

Azimuth Quarterly

Information to Heal and Empower

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Azimuth News

...from the desk of the Executive Director

Azimuth therapists have had literally thousands of sessions since we opened our offices at 8 Essex Way in February of 2006. Our therapists work with individuals, families and couples on a full range of disorders and dysfunctions. At times there are also significant legal problems folks who seek our services have, in addition to complex emotional, medical and spiritual ones. Some of you may be aware of an Azimuth "success story" due to knowing someone who has overcome or worked through a difficult problem with an Azimuth therapist. As the Clinical Director I am aware of many "success stories." I hope you have enjoyed our e-newsletter this year and it has kept you up to date on many of the good things happening here at Azimuth. Today, I would like to share with you another way to think about the "success story of Azimuth." In the mental health field "success" often has to be measured by what **has not** occurred. For example: the psychiatric hospitalizations that **have not** been needed; the criminal acts by addicted and or desperate individuals that **have not** occurred; violent domestic assaults that **have not** been committed; DUI accidents that **have not** happened; the marriages that **have not** broken apart; children who **have not** been placed into the Dept. Of Children and Family's custody living, instead, in a more stable, safe home environment; suicides that **have not**

been attempted; the heart attacks, strokes and stress related illnesses that **have not** occurred; individuals that have not been placed on disability or in need of major social or supportive services. I am sharing this concept of success with you hoping you will realize that by supporting Azimuth financially you are a vital part of the solution to many of the problems facing our community and even our culture today. Azimuth does receive payment for some of our expenses from our clients. **Yet, we have an ongoing, unmet need for about \$1,500 a month in donations. Our private donations have steadily dried up during these difficult economic times putting the very existence of Azimuth in jeopardy.** On behalf of our clients, Azimuth Board of Directors, and our community I thank you for your past support and ask you to consider what you can do financially at this time of year to help Azimuth to continue to be a stabilizing presence here in Northern Vermont. If you would like to hear more about how you could help Azimuth please feel free to contact me at 288-1001 ext. 102.

Christina A. Wilkins



In Their Own Words

Living the Paradoxical life

(Excerpted from essay submitted anonymously)

Acres of carefully tended woodland lay in desolation. Discarded, broken limbs strewn about, saplings bent like randomly placed matchsticks, snapped off and skewed in among the gnarled and displaced stumps. Some of this land had supported maples that had been strong and productive giving home to the wildlife and sweets to the owner, who had been so protective and careful in the tending of the forest entrusted to her care. (*Cont. on pg. 2*)

Meditations

Integrating Spirituality & Psychotherapy

Paradoxical Living

Christine Wilkens, LCMHC

Paradoxical intention (PI) is a therapeutic technique that was developed by Victor Frankl, originally in the context of logotherapy. It is a therapeutic intervention in which the therapist appears to promote the worsening of problems rather than their removal. (Over the last decade, PI has been started to be used as a popular technique by a variety of therapists who have incorporated the technique into their other existing clinical practices. Behavioral researchers have reported a number of case studies supporting the efficacy of PI in the treatment of emotional, behavioral and psychiatric problems. The paradoxical approaches been reported to be successful with symptoms such as obsessive behavior and thinking, insomnia, migraine headaches, anorexia nervosa, phobic neurosis and some psychotic states. This theory can also incorporate the Biblical teaching of blessing those who curse you. A benefit of this incorporation is a reduction in anxiety and a freedom to trust in God again after devastating loss. The application of paradoxical living is described in this quarterly edition's "In Their Own Words" article. *"The decision to lead the paradoxical life is a decision to be a certain kind of person. It may, in fact, be a decision to be who you really are, or who you are really meant to be, rather than who society of organizations pressures you to be. It's about your most cherished values, and how to live those values. It's about your integrity, your wholeness, your authenticity as a person"*

"Anyway"

People are often unreasonable, illogical, and self-centered; Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway. If you are successful, you will win some false friends and some true enemies; succeed anyway. If you are honest and frank, people may cheat you; be honest and frank anyway. What you spend years building, someone could destroy overnight; build anyway. If you find serenity and happiness, people may be jealous; be happy anyway. The good you do today, people will often forget tomorrow; do good anyway. Always give the world your best; because, you see, It's between you and God anyway. Adapted from the writings of *Kent M. Keith*

This poem is said to have hung on the walls of an orphanage in Calcutta, India where Mother Theresa poured out her life helping the poor and oppressed people in that city.

