

NEW YORK COGNITIVE THERAPY & WELLNESS CENTER

P.R.I.D.E

JANUARY IS **MENTAL WELLNESS MONTH**.
LET IT BE A REMINDER TO MAINTAIN AND
SUSTAIN YOUR MENTAL HEALTH IN THE FACE OF
JOYS AND DIFFICULTIES. PLEASE VIEW A HELPFUL
[EMOTIONAL WELLNESS CHECKLIST](#).



UPCOMING

DR. MARTIN LUTHER KING DAY

JANUARY 16

The work started by MLK continues even today, inspiring the [Freedom to Vote Act](#) and others like it. The death of Tyre Nichols reminds us that we are still seeking peace and fighting for justice.

VALENTINES DAY

FEBURARY 14

Consider how valentines day may impact folks in all types of relationships.

[Love is Love.](#)

WORLD DAY OF SOCIAL JUSTICE

FEBURARY 20

Tyre Nichols. & the countless other beautiful humans. [Say their names.](#) Take a look at how clinicians are impact the workplace by consulting on DEI in the [work place.](#)

NATIONAL EATING DISORDERS AWARENESS WEEK

FEB 20-26

Learn about [NEDA week](#), helpful resources, and how you can support.

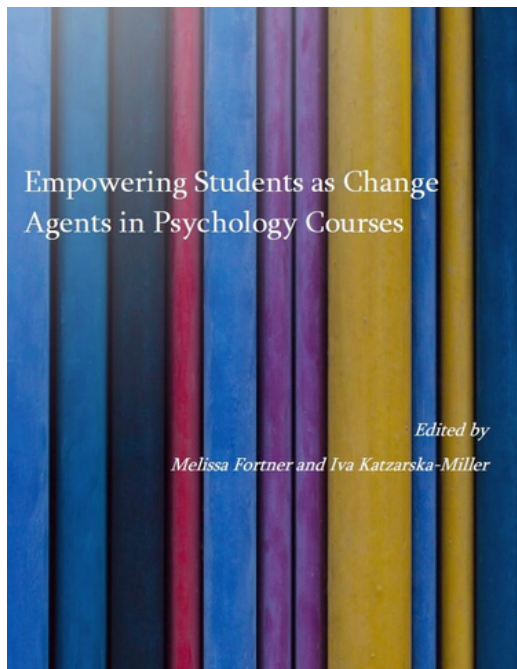
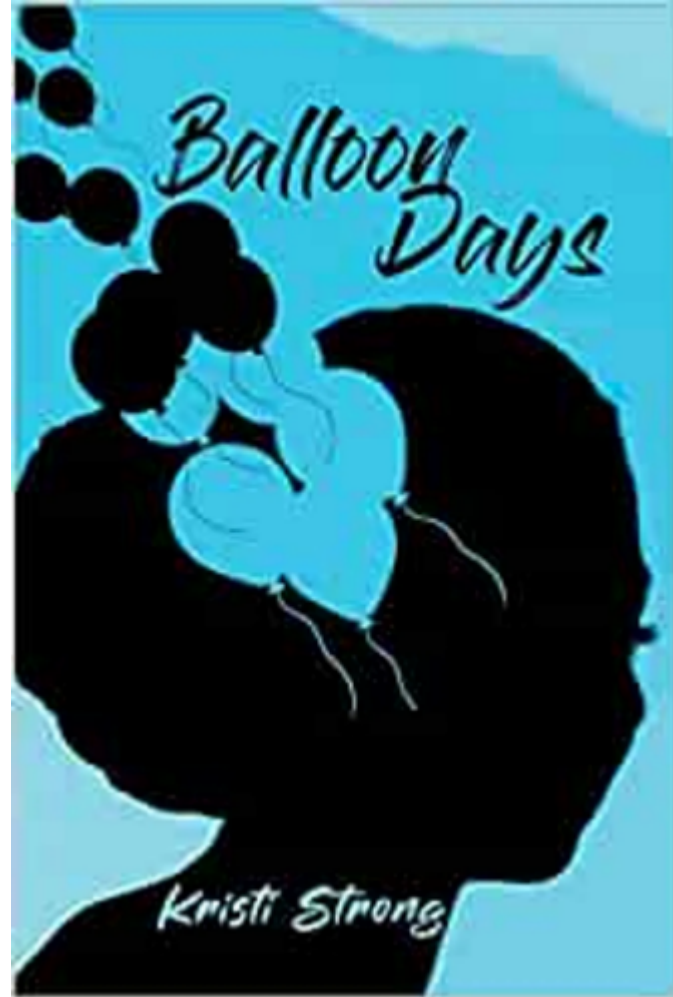
WORLD BIPOLAR DAY

