



1 Hannah Stonehouse/ Stonehouse Photography

A Picture Paints a Thousand Words

When you hear this expression, I imagine your mind drifts to a time that you looked at a picture in disbelief, knowing it was depicting a revelation, a conversation, or an experience you once had but just couldn't put words to. I was listening to Alistair Begg this morning on Truth for Life, and he was telling a story about how he and his wife were strolling along the boulevard one afternoon, and this guy on a bike rode by holding his dog who was at complete rest in the middle of his master's chest, with his paws gently curled underneath him. They watched intently as he stopped to talk with some other people, marveling that the dog never wrestled, or even moved. They went on about their walk, and at the other end of the boardwalk, ran into him again. They stopped and inquired about the dog's temperament, and the owner explained that he rescued the animal from a shelter. Since the day he brought him home, he has "rested in my arms because he trusts me."

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HOURS OF OPERATION

Monday through Thursday, 8 am to 8 pm

Friday, 8 am to 5 pm

Saturday by appointment

Acorn Counseling Education Services

Working to strengthen families, children, and the community

Christy Graham, President of ACES

Parenting Programs in Your Neighborhood!

This month we are so excited to begin offering classes again for Child Parent Relationship Training. Angela Reed, LPC Intern and I have specialized training in this form of filial therapy from the world leaders in play therapy-Dr. Sue Bratton and Dr. Garry Landreth. Laura Westbrook, LPC Intern has experience teaching this class to parents of older children and has great insight as well. I am working on becoming one of the first certified CPRT Facilitators.

CPRT is one of the most researched interventions for families of all types and has been proven more effective than play therapy alone. And the best parts are, its fun for the parents and the child of focus and it focuses on a 30 minutes playtime with the parent and the child.

There will be a group starting with me on Thursday, October 8th at noon to 1:30 or 2. All interested parents should call me at 940-222-8703 ext 700. This class is \$10 per class per person. Typically, we charge \$500.00 per class per person, but we want everyone to come!

**Other groups will run when 4 to 5 parents sign up.
Evening Classes are available!**

Success is the sum of small efforts repeated day in and day out!

From Vivian Nichol's JuicePlus Friends FB Page. Email her for more motivation for healthy living at vivian.nichols@yahoo.com

Come meet us at the National Night Out for the Preserve at Pecan Creek. October 6th from 6:00 – 8:00 pm at the Amenity Center. 940-222-8703

This story reminded me of this picture of Schoep, the arthritic dog who became an Internet sensation when he was photographed floating peacefully in Lake Superior in his owner's arms. It was "their place," a place where Schoep found comfort and soothing relief from the daily pain and struggle with arthritis. A place where John Unger, his owner, if only for a little while, could enjoy time with his beloved dog in a pain-free state. Deep communication was taking place, but not with words.

These two pictures have left me pondering my relationships, especially with my kids. Kids are not dogs, but how often I have tried to manufacture this kind of space with them and around them, only to fumble it all in my imperfect effort and lack of understanding. My intention to "help" and "comfort" has at times been like a bulldozer clearing a path. The passing was certainly cleared, but the clean-up was so very costly.

In Deuteronomy 33:12, we are reminded to "**Let the beloved of the LORD rest secure in him, for he shields him all day long, and the one the LORD loves rests between his shoulders**" (NIV). As a parent or caretaker, our ability to be a resting place for those that depend on us is directly related to our own willingness to rest in Him and His care first. At those moments when I feel like getting in the bulldozer, choosing to stop, turn, and receive rest and reassurance first can and does drastically change the outcome of my interactions with those whom I love and who need me. The ability to emotionally connect with my kids, to lean into the pain and discomfort of their daily lives and yet be still enough to allow them a safe place to rest, to process life – without the interference of any reactionary engine noise – well, it is an art, a dance, and one I can certainly not provide without being willing to receive it first.

When I feel seen, heard, and understood, I am then more emotionally available to hear, to see, and to understand those around me. There is certainly pain in the connection at times, and even more so with loss, but there is also life, and a truer joy that is experienced because of it.

Dr. John and Dr. Julie Gottman provide an exercise for parents called "Remembering Life as a Child" in their Emotion Coaching, the Heart of Parenting workshop. It is a short, but wonderful tool to connect with what life was like when you were your child's age. If you are interested in a copy of this exercise, or if you are interested in joining one of our Emotion Coaching Workshops for parents, send me an email at laura@acorncounseling.services. Let's fumble through the art of learning to connect together.

Acorn welcomes Ashley Barkley, LPC to our practice! She is an amazing clinician, mom, and 2nd degree black belt. Contact her at 940-222-8703 ext 701.

CALENDAR OF EVENTS

National Night Out at the Preserve at Pecan Creek

AMENITY CENTER – 3801 LAKEVIEW

6 PM TO 8 PM

There will be a bounce house and other vendor booths and lots of information about how to support safety in our community.

PARENT SUPPORT GROUP

Parents of children with behavioral and emotional issues meet to discuss topics of interest. Contact Christy for more information at 940-222-8703 ext 700.

PRETEEN GIRLS SOCIAL SKILLS GROUP

Angela Reed, LPC Intern will lead a social skills group focused on girls ages 10 to 14. Will begin when 5 girls are signed up. Contact Angela for information at 940-222-8703 ext 702.

7 PRINCIPLES FOR MAKING MARRIAGE WORK

Laura Westbrook, LPC Intern will lead a group for couples based on the highly researched Gottman Method. Contact Laura for more information at 940-222-8703 ext 703.

CHILD PARENT RELATIONSHIP TRAINING

LUNCHTIME, 10 WEEKS, BEGINS OCTOBER 7TH

Christy Graham, LPC S RPT S will lead a group of parents in the most exciting, highly researched, Denton created, group that teaches parents play therapy skills to use with their children.

Contact Christy for more information at 940-222-8703 ext 700.

\$10 per person.

Other CPRT groups will begin as 4 or more sign up! Evening classes available.

Angela, Laura, and Ashley are accepting new clients. Call today to find out how they can help you and your family become stronger and closer!

Acorn Counseling Education Services

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