

Devine Mental Health Services: Spring Newsletter

Dear Friends and Clients;

I thought you might enjoy hearing the most frequently asked questions that I get. I hope this is helpful to you!

“Am I crazy?”

In a word, NO. Only sane people question their sanity! Society uses “crazy” generally to describe “psychotic.” A psychotic person sees things that aren’t there, has conversations with nonexistent people, and tells me that everyone ELSE is “crazy.” My practice is with high-functioning men and women who see me for help with depression, anxiety and relationships, or who just want to get past a limit in their life to become their best self. People who are having psychotic episodes are hospitalized until medication brings them under control. This is a rarity in my type of practice.

“How long until I’m cured?”

Although it would be nice to be able to offer a pat answer, it’s simply not that easy. If you are following my counsel, you should feel BETTER very quickly. However, without regular sessions (especially at the beginning) to uncover your patterns of behavior, you are likely to regress and repeat destructive patterns. As I always tell you, whether you attend therapy, how often you attend therapy, and when you stop therapy are always YOUR decisions. The best rule is to end regular sessions when you feel no benefit after the session is over and this has happened more than once. You can then schedule “maintenance” for once a month or so if you wish, or just call in the future if the need arises.

“Why do my loved ones worry about my coming here?”

Change is scary, and loved ones don’t know what to expect from the “new you.” If you and I are doing our jobs in session, then you are going to get better at relating with dignity and requiring others to treat you with respect. You will no longer allow yourself to be put down or controlled by another adult. Your loved ones may have to re-learn how to treat you as your self esteem rises.

“Why do we have to talk about painful stuff?”

Good, balanced therapists work with the past, present and future to help clients achieve lasting change. The unexamined past can determine how you think and react to life TODAY and keep you stuck in immature responses to people and problems. Running away from the past by denying it was important, or drowning it in food, alcohol or destructive relationships gives you short term relief, but in the end makes you worse. It’s my job to gently challenge you to face the pain as you feel ready to do so.

Yours for happier living!
Debbie Devine LPC, Assoc.

Appointments available
214-410-0435