MARCH 30

Read about [World Bipolar Day](#), and how to support those impacted.

INTRODUCING "BALLOON DAYS" BY KRISTI STRONG

One of our very own has written a novel! Congratulations to published Author Kristi Strong. For anyone interested in some self-care and unwinding with a book written by a sweet friend, order your copy today.



EMPOWERING STUDENTS AS CHANGE AGENTS IN PSYCHOLOGY

Angelica Terepka, Psy.D. has written two chapters focused on interventions to empower students in the teaching of psychology Download the E-Book here.

All are welcome to email their published work to prideatnyctwc@gmail.com to share with the staff.

LOST CONNECTIONS

DAN RINALDI PSY.D

When I first saw the picture of the forest in this month's newsletter and the accompanying quote by MLK, I immediately thought of two things. The first was a quote I have seen many times in the past to whom I can find not attribution. It goes something like, "There's no WiFi in the forest, but I promise you'll find a better connection."

The irony of having seen this particular phrase on social media was not lost on me! But the second, and perhaps more relevant thing I thought of, was an author by the name of Johann Hari. Over the last few years, I have read three of his books. While I might not agree with all the ideas he proposes, I must admit he has got me looking at things from a different perspective.

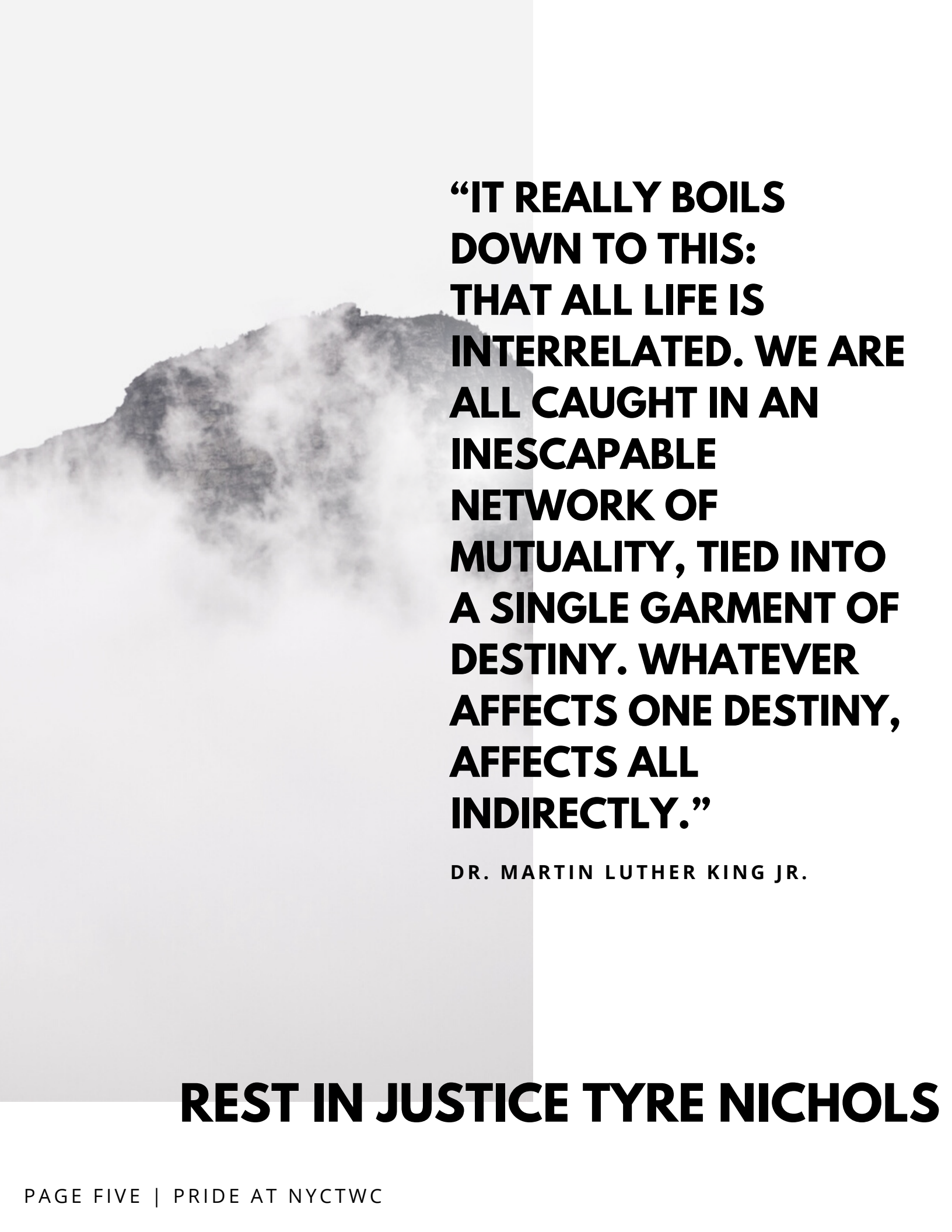
In a [Ted Talk](#) of his own Johann Hari states "The Opposite of Addiction is Connection". While Mr. Hari doesn't have a degree in psychology or social work his books are meticulously researched and easily readable to a wider audience. His point about fellowship being a pathway to wellness in most addictions programs makes a lot of sense.

