

The TAADA Communicator

April 2008

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Providing information for professionals of all ages who assist adults of all ages across the lifespan

The Texas Association for Adult Development and Aging is a Division of Texas Counseling Association

*from the desk of Susan Adams,
President . . .*



Happy Spring! I hope 2008 is going well for each of you. As you may know, I became the President of TAADA in mid-year due to a presidential vacancy. I am excited about being in this leadership role and giving back to my professional organization. It is a great time to be involved in TAADA! I hope you will take the “plunge” and become involved with me. (If you are not a member, you will find a form for joining in this newsletter.)

Let me briefly share with you a little about myself. I currently teach at Texas Woman’s University in the Counseling and Development program training master’s level counselors for both community and school environments. I also have a limited private practice off the Square in Denton. Although I work with adults on a variety of concerns, my primary focus is issues related to death/dying/grief/bereavement and adult survivors of childhood trauma and abuse. Private practice keeps me active in the field and my clinical skills sharp.

The TAADA officers and I have been busy behind the scenes getting organized for the last quarter of last year while planning for 2008-2009; and there is more work to be done. TAADA has room for several people to be involved – without being “over involved.” I would welcome the opportunity to discuss with you how you might be a part of our exciting organization. My email is dradams@centurytel.net and I do respond quite well to email. For those of you who avoid this new technology, my mailing address is 1 Arrowhead Circle, Lake Dallas, TX 75065.

As you can see, our TAADA newsletter has a new look, and we plan to distribute it to you by email or regular mail. The newsletter may, in the future, include some of the following:

- “Adult Notebook” -- articles about adult development across the lifespan.
- “Snapshots” -- brief humor, cartoons, quotes and heart-warming stories.
- “From the Field” -- practical ideas from clinical settings

I look forward to serving as YOUR TAADA President during the remainder of 2008-2009. Please communicate with me about your thoughts, visions, and the contributions you are willing to make. And don’t worry about being flooded with “stuff” to do! I believe in limiting everyone’s commitment so that NONE of us is overwhelmed!



*Cheers,
Susan*

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The Right Balance for ‘Well Living’ — One Professional’s Perspective

by Jennifer R. Burgess, PsyD

We live in a fast paced world! We can connect instantly with virtually anyone, anywhere, any time. As mental health professionals, we make it our business to connect well with others. However, much too often we sacrifice our own needs and boundaries to meet the needs of our clients. We “work” another appointment into our schedule to accommodate a client and maintain flexibility. We sacrifice standard levels of pay to meet the needs of clients who might otherwise not be able to afford therapy, and acknowledge that some who can afford standard fees may take advantage of us.

Our profession draws those who are “other centered”, who are observant, and who desire to leave others better than how they were before. But what about the helper’s needs? How do we manage our own self-sufficiency and care take for ourselves? All too often the answer is: we don’t!

How can we, as helping professionals, maintain good, healthy boundaries? The answer lies in proactively deciding in advance what we will and will not do to help others

including what our sliding fee structure will be – if we choose to implement one—; how many clients we will consider for amended fees; and on what basis they are chosen. Some professionals make this decision based on an average income per hour over the course of a month; others accept a specific number of clients at each point of their scale.

But what about the helper’s needs? How do we manage our own self-sufficiency and care take for ourselves? All too often the answer is: we don’t!

Another area where proactive decisions are needed concerns the hours you will see clients in the office and during what hours you will be available via telephone. I periodically have new clients call on the weekends or after office hours, and some have called in the wee hours of the night for an appointment.

I decided that it was healthy for me to establish availability as a boundary from the very beginning. I do not return non-urgent phone calls outside of normal business hours which allows me the space to BE with my family and to take a break from being the helper. I do accept urgent calls, but I clearly define for my clients during the in-

take what I consider to be urgent and what is clearly non-urgent.

I work part-time to allow me the flexibility of being accessible to my children. I screen clients carefully and refer out any who are likely to need more care than I believe I can provide under these circumstances.

The above are boundaries that I have chosen so that my quality of life within my own family is better, and I am more fully present for them when I am home. You must choose the boundaries that best “fit” your own personal and professional lives.



In closing I would ask that you imagine yourself with a pitcher of water. You can only give so much water to others before you must replenish your supply. Life is no different. If we fail to take appropriate care of ourselves and our families, we may save the entire world, but lose ourselves.

