

VOL. 2 ISSUE 1 · MAY 2023

# Therapy Thoughts

Official Newsletter of Forward Motion Counseling

## Welcome

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Hey there!

This edition marks one full year of Therapy Thoughts and I am feeling extra grateful and proud. If you've been reading along, thank you so much for your time and support! If this is your first time reading, I hope you find something valuable and worthwhile.

It's been a fun year of seeing clients and building a community. The cool thing is that I feel like I'm just getting started! As always, I'm here to share mental health tips and information that can support you on your mental health journey. Thank you from the bottom of my heart!

With gratitude,

*Maria*

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## Local Spots for Mindful Movement

Nature is for everyone and we know spending time in it can improve mental health. I'd like to share some of my favorite spots in Putnam County and hope you can venture out this Spring! There are some wonderful spots that are not super populated and are perfect for mindful movement. These are my top picks where you likely won't have to worry about parking, overcrowding, or getting run over by a speedy bike! The spots below are also great for beginners. Check out the following places:

Hubbard Lodge, Fahnestock State Park: The Hubbard trail location is a marked easy trail with streams and a butterfly garden at the trailhead. It's great for beginners and those who are looking for a stroll without trekking uphill. The streams are peaceful to listen to and are worth pausing at. You can do the loop and come back for a picnic at the picnic tables at the lodge.

White Pond: Hike around the pond or kayak (and go for a swim if you'd like)! There is some elevation to consider but you don't have to go too far to find a rock to sit at near the water's edge. Water is excellent for reflecting and can bring peace. Pack up some snacks and enjoy! This spot recently gained more popularity so I do suggest going early in the morning if on a weekend. There's no designated spot to sit at so make sure you're up for that.

Nimham Mountain: Follow the white pebbles through the woods! It's another easy trail that is typically quiet. I find the twists and turns of the trail to be a metaphor for life and there's hardly anyone out there distracting you. It's the first lot on the left as you drive up the mountain. You can also drive up to the top of the road and hike toward the fire tower on the right.

Stone Crop Gardens: Okay so the woods aren't your thing? Stone Crop Gardens does require tickets on weekends but are relatively affordable and open through October. It's the perfect place to look at different foliage, find turtles and tadpoles, and even pick up some plants if you want! It's easy to find a spot to sit at and meditate or just focus on your breathing.

Enjoy the outdoors by silencing your phone, tune into your breath and senses, and escape for a little while. Your mind will thank you!

# Blog Post: How to Break Up with Your Therapist

Written By Maria Antell, LCSW & Certified Run Coach

It was just a year ago last May when I wrote my first newsletter highlighting Mental Health Awareness Month and gave tips on how to find the right therapist for you. But what about when you've found a therapist and you feel you need to break up with them because it is not working out? Breaking up with your therapist can be especially difficult for a variety of reasons and many people would find it uncomfortable. Whatever your reasons are, breaking up with your therapist when you need to is just as important for your mental health as matching with the right therapist to begin with. I'm often asked what's the best way to end it or for some suggestions on how to know when it is the right time. So here you go!

Of course, there are logistical reasons to end with your therapist, such as moving out of the state your therapist is licensed in, scheduling conflicts, or fees you are not able to afford. But what about when the water is a little murkier and it actually feels more like a break up than an easy conversation? I've compiled a list (not a comprehensive list) of common reasons that may warrant a break up with your therapist:

- Your therapist doesn't seem present in sessions anymore or never was present.
- Your therapist is not open, affirming, and/or aligned with your identity like they claimed to be.
- Your therapist offended you or left you feeling judged.
- Your therapist overshares their own stuff.
- Your therapist's approach is not actually helping you and you feel you're not growing.
- Your therapist is doing inappropriate things, such as looking at their phone during sessions or forgetting appointments with you.
- You can't put your finger on it, you just know you're not looking forward to talking with your therapist and the vibe is off!

You might feel totally out of place telling your therapist what is on your mind, but I really want you to remember that it is YOUR therapy. My first suggestion is to consider how long you've been working with your therapist and if there have been any positives about the relationship. It takes time to build trust and to get to know each other, but this doesn't mean you should suffer or pay for services if it's really not a good match. If you've been working with your therapist for more than three sessions (usually around the time you'll notice if it's working or not), I suggest you ask yourself if it is worth having a conversation with your therapist about what you are experiencing.

Maybe it is not all bad and there can be good reasons to discuss things. Your therapist may be unaware of the problem and they may be able to fix it with a conversation or they may be able to share from their perspective. This is not a break up, but a chance to grow. The relationship could become even better than before.

