion allows for CFAR to open 8 new therapy rooms, a large group therapy room and a new conference room for our staff to hold meetings and facilitate trainings.

In anticipation for this new space, we have welcomed new Marriage & Family Therapy interns, Art Therapy interns and Part-Time Family Therapists. During the summer months, we began to offer **Walk-In Hours** to better connect people to services and will continue to offer those hours going into the Fall.

The next few months promise to be a busy time for CFAR and we hope that you take time out of your schedule to join us on **Friday, October 26th** for our Fall Fundraising event "A Cozy Night With Chris". All money raised at this event will go toward our expansion efforts as we work to provide even more families with the Mental Health services they need. We hope the Fall is a time for family togetherness, fun times and warm moments. Make sure to keep up with all the changes coming to CFAR by following us on Social Media!

Happy Fall!

*Jordan Brogan
nuthumr*

Client Corner

"Therapy helps me to maintain focus as well as being able to express myself. I need to be assertive sometimes and my sessions help me to do just that. CFAR is a place to come when you are not at your best. They will work with you to help you get to a better place in your life and with your family."

Thank you CFAR!"

- Minnie W.

Follow Us On Social Media:



**Walk-In Hours Now Available:
Monday—Friday from 9am to 3pm**



Center for Families And Relationships
www.cfarcounseling.org

CFAR In The Community

October: On **Saturday, October 6th**, Center for Families and Relationships will be partnering with Healthy Minds Philly and will be providing Behavioral Health Screenings at "The 7th Annual La Salle University Community Health Fair" hosted at The Shoppes at La Salle on Chew Avenue.

November: For the past two years, the staff at **CFAR** have pulled together to make Thanksgiving Baskets that can be raffled off to clients to further support families during the holiday season. Last year we were able to raffle **12 Thanksgiving Baskets** and this year we hope to be able to raffle off close to 20. If you would like to **get involved** by providing food donations for this project, please reach out to our Community Engagement Specialist at ALewis@cfarcounseling.org or call (215)-537-5367 ext.169.

GET INVOLVED:

Center for Families And Relationships
Proudly Presents:

A Cozy Night With Chris:

A Tribute to Cozy Morley & Old School Comedy

Friday, October 26, 2018

7pm to 11pm

Spring Mill Ballroom

**1210 E. Hector Street
Conshohocken, PA 19428**

"A Cozy Night With Chris" is a tribute to the 50's & 60's era of comedy.

Tickets include:

Dinner & Dessert, Beer, Wine, Soda & Entertainment.

All funds raised will be used to build out Eight new Therapy Rooms and a Large Group Therapy Room at Center for Families and Relationships.

Tickets Can Be Purchased At: www.cfarcounseling.org

Tickets:

\$65 (Pre-Order)

\$70 (At The Door)



Therapist Spotlight



Jesse Macbeth, MS, MFT

Jesse graduated from Northwestern University in 2017 with a Master's

Degree in Marriage and Family Therapy and is currently working towards a certification in Gottman Method Couples Therapy. As an only child whose parents' divorced when he was 2 years old, Jesse became familiar with the field of family therapy at a young age. His interest in the field grew as he attended therapy himself and saw first hand how valuable having a therapist who truly listens and understands you can be.

This has shaped how Jesse approaches his work with clients, as he strives to meet each client where they are and join with them in an authentic and genuine way.

Jesse enjoys working with couples that feel they are struggling to effectively communicate with or trust one another, and has gravitated towards working with clients who have had a negative experience with therapy in the past as well. Jesse works to provide his clients the tools to take control of their own happiness and develop and maintain healthy, happy and fulfilling relationships in every aspect of their life.



Parenting Today Is Not Easy!