SNAPSHOTS

**GROWING OLDER IS
MANDATORY.**

**GROWING UP IS
OPTIONAL.**

**LAUGHING AT YOURSELF
IS THERAPEUTIC!**



**Back up my hard drive? How do
I put it in reverse?**

Everyone has a photographic
memory. Some just don’t have film.

~~~~~  
A day without sunshine is like,  
well, night.

~~~~~  
He who laughs last, thinks slowest.

How to Join TAADA

All members of TAADA must also be members of the Texas Counseling Association (TCA) since we are a division of that organization. You may contact TCA about membership at www.txca.org or 1204 San Antonio, Suite 210, Austin, TX 78701. The TCA phone number is 1-800-580-8144. (Professional membership in TCA is \$90 and student membership is \$45.) **TAADA membership dues are \$10. If you are a member of TCA and want to join TAADA, please complete the application below and mail it to TCA, 1204 San Antonio, Suite 210, Austin, TX with your \$10.00 fee.**

NAME: _____ TCA ID #: _____ EMAIL: _____

ADDRESS: _____

Street

City

Stat

Zip Code



PHONE: _____

Office

Home

Cell

Relaxation = Stress Reduction

by Alice Spacek

During one of the darkest hours of his Presidency, Lyndon B. Johnson said: "I feel like a hitchhiker on a Texas Highway in the middle of a hailstorm. I can't run, I can't hide, and I can't make it stop."

Don't we often feel the same way about the stressors in our lives?

It's surprising how little Americans know about the art of relaxation and how it can reduce stress. Relaxation is more than getting away from the daily grind, and more than the absence of stress. It's something positive and satisfying—a feeling in which one experiences peace of mind.

True relaxation requires self-awareness, thoughtful reflection, being sensitive to one's basic needs for peace — and the willingness to meet our needs rather than ignore or dismiss them.

Medical research has shown a connection between stress and high blood pressure, heart disease, ulcers and headaches, and even some cancers. For our health's sake, we must learn and practice relaxation.

Ways to relax your body:

- **Deep breathing.** Close your eyes and breathe in and out slowly, to the count of 5 seconds.
- **Stretching.** Stretch your neck by gently rolling your head in a half-circle to one side, then drop your chin to your chest and continue with the other side.
- **Exercise.** Hiking, running, bowling and walking can reduce stress
- **Bathing.** Thirty minutes of soaking in a tub with a candle and soothing scents works wonders.
- **Get a massage.** Choose a regular time for this one-on-one pampering activity.
- **Eat well.** Reduce caffeine, eat a healthy, well-balanced diet and eat at regular intervals.

Ways to relax your emotions:

- Talk to a friend or mate and listen carefully to him or her. Express feelings you might be holding in.
- Laugh aloud, see a funny movie, spend time with a funny friend.

- Read a tear-jerker or comedy to help release pent-up emotions.
- Read the Bible
- Do something you love — gardening, going to the beach, seeing friends, spending time with a favorite child.



Most importantly, find those activities that give you pleasure and commit your energies to developing total physical and mental well-being. But remember, relaxation, not achievement, is your reason for participating in these activities.

After discovering your favorite relaxation activity, plan to devote at least one-half hour per day pursuing it. ***You will live longer and experience a more satisfying life.***



**We're jumping for joy
at TAADA.
As Dr. Joe Dameron says:
"Do TAADA Today!"**

**TAADA Officers
2008—2009**

President — Dr. Susan Adams

Secretary/

Treasurer — Ms. Glynda Davis

Senator — Ms. Martha Williams

TAADA

Director — Dr. Bret Hendricks

Newsletter Editor - Dr. Martha Oates

Articles of 400 words or less, poems, 'quotable' quotes,
and pictures or drawings may be submitted for publication
in the *TAADA Communicator* to

marthaoates@yahoo.com

Submissions may be edited for clarity or to fit space available.

**Texas Association for Adult Development and Aging (TAADA)
2008-2009 Election Nomination Form**

The person making the nominations and persons being nominated for office must be TAADA members.

PRESIDENT - ELECT (Requires a 3-year commitment to the office.)

Name: _____ Telephone: _____

Address: _____ Email: _____

DIRECTOR (Must be a member of TCA, ACA and AADA and make a 3-year commitment to the office.)

Name: _____ Telephone: _____

Address: _____ Email: _____

Name of Person Making the Nominations: _____

Nomination form must be postmarked by April 22, 2008 and mailed to: Ms. Glynda Davis, 13413 Haslet Ct.
Haslet, TX 76052 (or emailed to: glynda-davis@sbcglobal.net).