

VOL. 2 ISSUE 2 · AUGUST 2023

Therapy Thoughts

Official Newsletter of Forward Motion Counseling

Welcome

BY MARIA ANTELL
LICENSED CLINICAL SOCIAL WORKER
CERTIFIED RUN COACH

Hey there!

I'm hoping that your summer has been filled with time in the sunshine, relaxation, and whatever you need to feel replenished.

This is my first summer working in private practice full-time! I've been dreaming about support groups, continued education, and ways to bring my niche into the community. It is also the first summer in a long time that I'm not training for a big race, which lends more time for short runs, hikes, and lounging around with my pup, Ringo.

I hope you enjoy this season's edition!

With gratitude,
Maria



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Capturing Nature Through the Japanese Language

The Japanese language offers vocabulary to describe the natural world and how we can experience it. These terms not only help us connect to nature on a deeper level but help us connect with each other through language when experiencing the natural world.

Kouyou 紅葉:
changing leaves during the
Fall



Komorebi 木漏れ日:
sunlight filtering through
the trees



Hanagasumi 花霞:
flowers appearing like a
mist



Shinrin-yoku 森林浴:
forest bathing or taking in
the forest atmosphere



Blog Post: Permission to Grieve

Written By Maria Antell, LCSW & Certified Run Coach

Last Spring I noticed that my beautiful Japanese maple tree was only producing a few leaves when it was supposed to be flourishing in the new season. I'm not an arborist, but I knew enough to know that it was not normal. After calling two professionals to check it out, I received a gut-wrenching verdict: the tree, likely originally planted in 1960, was dead and needed to come down. You might be thinking that it is just a tree and there are far greater losses that we humans have to face, but it still left me feeling sad. I thought about everything the tree provided: beauty, shade, privacy, and food for the birds, squirrels, and chipmunks. I imagined all of the families who lived in my home before me who also benefited from this tree's beauty. I reflected on all the losses we can experience in a lifetime and realized that there are many losses that have nothing to do with losing another person. Losing my tree is a good representation of what many of my clients experience: loss that doesn't fit the mold of what most people think of when they think of grief, which can lead to feeling like their grief is wrong or unworthy of recognition.

You need permission to acknowledge all losses, not just death. There can be grief about losing a job, losing a home, losing oneself to trauma, friendship or relationship loss, a break up/divorce, changes in health or body, one's children growing up and moving out, climate grief, the loss of a future you can no longer have. There are too many losses in this life to list. Who is to say that any one is less important than another? But the problem is that society does not really see the need to recognize such losses. There are no bereavement days for a break up. There are no cards for when your kids move out. There's a huge shortage of services for people who lose their homes. On a smaller scale, such losses might not be acknowledged by friends or family. When the loss goes unrecognized, it can become disenfranchised. Disenfranchisement can lead to feeling isolated and like you don't have control. It's easy to see how losses that go unrecognized can really impact mental health, and sometimes you may not even be aware of it.

Sometimes having one person recognize your loss can make a huge difference and there are therapists out there ready for the call! Finding a therapist who is experienced with grief work and willing to sit in some discomfort is essential to moving forward with any loss. Opening up the conversation about the loss, how it impacts your life, how to cope with it, and how to hopefully learn to live with loss and find joy are all a part of healing.

So what happened to my Japanese maple tree? The tree was recycled by using its wood chips to create a new garden, and so I feel like the tree is still with us. I believe that loss in life can spark creativity and beauty, and that you can hopefully find this eventually too, no matter what kind of loss you are experiencing.

COMING THIS FALL!



Women's Wilderness Body Liberation Support Group

Are you struggling with body image and tired of diet culture?
Do you like walking and being outside in nature?
Do you need help with making peace with your body and food around the holidays?

If yes, then this might be the group for you!

Join this structured support group that will provide a safe space to practice joyful movement in nature followed by discussion about diet culture and its effect on mental health.

What to expect:

- Guided breathing techniques/meditation
- A 20-30 minute mindful walk on a flat wooded trail. The pace is slow and set by the group facilitator. The group intentionally moves quietly to fully experience nature.
- Group discussion during hygge (pronounced hyoo-guh), a Danish practice that involves comfort and coziness. Warm tea will be provided.
- Discussion topics include: introduction to health at every size® concepts, diet culture and impact on self-esteem/body image, holiday support, learning how to utilize nature and movement to cope, dismantling diet culture and ways to feel empowered.

When: Saturdays, 10:00 AM-11:30 AM (11/4/23, 11/11/23, 11/18/23, 12/2/23, 12/9/23, & 12/16/23)

*The group does not meet the Saturday after Thanksgiving.

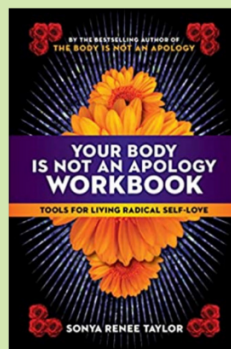
Where: Hubbard Lodge, 2920 US-9, Cold Spring, NY 10516

Fee: \$50 per session (total fee for all sessions to be collected prior to the first group)



Email or call Maria to register:
maria@forwardmotioncounselinglcsw.com
845-458-1301

Workbook included with registration!



Hubbard Trail, Fahnstock State Park

Recap on Putnam Pride!



I attended my first Putnam Pride as a vendor and it was fantastic! There are incredible businesses in our community who show up and stand up to hate. Get your 2023 pride guide with info on pride friendly businesses [here!](#)





In the Media

Hiking Has All The Benefits of Walking and More. Here's How to Get Started.

By Danielle Friedman

This Runner Finished Last, but Her Perseverance Won Over a Nation

By Sun Narin and Mike Ives

One Man's Mission to Make Running Everyone's Sport:

Martinus Evans wants to make running more inclusive. His new book beckons back-of-the-packers to lace up

By Danielle Friedman

How To Weaponize Your Inner Monologue

By Alex Hutchinson

Putting on a Brave—and Teary—Face: Sorting through the Emotional Wreckage

By Dimity McDowell