By: Lisa Higgins, MFT

Laundry, grocery shopping, cleaning the house, tying shoes, getting the kids to bed, working outside of the home, arguing that wearing long sleeves and pants on a 90-degree day isn't the best idea...the list as a parent goes on. Parenting today is harder than ever. We are now living in the age of immediacy, demand, and isolation and with that, it is easy to sacrifice ourselves, our health, our social supports and our own happiness. I often tell my clients that we are all like buckets, and we often dip into our own buckets to fill the buckets of others around us. Every time we soothe our children's boo-boo, build them up after a fight with a friend at school, make sure homework is finished, finish an 8-hour work day, and

all of the other "I need this now" items we are exhausted. We have emptied our bucket by giving all that we have and then we wonder why we are tired, depressed, burned out, and/or cranky. We are running on an empty bucket, and when we look around to find someone to help fill our bucket we often find ourselves standing alone.

In therapy, we talk to our clients about the need to fill their own buckets through a sense of community and self-care activities. Getting time for some of the self-care can be relatively simple: set up routines that get the

kids to help around the house by cleaning up after themselves, set a bedtime routine that they can do on their own, or get them to help with the laundry. There are many lists on the internet on "Chores by ages" that will give you some ideas on what kids can help with around the house. Once they are doing this you can find some time to fill your bucket. Take a walk outside, listen to music, watch/stream a TV show or movie that you have wanted to see for a while, start that exercise routine that you've wanted to start, or reconnect with friends. Taking time for yourself to do what you enjoy will help you fill your bucket, feel less isolated, build your own happiness, and feel like you have something to give again to others. Taking time for yourself is not selfish...it's necessary!

Insight: Attachment, Relationships & Therapy

By: Kasey Jarvis, M.S

As I embrace new insights that I find beneficial to my personal and clinical growth, I have experienced a recent paradigm shift in how I analyze relationships after learning more about **attachment**. Aside from advocating for acceptance of one's attachment style as well as understanding the needs of each attachment style, I am inspired to minimize the pathologizing of relationships. I believe this lens promotes ownership of one's needs and the ability to effectively communicate them without judgment and behavior is interpreted through attachment style rather than labeled it as

simply a character flaw. Even in discussing parenting skills, I collaborate with parents to find the response that most resembles a secure attachment style in order to adjust the hierarchy of the family and aid in healthier child emotional development. I have found that there is not a single part of working with a family that attachment does not touch and it seems to be blended seamlessly into my sessions. As a therapist, I am

most passionate about how freeing it can be for the client as they are empowered with the courage to acknowledge what they need, recognize barriers to their vulnerability, communicate differently with others, and consciously choose healthier relationships. With this in mind, my hope is to help clients find healing connections with others outside of the therapeutic relationship. I believe that through this lens, relationships themselves can be deeply healing.

Opinion Piece: Depression Is Not Sadness

By: Allen-Michael Lewis, M.S, LMFT

He takes a deep breath, "People think that being depressed is just being sad, but it's not." Then he looks away shaking his head thinking about the hundreds of times that someone told him to "just be happy". It is a common expression and he wishes it were that easy. He has put in countless months of work to help to better manage his depression and he is looking back on this long journey today. He finally he lets out a sigh, "People don't get it."

Depression is more than being sad. It is defined as *a condition characterized by feelings of severe despondency and dejection, typically also with feelings of inadequacy and guilt, often accompanied by lack of energy and disturbance of appetite and sleep*. For depression being so common place in our society, it is one of the most misunderstood conditions. It's been described as feeling completely alone and like you are a burden to those around you. Often times you don't want to

do the things you once loved to do and you don't necessarily want to be around others. Sometimes the thought of being alone in your room, while once a goal, is now like being in prison. You don't know who to reach out, don't feel that you can talk about it with anyone or feel like it would be better if you did everything on your own. JK Rowling stated, "it's so difficult to describe depression to someone who has never been there, because it's not sadness. I know sadness. Sadness is to cry and to feel. But it's that cold absence of feeling — that really hollowed-out feeling."

CFAR is here to support you through the darkness. CFAR is here to educate and combat against stigma. CFAR is here to help you find the words.

You do not have to carry this baggage alone. "Just be happy" is no longer enough. We are here to help.