In "Lost Connections", Hari explores anxiety and depression from a different perspective and builds upon the idea of using connectivity to help people to find balance in their lives.

1. Disconnection from meaningful work. Those with the least control and authority in the workplace are the most likely to have depression. We need to feel like what we do has meaning.
2. Disconnect from others. Loneliness and no sense of belonging are big indicators of depression.
3. Disconnect from meaningful values. Our consumer-driven society has left us detached from worthwhile values, which in turn contributes to depression.
4. Childhood trauma. This 1998 study found the more traumatic a person's childhood is, the more likely they are to have depression and anxiety.
5. Disconnect from status. In areas with larger gaps in wealth, such as the US, there are higher rates in depression.
6. Disconnect from nature. People who live in greener neighborhoods feel less stress and despair than those who don't.
7. Disconnect from a secure and hopeful future. Native Americans on government-controlled reservations had staggeringly high suicide rates. In reservations where they had control of their own laws, elections, police, and schools this was not a problem. They had control over their destiny and were less likely to commit suicide.
8. Genes. We do know that there is a genetic influence in depression, though it only accounts for 37 percent of cases.
9. Changes in the brain. Neuroplasticity is how the brain changes from experience. Because of this, when people spend more time with thoughts of despair rather than joy, it can strengthen the negative feeling areas.

To return to the metaphor that started this little essay, the forest is often seen as a symbol of the unconscious. It's used as a metaphor for entering the unknown. It is my desire that in considering these writing that we as clinicians can add a few more tools to the proverbial backpacks of our clients while they are out there braving the new wilderness of our modern existence.





**“IT REALLY BOILS
DOWN TO THIS:
THAT ALL LIFE IS
INTERRELATED. WE ARE
ALL CAUGHT IN AN
INESCAPABLE
NETWORK OF
MUTUALITY, TIED INTO
A SINGLE GARMENT OF
DESTINY. WHATEVER
AFFECTS ONE DESTINY,
AFFECTS ALL
INDIRECTLY.”**

DR. MARTIN LUTHER KING JR.

REST IN JUSTICE TYRE NICHOLS