



# Mental Wealth

## Newsletter

Issue - March, 2015

YOUR LIFE CAN BE DIFFERENT..

## When Political Correctness Stifles our Feelings by Karina Stell

How frightening life can become when we can't voice what really matters to us. My learning as a young girl was that I could say however I felt as long as I wasn't rude or insulting. I guess this placed limits of some kind on me but today it seems that merely expressing a feeling can be construed as 'rudeness' or 'insulting'

If I feel I'm afraid by the behaviour of a specific ethnic group, I am now a racist. If I lack understanding on a specific sexual orientation and want to inquire for greater understanding, I'm a phobic of some sort. If I feel there is nothing sweeter than seeing a teacher comfort a child who has fallen over in the playground, then I am somehow naïve and unable to see the danger of abuse.

What a frightening world it is to live in, where my lack of connection with a currently perceived view or my strong connection with an act, labels me with something.

I remember reading 1984 as a schoolgirl where the thought of my ideas and feelings

being monitored by an outside source seemed like science fiction. Today I fear people are afraid to speak what they feel, whilst those with a popular view seem to be able to say whatever they like.

As therapists, we are in the business of validating all feelings about the life experiences of our clients. Those we don't embrace as our own and those we do. There is room in the world for all as these are just part of the human condition. To feel. To sense danger. To be moved by love. To fear what appears dangerous to us.

In the work we do, we allow all sorts of expressions of feeling in our groups. Denied feelings cause problems, exacerbate issues and solve nothing.

Feelings need oxygen to enable them to alert us to something either in ourselves or around us that is sending us a message. For us, creating a safe space for people to express what really goes on inside for them is an important factor in the healing work we endeavour to do.

I'm alarmed daily by the society I live in that tries to stifle that.

Michael and I sincerely hope that when you attend our groups, you can give your feelings a place to be expressed and by so doing find what is really going on for you and connect better with yourself and others.

### NEWS

You will notice that we are now just called Mental Wealth rather than Mental Wealth Therapy. Whilst nothing has changed in the work we do, we believe our work is not limited to therapeutic intervention for those suffering from Depression and Anxiety. Whilst we always have been, and will continue to be, serving those who suffer this way, we also provide a place for people who simply want to connect with others, find greater satisfaction in their lives and are interested in becoming their best selves. Thank you for being part of this community. 😊

Michael and Karina

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## New Cancer Groups



As promised, we are going to commence Groups specifically targeted to those who have experienced:

1. Cancer treatment and are now finished treatment
2. Carers/Supporters of patients undergoing, or who have undergone, treatment.

For us to commence scheduling, we need to have registration of at least two members to each Group.

Please encourage those you know who have struggled after treatment to return to 'normal' or those who have supported those undergoing treatment and who feel they have a lot of unexpressed emotions about their journey, to register attendance by phoning:

**Michael on 0413 947 582 OR  
via the [Contact Us](#) button on our website  
At [www.mentalwealth.com.au](http://www.mentalwealth.com.au)**

Once we have heard from those who are interested, we intend to run these groups on **Mondays from 6-7.30pm** @ \$40/session.

Please let us know your email address for us to contact you once attendance numbers have been reached.

**These are important groups that address a difficult time in many survivors' lives and the lives of their supporters. A lot of emotional issues come up that battling illness doesn't make time for.**

**This is a safe place to experience letting go and sharing, run by therapists who have either experienced cancer or travelled very closely with those who have. We very much look forward to providing you with that safe place.**  
Michael and Karina



## **\*\*New Time for Meditation Group! \*\***

To fit in with those keen to attend – we have rescheduled our Meditation Group

**5pm - 5.45 pm on Mondays**

**At 128 Clyde Street North Bondi.**

Mindfulness has been the buzzword for the last 15 years or so and it has become mainstream for about 5 years.

So what is it? Well, a simple Google search will turn up any number of great explanations, better than I could offer in a few sentences.

But a chance to share in a practice on a regular basis with a short Dharma talk...

Learn how to develop your own mindfulness practice by dedicating 45 minutes each week to this group mindfulness practice.

*Cost is \$20/week.*

Just giving yourself this commitment on a regular basis has tangible benefits.

You are invited to come and have a look.

Just a thought. See how it sits with you.

**0413-947582 to book**

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## **New Workshop Coming Soon!**

### **Couples Communication 1 Day Workshop**

When what you say is not what is heard, frustration can develop and lead couples on a downward spiral in their willingness to communicate. Help you and your partner really get to understand what it is you are both feeling and reconnect with each other in an open way.

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Michael Cohn and Team