



Mental Wealth

Newsletter

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YOUR LIFE CAN BE DIFFERENT..

Connecting with my feelings is a life mission, not a hobby **By Karina Stell**

I heard it said socially recently that going to feelings can be helpful, but unrealistic on an ongoing basis. It felt like a punch to my stomach and it gave me pause to reflect. If this is the approach we adopt when discussing mindfulness, connectedness, empathic interaction, what are we then saying about this practice? That it is an interesting, feel-good dalliance from 'normal' life but certainly not useful in a true sense? I felt a great deal of pain when I heard it said. I needed to examine why.

What came up for me is that this way of being so underpins what I now cherish as meaningful living, that I suppose placing it in the category of a hobby-style dabbling caused me some real soreness.

As a therapist I have witnessed hundreds of people benefit, grow, develop, embrace a newly emerged deeply significant life for themselves, through their courage and work in this area that I was so surprised that its merit and even more, its necessity could be viewed in this way.

If I am truly and authentically committed to this way of being, I needed to notice how painful this was for me and in a spirit of acceptance, acknowledge that it is not the choice for many.

When I dug a little deeper, the sadness grew for me because what it really was, is that I realised I simply cannot connect meaningfully in a purely cognitive way with others. I feel outside their experiences and searching desperately for where they are in it so I can 'know' them. Of course this is not to say that our feelings about anything need to be in agreement. Quite the contrary. Those who we are angered by are our greatest teachers. What is the anger about? What has been scratched in me? Not always easy, but always worthwhile.

Whatever the label of the emotion, for me I just need to find the other person and try and understand what it is like to be them and notice what feelings come up for me, so that I can connect.

Listening to a cognitive account of life, rights, wrongs, disapproval, distaste, exclusion leaves me struggling to connect with my fellow traveller. The result of this is no meaningful communion transpires and it leaves my soul wanting and sad.

Like any way of being, it's not everyone's choice and to me, it feels sad. Sad for them and sad for me that I can't connect. For my work as a therapist the core value I believe in is that coming from a place of feeling is imperative to connect with others. It's a challenge Michael and I pose to ourselves as well as our clients daily and what ensues always moves us; what unravels always amazes us and what it means to our professional lives, always pushes us forward to continue.

It was an interesting journey to look so deeply inwardly to examine how much this work means to me. I thank the person who made that passing remark as it gave me the chance to explore, to feel and to connect with myself.

What I noticed...by Michael Cohn



What I noticed last week is how easy it is for people to become polarized, and how quickly each side slips into blaming and maligning. In Group we always ask our members to notice movement away from feeling to blaming, but what about when it plays itself out on the world stage?

The current tragedy in Greece involves a country on the verge of bankruptcy with its population rapidly becoming unable to buy the necessities to live, or even to draw the cash to pay for such essentials.

And as the days drag on and pressure increases, each side now begins to resort to name calling - overtly in the case of the Greeks who are now calling the creditor nations 'terrorists', and accusing the incessant pressure they experience with increasing demands to meet their outstanding loans, 'waterboarding'.

Each side attempts to wriggle out of the tightening of the trap, by eschewing any responsibility on their own parts and blaming the other side.

The Greeks seem unwilling to acknowledge their own incautious overspending. So too, the creditor nations seem equally unwilling to acknowledge their own reckless and brash over-lending.

If Greece and Germany were in Group with you, what might they be feeling?

Two quotes come to mind:

Timeo danaos et rationibus ferentes –

*'I **fear** Greeks bearing debts'.*

Timeo creditoribus portantes minis –

*'I **fear** creditors bearing threats'*

Michael Cohn and Team – incorporating Mental Wealth Therapy, Mental Wealth Psychology and Mental Wealth Training

NEWS

Back is back! One of the founders of Mental Wealth, Jonathan Back is practicing currently in our affiliate, Mental Wealth, Hamburg - <http://www.psychologist-hamburg.com/>

For those of you who remember Jonathan, you will be excited to learn that he will be contributing each month to our newsletter via his new column, "Questions I've been asked". For those of you who don't remember him or haven't had the opportunity to meet him, you are in for a treat! Jonathan's introductory piece prior to his column commencing next month is below. Forward any questions you may have to Jonathan and you may be in print 😊
Enjoy!

Questions I've been
asked...by Jonathan Back



"I'm thrilled to be a part of this wonderful newsletter – all the way from Germany. I hope that the "questions I've been asked" column can provide some meaningful perspectives to commonly asked therapy questions. Please feel free to contact me with any of your questions at jonathanback.jb@gmail.com

A quick update from Germany: I just finished an ACT workshop in Berlin and feel inspired to share how much it meant – professionally and personally. I feel touched to be part of a community that puts the human being sitting in front of us first - the real person that quietly suffers, struggles, and contracts. At times, I'm also that person.

I am so grateful to relearn such wonderful, empirically validated and powerful interventions that minimise suffering, and move us towards flow, growth, engagement, vitality and connection. ACT highlights 6 core processes of human functioning that I'll touch on in the upcoming newsletters. I look forward to connecting with you all each month!"

