

Mental Wealth Therapy

Newsletter

Issue – January 2015

YOUR LIFE CAN BE DIFFERENT..

NEWS

What are your hopes for 2015!

By Karina Stell

Entering a new year has a huge psychological expectation of new beginnings, better days, happier times, and an easier life. Some of us vow to stop smoking, lose weight, exercise more, go to church more, be 'better' in some way or another - usually with a failed outcome for at least most of us.

What happens inside us that makes us want change so much? Of course any steps we want to take for our improved health are to be encouraged. But in a general sense, what is it that makes "what is" so difficult to imagine in our future that we resolve change?

Coming from a therapeutic and acceptance perspective as I look inwardly, I notice how at times discomfort in the world is such a struggle. Accepting less than what I hope for can require time to digest and embrace as my life's journey. It's not always easy being human!

As we go into this New Year, what I hope for us all is as much compassionate acceptance as is possible. Knowing that every time I struggle with life and 'what is', I move from pain into suffering and can get caught there.

For those things we hope to change in order to improve our lives, and that we have control over, I'm all for it. For those things that life brings and we cannot control, where do we go so we don't lose our presence in our life? Or our mindful enjoyment and engagement in what else is going on alongside the challenges? We can't choose what comes, but we can choose our response.

This year may we have an open heart to what life brings, a willing spirit to accept those things we find difficult and a sense of ownership and responsibility for our choices and their outcomes.

Michael and I wish you all a Gentle 2015!

Michael and Karina

www.mentalwealth.com.au

Group Re commencement

Groups will recommence from **Tuesday 6th January**, depending on which evening your group usually runs. We very much look forward to welcoming you all back and hearing about your holiday experiences/challenges/joys. See you then,

Michael and Karina

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You will find us on Facebook at:

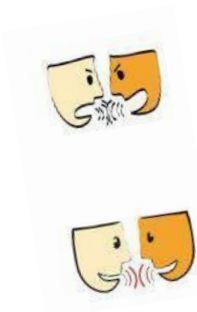
<https://www.facebook.com/MentalWealthTherapy>

And on Instagram at:

<http://instagram.com/mentalwealththerapy>



2015 – Nonviolent Communication Workshops



We are very excited to announce that Nonviolent Communication workshops have been set for the following dates:

Part One – Sunday 22nd February 2015

9am -4pm (lunch from 12.30pm – 1.30pm)

Part Two – Sunday 1 March, 2015

9am -4pm (lunch from 12.30pm – 1.30pm)

Prices for attendance are as follows:

Students/Pensioners - \$40/day session

Group Members - \$80/day session

Non-group Members - \$150/day session

Please log onto the website at www.mentalwealth.com.au and download and print the booking form from the Upcoming Events tab. If you could then fill in and return to Michael or Karina with your proof of payment, we will confirm your booking. Alternatively, please ask Michael or Karina for a booking form.

Many thanks, Karina and Michael



Cancer Support Groups

From March 2015, we will be running two new groups.

There are many groups currently supporting people undergoing cancer treatment through hospitals and cancer organizations; however our groups will be addressing two different areas which both Michael and I believe are in need of support:

1. Post treatment patients
2. Families of patients undergoing/finished treatment.

These areas of the community are not as well represented in our view, and we hope to offer those interested in attending, a specialized support.

Both these groups will be run by Michael and Karina. Michael as most of you will know is a highly experienced therapist and Karina as well as being a therapist, has herself experienced cancer and treatment twice and understands the extreme challenges of this journey for both those suffering from the disease, and those caring for them throughout treatment.

We hope we can offer some needed understanding and empathic connection for those who have experienced this type of treatment and those who have supported them through it. We will outline dates of commencement in the February Newsletter. In the meantime, please let those you know who you think may benefit from these groups. They will be run at \$40/session