



cissyhelps.com

Centre for Family
Preservation and Wellness
Since 1993

A Bitter You

A man in his 60's is unhappy and bitter, as things did not turn out as he planned for himself. He had a reputable job, married a woman of his choice and is now a grandfather of five beautiful children. The only time he is somewhat happy is when he spends time with his grandkids. At this age, he has no idea what happened to all his friends and why he does not have close relationships with his siblings and other relatives. He blames everyone for this and is convinced that he is a nice and generous. Broken in spirit, he is on a mission to find out what went wrong?

It would be hard to believe that someone who sees himself as generous, giving and kind would be so angry, disappointed and bitter as much as he is. *Cognitive Behavioral Therapy* can help such clients take a closer look at the beliefs they hold about themselves and others to be at ease with themselves and renew their relationships with others. Therapy can also help them bring clarity to their thought process and gain insight and awareness.

If you or someone you know is bitter, angry and jealous, I can help.

An Anxious Child

A ten-year-old girl complains of stomach pain and/or headaches every school day morning. The parents have taken her to many specialists for her migraines and she was put on pain medication to combat her headache. However, being on medication for 3 years has yet to help her. Their family doctor recommended the family to me.

A thorough assessment revealed that the child was worried about something happening to her parents, as her parents were in an accident about 3 years prior to her coming into therapy. Therapy helped get the child talk about her worries related to her aforementioned fears. Therapy also focused on helping the parents realize how their behavior of picking the child up from school every time she complained of not feeling well, did not aid the child in building resiliency. New ways of interacting with the child was discussed with the parents, who implemented the changes and found it to be effective. The child's attendance, academic performance and social interactions improved considerably that treatment was terminated after 6 sessions.

If you or someone you know is in a similar situation, I can help.

An Unhappy Man; A man in Grief:

Soul mate from age 15 and married for 22 years, a highly successful businessman with three good children and a wife whom he "has nothing bad to say about" was asked to get help or leave home. Nothing got him excited and he has been like this for the past 2 years. He found himself withdrawing from everyone, including his wife and children. With his wife threatening separation, he agreed to come for therapy. He looked sad and had trouble sleeping and concentrating.

The starting point in therapy with him was to ask for his narrative on what happened in his life 2 years ago. He had lost his mother through cancer, he misses her much and since her death has

been grieving her loss. The focus of therapy with him was to aid him grieve the loss and celebrate life with his love ones. Therapeutic recommendations included homework assignments such as going for walks, to a movie or even on a mini-holiday with his wife and/or children. He did not require more than 3 sessions to regain his balance.

If this is you or someone you know, ask them to contact me, I can help.

A Mother's Anguish; Parent-Child conflict:

My son was happy, confident and full of joy until he hit puberty. He is the youngest of 5 children and enjoyed a loving relationship with all of us. He was well liked by everyone who knew him. As he got older, he began to spend more time with friends and used every opportunity he got to keep away from the family. One day he told me that he wanted to be like everyone else; that is, not so academically brilliant and so good. I was alarmed at this comment but unfortunately did not take it seriously enough. Looking back, I should have taken him to a therapist then. Things got worse with increasing rebellion, which included getting involved with drugs and alcohol. His grades went down and he became impossible to talk to. Ever since his teenage years, he has displayed a lot of anger towards all of us and he remains extremely angry towards me – he treats me like I am his worst enemy. He does not trust me at all. He did not do well at university. He partied a lot and continued to smoke marijuana with his friends and his girlfriend, whom he later moved in with without even graduating. It shattered my heart and I am still struggling to understand his behavior. He seems to do things backward.

As a therapist, I deal with a lot of situations pertaining to parent-child/family conflicts. For any situation, including the one mentioned above, it is important to collect as much information as necessary from the client to do a thorough assessment. Both the therapist and client(s) need to understand when and how the problem started and how it affected self and family relationships. Therapy provides an enriched environment for clients to feel comfortable and in such a setting, with the aid of a skilled, experienced and sensitive therapist; clients find hope, develop insight, forgive each other and bring healing to self and others.

If this is you or someone you know, Cissy can help you to begin the path of reconciliation and help you save the most meaningful relationships in your life.