



The Centre for Empowerment, Transformation and Growth

The Aquility Newsletter www.aquility.ca info@aquility.ca Tel.905-274-2436

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Issue 1

Make this Christmas season one of Joy!

By Patricia Butler B.Sc.
Psychotherapist

Christmas is meant to be a time of celebration and joy. For many people, it becomes a time of stress as they worry about how they're going to find the time energy and financial resources to do everything they believe they need to do in order to provide the perfect Christmas celebration.

I think it is important to remember that this is the season of love and that if we give ourselves permission to love ourselves enough to plan a celebration that meets our particular needs, then we will be relaxed and ready to enjoy the preparation as much as the celebration.

Following is a list of tips to help make this Christmas season one of joy!

- 1.- Write up a list of people for whom you want to buy gifts, keep it as short as possible.
- 2.- Plan a budget for Christmas so that you know how much you have to spend on each person and on the celebration itself.
- 3.- The best gifts are from the heart and often aren't the most expensive
- 4.- Ask for help with the dinner to save time, energy and expense. This is a gift that you can give to others. The gift of receiving with an open heart.
- 5.- Remember that we are all human which means that none of us is perfect. Therefore, don't strive for perfection.
- 6.- Plan your guest list carefully. Perhaps it is best to keep Christmas day as simple as possible and just have immediate family and plan to have others another time.

Patricia received her degree from Sociology from York university and then completed an internship at The Hotel Dieu Hospital in Kingston. She has worked with a variety of issues over the years but has developed a special interest in helping people develop high self-esteem and work towards achieving their dreams.

OUR MISSION

In a supportive, non-judgmental and safe atmosphere, we, at the Aquility Centre, are committed to help and encourage people to open new doors and discover their own inner wisdom that will instill a new confidence and passion for life.

Quote of the Month

If, as heard, we fill our lives with things, and again with things; if we consider ourselves so unimportant that we must fill every moment of our lives with action, when will we have the time to make the long, slow journey across the desert as did the Magi? Or sit and watch the stars as did they shepherds? Or brood over the child as did many? For each one of us, there is a desert to travel, a star to discover and a being within ourselves to bring to life.

Author Unknown.

Keep the extra pounds off during the Holiday season
and look your best!

By Fabiola Miguel CH, NLP p.
Certified Hypnotherapist

So many parties, dinners, so much food available during the Holidays, and stress make it difficult for most people to keep from gaining weight during the Holidays. The most common reasons for weight gain are lower levels of activity, overeating or too many sweets. In addition to this, we spend more time indoors and some of us get the blues during this season.

Here are a few easy things you can do that guarantee to keep you from gaining extra weight during the holidays:

- **Drink lots of water.** Drink it throughout the day and also drink 2 glasses 15 minutes before you eat. Water increases your metabolism and helps get rid of toxins and fat.
- **Keep Moving!** Between all those parties and Holiday shopping it might be harder to make time to go to the gym. But the key is to stay active. Go for a walk during lunch time or during your break. Do your shopping at the mall, rather than online, it's more fun and you burn a lot of calories walking around and carrying all those bags. And hit the dance floor at parties!, Dancing helps you relax and burn those extra calories, so go ahead and have fun.
- **Leave a ¼ of whatever you're eating.** Who says who have to finish everything on your plate? You don't have to listen to mom this time. Listen to the signals of your body that tell you have eaten enough.
- **Go for the Salads and vegetables at parties and gatherings.** They are low in calories and packed with good nutrition.
- **Drink Alcoholic drinks in moderation,** as they are full of sugar and calories. Keep it to 1 or 2 glasses and you will look better at the end of the party.
- **Pay attention to cravings triggered by Emotions or Thoughts.** Do you eat when you feel stressed, lonely, bored, sad or depressed? According to a US Research study: "*We found that the more people report eating in response to thoughts and feelings, the less weight they lost,*" Heather Niemeier, an obesity researcher at The Miriam Hospital and The Warren Alpert Medical School of Brown University, said in a statement. Hypnotherapy is an effective way to handle emotions in healthier and more positive ways and to establish better habits towards weight loss.
- Keep in mind that **the essence of the Holidays** is not about overeating or overspending but about sharing with the ones you love, reflecting and being grateful for the year that has passed. Enjoy and Happy Holidays!

Fabiola is a Certified Advanced Hypnotherapist and Neurolinguistic Programming Master practitioner. She enjoys helping people reprogram their minds to lose weight and develop a healthier lifestyle, quit smoking, overcome fears, among many other services.