In Their Own Words (Cont from pg.1)

This forest, so full of life and vitality, had been both productive and beautiful. But the neighbor grew old and moved away, visiting only in summer. Leaving the land, she had so mindfully tended, to the care of a person she thought would respect and love it as she had. But last winter a greedy and deceptive logger came in and destroyed the forest leaving only destruction where there had been vitality. By the time the owner heard of the destruction it was too late. The damage had been done. Oh, she could sue, of course, but that would not restore the land. The land could be cleaned up but not restored to its former state. No, that could not occur for many years... certainly not in the current land owner's life time. That kind of brilliance and productivity takes years of growth along with care and intentional culling and pruning. Those results can only be accomplished once in a life time. All the years of carefully harvesting the wood to preserve function and beauty of the forest was lost. Yet, I hope the distraught owner will heed the words of the poem *Anyway ...* and not give up.

I think of that poem when I have experienced painful and discouraging treatment in my own life. There had been a time that I was almost utterly destroyed by the cruelty of those in my past. My response has been to live the paradoxical life, although I was not introduced to this therapeutic concept until years later. After that time I thought would never again have to live through, what seems to me, senseless cruelty again, especially by those I had chosen to trust. I recently learned though that protection from harm is not the point of paradoxical living.

Today, I see myself as the neighbor betrayed by the logger. Yet, I am determined to hold onto the truth that no one can take away my will to live only I can give that up. I chose to return good for evil and to give the world the best I have ...because I know these actions are really between me and God anyways. The paradoxical poem *Anyways* continues to comfort and motivate me to go on in life, as I hope it does for others. Especially, if you ever find that people seem to be tearing down what you have worked for years to build.





Let's Talk...About Coaching

"For I know the plans I have for you", declares the Lord, "plans to prosper you and not to harm you, plans to give you a future and a hope. Then you will call upon me and come and pray to me when you seek me with all your heart." "I will be found by you," declares the Lord, "and will bring you back from captivity." Jeremiah 29:11-13

What is coaching? Most of us go through life on a path. Sometimes it's a path that we've chosen. Sometimes it's a path that we've taken by default or fallen into, full of twists and turns that bring us to a place that is far from where we thought we would be. We put one foot in front of the other, taking the next step because we should or maybe because it seems to be the right next step. Do you ever find yourself in a quiet moment wondering what would have happened if you had taken another path? Have you ever found yourself needing to make a change or reach a goal but you get stuck and are unable to move ahead?



Coaching is a partnership where the coach and the client engage in a thought provoking, creative process that moves the client forward in reaching a goal, making a change or making courageous choices to live fully.

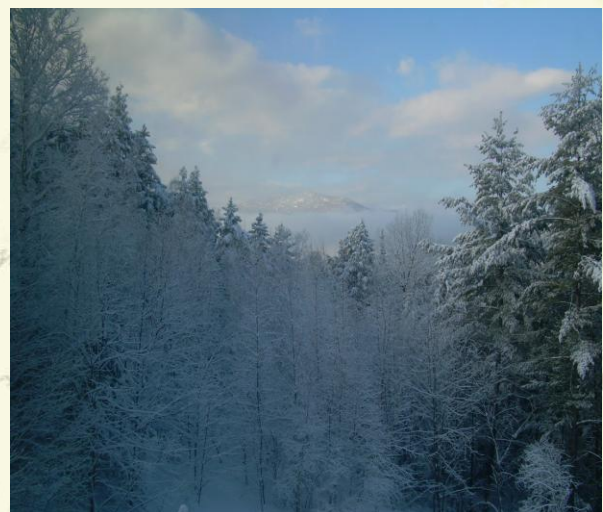
Let me ask you a question. What is your vision of a fulfilling life - one that gives you a future and a hope? Take a minute and close your eyes. Remember a time in your life when you felt really alive - a sense of wholeness, satisfaction and that all is right. What was happening in that moment?

What was important to you in that moment? Exploring those moments bring out the essence of what we value in life, give us the experience of living in balance.



Discovering individual values is an important part of coaching. A coach's role is to help a client discover and clarify their dreams, sort out and clarify values, life purpose and goals in order to work toward finding their own solutions and strategies for living a fulfilled life. As a result, new ideas are created, new opportunities arise and new perspectives form that allow a person to fully embrace the changes because they come from within. Often clients find themselves moving forward on projects, realizing long term goals and creating stronger relationships at work and at home. What if you took some time to listen to the plans God has for you? What would that mean in your life?

If you are interested in being coached Azimuth is pleased to be able to offer referrals to Jan Shanks, who has a BA from Wheaton College and a M.Ed. from University of Missouri-Columbia, has completed the *Coaches Training Institute (CTI)* training program and is currently enrolled in the CTI certification program for Co-Active Coaching. **For more information, questions or for a referral, please contact Azimuth at 288-1001 or info@azimuthcounseling.org**



"Among the works of mercy, one, more important than any other, the spiritual work of mercy is to console a soul crushed by troubles and sorrows."

Ignatius of Loyola ~ August 1543.

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