If you are struggling with how to communicate your thoughts and feelings, the good old “I statements” can work really well, which is a way to express how you feel and why. Letting them know what bothered you is allowed and encouraged! For example, you could say “I felt/thought \_\_\_\_\_ when you said/did \_\_\_\_\_” or “I am feeling/thinking \_\_\_\_\_ because of \_\_\_\_\_.” You can use this approach if you’re ready to move on too and just add that you are ready to take a break or work with someone else. It doesn’t need to be complicated. I don’t suggest ghosting your therapist because that doesn’t actually address your concerns and your concerns are worth hearing! It could turn out that you have a good talk, gain perspective, and still move on to someone new. Also, your therapist should be familiar with how to handle these situations appropriately. It’s part of the job and insightful therapists understand that not everyone is a good match for them.

What should you expect? Therapists who are good at what they do are trained to have what we call a termination session, which is a final session that goes over what you’ve accomplished and future treatment goals. Your therapist will likely ask you to do this to tie up any loose ends and to focus on your strengths. Your therapist should offer to refer you to someone new if needed.

What to do if your therapist seems to take it personally or they’re not handling it professionally? If your therapist tells you that you’ve hurt their feelings, becomes agitated, or begins to disrespect you...this is an absolute no-no. Hard stop. End the conversation. You don’t owe this therapist anything and this crosses an ethical boundary. Therapists are human too, but you are not responsible for their feelings. They can talk about it with their own therapist!

Most importantly, try not to let a break up with a therapist consume you. Chances are the conversation will be a blip in time. Line up your own support network if you have one, try and make an appointment with a new therapist to avoid a gap in services, and remember your boundaries and the reasons for your decision. I also recommend telling your new therapist (if you choose to try again) your experience so that they can offer their perspective and you can feel for yourself if it’s a better match. There are hundreds of therapists out there and this is a way to take control of your healthcare. Remember you are your best advocate!



## BODY IMAGE MANTRAS

Spring is here and you are probably experiencing the "beach body" pressure. If you're struggling, I see you and so many others see you too. Let's silence all that noise and judgment about your body and create new noise with body image mantras. Remember, you don't always have to love your body, but your body size, shape, or weight does not define your worth. Check out these mantras and prompts for yourself and try to create your own!

- My body is not an apology.
- My body does \_\_\_\_\_ for me.
- One of my favorite places my body takes me to is \_\_\_\_\_.
- My body is a neutral part about me.
- How I look has nothing to do with who I am.
- Seeing my body as just a body is an act of self-love.
- Body appearance and diets are fads.
- Body diversity has always existed.
- I can try to like \_\_\_\_\_ about my body.
- I will have good days and bad body image days.
- My body is my home and deserves respect and nourishment.
- Our culture is set up to create negative body image thoughts.
- I deserve to be liberated.
- If I stop thinking about my body image, I'll have more time and energy for \_\_\_\_\_.

# Let's Celebrate Putnam Pride!

You don't want to miss this fun day of acceptance and love. Come check out all the vendors and find me at my table for stickers and mental health resources!

I hope to see you there!

**JOIN US FOR OUR  
4TH ANNUAL**

# PUTNAM PRIDE

**BREWSTER  
VILLAGE**

**SATURDAY JUNE 24TH, 2023**

**1PM**


**GATHER AT THE OLD TOWN HALL,  
MARCH TO WELLS PARK  
AT 98 OAK STREET**

**SPEAKERS, VENDORS, AND MUSIC  
TO FOLLOW WITH ANGEL ELEKTRA  
& SHAY D'PINES!**

**PARK AT THE TRAIN STATION. LIMITED ACCESSIBLE PARKING AT WELLS PARK.  
BRING BLANKET/CHAIRS. SORRY NO PETS!**

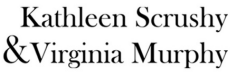
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EMPOWERS CHANGE

# In the Media

**He Lost His Legs in the War in Ukraine, but Not His Will to Run,**

By Jennie Coughlin

**Mirna Valerio Isn't Back to Her Old Self, She's Back to Her New Self,**

By Micah Ling

**Whatever the Problem, It's Probably Solved by Walking,**

By Andrew McCarthy

**What If You Weren't Scared of Your Kid Being Fat?**

By Erica Schwiegershausen

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**HAPPY ONE YEAR ANNIVERSARY TO FORWARD MOTION COUNSELING!  
THANKS FOR THE SUPPORT!**

