



Life Notes

Offering Counseling and Personal Growth Work

Individual Therapy

Couples Counseling

Communication Skills

Grief Work

Equine Assisted
Psychotherapy



About
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DEALING WITH CHALLENGING TIMES

Someone very dear to me has just begun a 6 month journey through the fear and hope of chemotherapy. With all its advancements, chemo is still a dramatic and sometimes almost violent attempt to destroy cancer cells before they can do irreparable damage to the body. The question: how do we tolerate the effects of a necessary but devastating force in our lives? So many things must be endured for the good, or the hope of good that will come as a result. When that which must be endured is painful or frightening, how do we stay the course with the emotional self intact? How do we help the emotional, or 'child' self press forward in the face of such fear or such pain, be it physical or emotional? Reframing can be a powerful tool. Reframing gives us a way to take on that which may feel intolerable and choose to see it in a different light.

SEEING CHALLENGES IN A NEW WAY

My loved one faced frightening days of inexplicable side effects from her first of many infusions of chemo agents. She immediately lost dexterity in her fingers; experienced most things that she touched as painfully, ice cold; and felt electrical shocks burst from her hands as she touched things. How does one adjust to such sudden pain and disability? How does one prepare to tolerate these symptoms over and over again, knowing that this chemo must continue?

Tips to use:

Find a quiet space

Turn off/mute devices

Take a few deep breaths

Contemplate your dilemma

Ask your creative imagination to visualize the positive hiding behind the negative

Give this new perspective your attention

Thank your imagination for this new perspective

Use it each time you find yourself in the fear or the pain of the dilemma

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REFRAMING HELPS MAKE THINGS POSSIBLE

Reframing is one of the answers. I invite her to think differently about the awful symptoms. The ice cold isn't just a bizarre thing that happens to her hands. It is a powerful force, finding and freezing cancer cells which may be hiding in her body. Electrical shocks aren't just a frightening nuisance. They are a new electrical current, finding and zapping cancer cells like an internal bug light. Giving a positive framing to difficult circumstances empowers us to rise above the immediacy of it all; gives us the courage to resist the urgency to escape the terrible moment. Much as we wish not to, we must become still and rest in the truth of this moment in order to transcend it. Reframing helps to make this possible.

As you face your own unendurable pains or traumas, consider using reframing to help you through. And of course, I am here to help with this and other tools as you journey through this beautiful, confounding experience we call life.

GIVE YOURSELF THE GIFT OF TIME

Summer can be a wonderful time to look inward, contemplate change, and challenge ourselves. The heat sends us indoors, sometimes into less physical activity as our desert becomes less friendly. Use this time to your advantage. Come in and work on some of the issues percolating in the background of your consciousness.

Please remember that EAP, equine assisted psychotherapy is on summer hiatus as the horses enjoy their summer in the cool of southern Colorado. They will return again to assist in your growth in October. Until then, office sessions continue to be offered according to my normal schedule.

Be well,



