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# Therapy Thoughts

Official Newsletter of Forward Motion Counseling

## Welcome

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Hey there!

Welcome to my Winter newsletter! I find February to be a critical time to check in. You made it through the holidays but the days are still cold and dark. Many of us in the Northeast become vitamin D deficient, struggle to achieve joyful movement, and are dealing with mental health issues this time of year.

This edition is all about how to stay afloat in the winter months. Learn more about the benefits of the outdoors, check out my new offerings and my blog post about accelerated resolution therapy. As usual, I rounded up some of my favorite articles about running on page 5!

Happy reading, walking, and/or running!

With gratitude,

*Maria*

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## Benefits of the Outdoors in Winter

Winter can pose a challenge when it comes to your mental health. If you are in the Northeast, you are possibly not getting enough vitamin D during the months of Oct-April. Vitamin D deficiency impacts mood and overall health. Seasonal Affective Disorder is also common, which is comprised of loss of interest, fatigue, apathy, changes in appetite, low mood, and trouble concentrating.

A 2019 study found at least two hours (120 minutes) per week in nature promotes overall better health and well-being. In addition, the health benefits of 120 minutes per week apply to everyone, regardless of gender identity, age, income, occupational groups, ethnic groups, long-term illness or disability. You don't have to be outside for 120 minutes all at once, but could achieve this in shorter time periods throughout the week!

Benefits of the outdoors include:

- Sunlight/Vitamin D produces a hormone called DHEA, which reduces depression.
- Terpenes are naturally occurring chemicals released by trees/plants, which release serotonin and endorphins, lowering depression.
- Phytoncides are airborne chemicals found in oaks, pines, and cypress trees and have antibacterial qualities that can boost your immune system when inhaled.
- Spending time around trees and looking at trees reduces stress and lowers blood pressure.
- The outdoors can improve focus and restore attention.

Learn more about the benefits of the outdoors [here!](#)

# New Offerings!

## Women's Wilderness Therapy Group

A mindfulness based group that will provide a safe space to practice joyful movement and the opportunity to socialize with others in nature.

**What to expect:** Approximately a 2.25 mile hike with some elevation. The slow and mindful pace is set by the group facilitator. Each session will include:

- Centering/Meditation
- Mindful Walking
- Finding sit spots or places to rest
- Group sharing during hygge (pronounced hyoo-guh), a Danish practice that involves comfort and coziness. Refreshments will be provided.

**When:** Saturdays, 10:00 AM-11:30 AM (3/11/23, 3/18/23, 3/25/23, 4/1/23, & 4/8/23)

**Where:** Hubbard Lodge in Fahnestock State Park, Cold Spring, NY

**Fee:** \$45 per session/sliding scale available (total fee for all sessions to be collected prior to the first group).

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

Ages 18+. Folks who identify as women, Cis/AFAB women, trans women, and non-binary folks are welcome! No prior hiking experience required. Bodies of all sizes and shapes are welcome and encouraged to come!



In January 2023, I joined Jewel Barboza and her staff at Strength of the Mind Psychiatry in Brewster, NY. Jewel is a psychiatric nurse practitioner with tons of experience helping people with medication management. Jewel and I have our own practices but work closely together to help clients receive the support they need. Adding office space has been helpful for those who prefer to meet in this setting. Meeting in person is by appointment only.

# Blog Post: What's an Accelerated Resolution Therapy Session Like?

Written By Maria Antell, LCSW & Certified Run Coach

When I first heard about Accelerated Resolution Therapy (ART), it sounded like pseudoscience. A therapy that uses rapid eye movements to help someone replace memories made me think of the Men in Black movie when the characters use the “neuralyzer,” a fictional gadget that flashes and erases memories. When I describe ART to anyone, I usually preface with, “This will sound like witchcraft and it works like witchcraft, but it is a real therapy.” I truly did not understand it until I spent three full days in training, where I got to experience ART as a practitioner but also as a recipient.

Although researchers continue to learn more about how this promising therapy works, ART is evidence-based and relies on the use of bilateral stimulation, which is the activation of both the left and right hemispheres of the brain. There are many types of bilateral stimulation, such as walking, running, drumming, or moving the eyes from left to right. Eye movements from left to right as bilateral stimulation has been studied extensively and has been found to create brain waves that are present during meditative states. This state can be calming, creative, intuitive, and can feel like daydreaming.

So how does this help someone in therapy or looking to start therapy? As a therapist who treats trauma, grief, anxiety, chronic pain, and depression, I've found that many clients seek relief from disturbing memories, intrusive thoughts, worries about their typical day and future, and lack of confidence in being able to make changes in their lives. An ART session follows a protocol so that a client is guided through the entire session and is asked to process sensations while moving their eyes from left to right. A unique part of ART is that it does not require a person to talk about their emotional pain or memories, which can be beneficial for those who do not want to or cannot talk about painful memories, thoughts, or sensations. In ART, the eye movements and brain do the work and help clients to “keep the knowledge, lose the pain”. Similar to Eye Movement Desensitization Reprocessing (EMDR), another evidenced-based trauma therapy, it can help someone to desensitize and reprocess disturbing sensations, emotions, or images and then replace them with more helpful or neutral ones. Another benefit of ART is that healing is often achieved after only one to five sessions, rather than months or years of therapy.

I still believe it sounds too good to be true and is something out of a science-fiction movie, but I have seen it work with clients and I trust the existing studies. Perhaps the most difficult part is being open to trying something that sounds so mysterious. ART is recognized by the [American Psychological Association](#) as an evidenced-based treatment and continues to be studied as an effective treatment when compared to other treatments for Post-traumatic Stress Disorder. If you are interested in ART, know that a good therapist should walk you through all the treatment options so that you can make an informed decision about the best treatment for you. Learn more about ART [here!](#)

# In the Media

Meet the Runner Determined to Get More Women of Color Coaching, By Taylor Dutch

Racing After Age 80? It's Just Another Day for Della Works, By Stephanie Hoppe (a 2019 piece)

This 100 Year Old Raced a 5K and It's the Most Inspiring Thing You'll Read All Day, By Johanna Gretschel