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*"The Hypnosis experience was extremely relaxing and I now I feel confident I can face situations that I was so scared of before. I feel that anyone can benefit from Hypnosis. It's definitely worth trying."
J.B.*

The Challenge of Christmas

By Almuth Weigeldt, MA
Psychotherapist

Christmas, a season of joy, peace, happiness, surprises and goodwill among all. Really? Aside from the Christian meanings of this celebration, for many of us, this time conjures up dread and despair. The stores are decorated in anticipation of frenzied gift buying. Economic forecasts reveal the true purpose: crank up the sales and make a lot of profit. If we don't participate, are we selfish and uncaring? Images of Christmas trees with presents, families gathering around food filled tables and children dreaming of their favourite toys compete eerily with pictures of war and starvation in other parts of this world. And in our own prosperous country the foodbanks are screaming for more donations and people sleep outside in the cold.

For many of my clients, this is the season when all the hurts and disappointments in their lives break to the forefront. Families are torn apart by violence and abuse, but in the "spirit of Christmas" demand forgiveness and pretense from those who suffered most. Those without families and friends around them are feeling their isolation more than ever.

And yet, we cannot escape this part of our culture, even when Christmas has not been part of our traditions. So how can we make this time more meaningful for us?

Some choose to give back by volunteering or donating, a worthwhile engagement at any time of the year. Others try to discover the spiritual meanings behind this season. What if we discussed with our loved ones some way of scaling back the expectations of each other and this time of the year? What if we decided to kindly, but firmly assert our boundaries towards others, declining to participate in the pretence, yet allowing others to do what they choose? What if we used this time to reflect on what we truly want and need in our lives and committed to taking steps towards achieving that?

We now know there is no Santa Claus, but small miracles can happen, when we reach out to others, when we take some steps towards wellness and wholeness for ourselves, when we open up to making time to really listen to another, to play games with others, to make music, go for walks, and to appreciate nature around us.

May not only the Christmas season and New Year, but your whole coming year bring you closer to what you really need and want!

Almuth Weigeldt has a graduate degree in Psychology from Germany, considered equivalent to a Master's degree from U.of T. Over the past 20 years she has trained and gained valuable practice experience in psychotherapy for individuals, couples, families and groups and has developed expertise in a number of areas, including eating disorders and interpersonal trauma (violence and abuse).

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The program is run on Saturdays, every other week, throughout the fall and winter. It costs \$300.00 for the ten two hour sessions. Payment plans can be arranged for those who are not in a position to pay the whole cost upfront. Fees cover the sessions, refreshments and handouts for each session.

For information about the start of the next series, please contact:

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Can Therapy Help?

By Lynda Stockwell M.S.W.
Registered Clinical Social Worker

How do you know if you need therapy? What is the purpose of therapy? How do you choose a therapist? These are common questions that are in the minds of those who have not had any experience with psychotherapy.

What is referred to as “therapy”, “psychotherapy” or “counselling” is psychological treatment offered by a wide range of practitioners, most often in the form of “talk therapy”.

How do I know I need therapy?

People seek out treatment for issues when they are in sufficient emotional **pain**, feel some **sense of urgency** (often caused by a state of “crisis”), and **feel hopeful** that change is possible. Generally, people seek out help when they have exhausted their own resources in terms of trying to “fix” the problem themselves.

Therapy is useful in a number of ways. The introduction of a third party brings fresh eyes and a different viewpoint to a situation. Often even the process of describing a situation to a therapist and addressing any questions you might have in the assessment process, allows you to begin looking at the problem from a different perspective.

Therapy provides an opportunity for you to hear your own voice, and to explore your own thoughts, as you are often saying things out loud for the first time when in the therapist’s office.

What is the purpose of therapy?

A skilled therapist is able to assist you in **achieving insight**, which, ultimately, is the goal of psychotherapy. Insight is defined by the Canadian Oxford Dictionary as “...the capacity of understanding hidden truths; or the sudden perception of the solution to a problem or difficulty...” The therapist can be considered the conduit through which insight is possible. Insight allows you to know what your own truth is, and gives you the clarity to follow it, rather than to go on the “advice” of another.

Therapy offers you the opportunity for both skill building and the acquisition of new skills. Some people approach therapy as a form of coaching, or a teaching relationship. Many people have not learned necessary life skills at an earlier time, and benefit from the opportunity to do so later in life.

How do I decide who to see?

The therapist you see should be a trained, experienced professional. It is also recommended that this person belong to a professional association which acts as a Regulatory Body, with a code of ethics. This could be a registered clinical social worker, a registered clinical psychologist, or a psychotherapist who is part of an association. Sometimes your choice of type of professional will be dictated by your group extended health benefits, which might provide coverage or partial coverage for these services.

Remember, when you choose a therapist, much like when you choose a family doctor, you should be thinking about a “lifetime of service”. You may call upon this relationship many times over in the course of your journey, so you need to select someone with whom you can form a lasting relationship.

Lynda Stockwell is a Registered Clinical Social worker (M.S.W., R.S.W), who has been providing individual, couple and group therapy since 1990. She is a proud founding member of Aquility: The Centre for Empowerment, Transformation and Growth in Port Credit, and an active member of the Port Credit community.

