



PERSPECTIVES ON HEALING

Perspectives of Troy Counseling Centers - Trauma and Grief Department

Spring Edition 2016

Singing in the Rain

A client recently started a session asking me, “Why is it that I’m not like other people? Why can’t I be happy and count my blessings? Why can’t I sing or be happy, even when it’s raining on me emotionally?”

It’s a question that many of us ask ourselves routinely. We reflect on our lives and think about all of what has gone wrong. Instead of smiling, we end up beating ourselves up for things we’ve said or done that we regret. Sometimes we punish ourselves over and over again for past behaviors. This can result in anxiety or depression.

Depression and anxiety often reside within our psyches taking up valuable space, time and energy. Often, we compare ourselves to others and when we don’t measure up we develop negative internal messages, e.g. “I’m defective”. These messages will impact each and every thought we have—whether we like it or not.

Learning new and accurate messages about yourself minimizes depression and can wipe out anxiety. Learning to “sing in the rain” can be the beginning of transforming your life. The caring professionals at Perspectives of Troy can help!



“I was relieved ...I could finally cope. Coming to Perspectives was the best decision I ever made.”

Perspectives client ~ Ann

Spring Edition

- Singing in the Rain
- Why we hold onto what hurts us
- An Action Plan-Spring Cleaning
- Upcoming Events
- Resources
- Testimonials

**Perspectives of Troy
Counseling Centers**

(248) 244-8644 or (586) 268-6712

Visit our website:
perspectivesoftroy.com

Why we hold on to what hurts

Without even trying to, we expertly hold onto our wounds. We become professional “hurt holders.” Wounds and hurts that may have occurred in childhood, experienced in adolescence or blind-sided us in adulthood. Oh... we know that “holding the hurt” won’t solve what ails us...but we just can’t seem to let go.

Patterns of behavior or ways of thinking are taught to us and modeled for us from the moment we are born. Consequently, and without even trying, we often identify very strongly with our pain. As odd as it may sound, the idea of letting go of the pain may seem like we are ripping away pieces of our identity; tearing away at the very fabric that stitches us together.

When we can identify that life isn’t working well for us, we’ve just made the first step in letting go of our hurts!

The caring professionals at Perspectives of Troy Counseling Centers can help.

An Action Plan For Emotional Spring Cleaning

1. *Am I ready to do the work?*
2. *How do I find help?*
3. *What will I need?*
4. *What will I do?*
5. *How do I begin?*
6. *What if there are problems?*



Looking within ourselves is the first step in moving forward.

Gathering the emotional energy needed and finding the support of the right professional will make change easier. There’s no wrong way, only your way! A caring professional at Perspectives of Troy will work with you to formulate an individualized plan as well as assist you with any problems you may encounter on your journey.

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Resources

**Unclutter Your Life:
Transforming your Physical,
Mental and Emotional Space**

Katherine Gibson, 2004

Clutter Busting Your Life

Brooks Palmer, 2012

**Taking Out Your Emotional
Trash: Face Your Feelings
and Build Healthy
Relationships**

Georgia Shaffer, 2010

**Stuffology 101: Get Your Mind
Out of the Clutter**

Brenda Avadian, 2014

**What Am I Going To Do With
Myself When I Die**

J Canine, 1993

The Grief Recovery Handbook

James Friedman, 1998

Grief, Loss, Recovery

<http://grieflossrecovery.com>

SPRING CLEANING :

How to Rid Yourself of Emotional Clutter

Saturday, March 19, 2016

10:00 am —11:30 am

Just \$30 per person/\$50 per couple

Spring cleaning your emotional clutter is about creating a new roadmap for your life. Learning how your clutter has held you back from your fullest potential and your most contented life is the gift you give yourself for a lifetime. The caring professionals at Perspectives of Troy can help!



- What Emotional Clutter looks like
- How Emotional Clutter can hold us back
 - Tips and tools for emotional “cleaning”
- Identifying and resolving Emotional Clutter in children

Patricia Mroch, MA, LPC, NCC

Susan Bakker, LMSW

Kristin Bronson, MA, LPC

Christopher LePage, PsyD, DLLP, LMSW

Advanced Registration Required

Call 248-244-8644

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April Showers bring May Flowers

- “What a caterpillar calls the end of the world, the master calls a butterfly.” ~ *Richard Bach*
- “Experience is not what happens to you; it is what you do with what happens to you.” ~ *Aldous Huxley*
- “Go confidently in the direction of your dreams. Live the life you have imagined.” ~ *Henry Thoreau*
- Perspectives has over 35 adult, child and adolescent therapists to provide an effective team approach to help with those in need!!!

Contact Us

Call for more information about our services!!

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