

Oasis News

August - September 2013



Be A Model
8 ways to be a nutritional
role model.

Page 2



**Custom Yoga Now at
Sacred Treehouse!**

Therapeutic Oasis of the Palm Beaches ● 250 Royal Court, Delray Beach, FL 33444

Living Your Own Life: How to Disentangle Yourself From Others

Anni Johnston, LMHC, D/MT

Many people use the term “co-dependency” to describe an over-involved stance with others in their life. Originally it was coined to apply to those in an enabling relationship with someone in an addiction. Now its meaning has broadened to describe anyone who repeatedly finds himself or herself wrapped up in a caregiving, over-planning, problem-fixing manner with people in their lives. There is nothing inherently wrong with caregiving, planning or fixing problems, it’s when one can’t let go of the need to do so they find themselves burdened.

What is less understood is that one can get just as entangled with someone or a situation by striving to “get rid of” a scenario as they can by getting too involved. The resistance to accept, feel or allow a scenario in your life keeps you connected to it through the lack of peace it generates in you. Resistance creates tension, tension creates the desire to escape, and escape creates the urgency to avoid or eliminate. Wanting to avoid or eliminate something that already exists causes unhappiness and non-peace. In essence, control (can’t let go) and resistance (wanting to get rid of) are two sides of the same coin; each keeps you wrapped up mentally and emotionally.

To experiment with disentangling yourself from a scenario or relationship where you want to control, fix, or get rid of, practice the following exercise. Try working on letting go of or moving towards (don’t resist) these urges:

Let Go Of

Holding on to outcomes
Clinging/Keeping things the same
“I want.....”
Acquiring
Getting it a certain way
Grasping

Move Towards

Something you want to push away
Feelings of aversion
“I don’t want.....”
Pushing away
Fear
Change

Take time to look at the subtle ways in which something in one column might be influencing you in a way you’d never identified. Can you see the way softening resistance to things you had previously avoided has a similar effect to letting go of pushing for specific outcomes? Take time to journal, observe and discuss how these core ways of operating have been affecting you and keeping you entangled. In time, and with continued willingness, you will experience the peace and freedom of living your own life on your own terms.

Need more help? Ask your therapist about Anni’s new co-dependency group: “Living Life on Your Terms.”



Lemore Zausner Photography

Your Anchor In The Storm

Patty Shutt, Psy.D.

Tackling issues and problems in our life can require us to move toward the “storms” of conflict, emotions, and uncertainty. Here at the Oasis we want our clients to be prepared for these storms by developing the tools needed to weather the rough seas. In individual sessions and groups like DBT, we encourage the practice of mindfulness. One important tool in the practice of mindfulness is the “anchor”. The anchor is used to bring awareness back to the present moment when our mind begins to wander or become distracted. An anchor can be a physical sensation, your breath or a favorite for many of our clients, a mantram! An anchor can be used not only during a meditation practice, but also in everyday life when the weather gets rough, to help us feel secure while the storm passes.



Lemore Zausner Photography

A sailor would never go out to the open ocean without an anchor or other important safety and navigation tools – and neither should you. To learn more about developing the tools to safely navigate the deep waters of strong and difficult emotions, ask about DBT Skills Group at the Therapeutic Oasis and/or Beginning Mindfulness Meditation at Sacred Treehouse.

Therapeutic Oasis and
Sacred Treehouse
will be closed on
Monday, September 2nd
in honor of
Labor Day

Nutrition Modeling: 8 Ways to Lead

Christie Caggiani, RD, LD/N

Research has shown that the more parents push their kids to eat, the more kids resist and the more they try to stop their kids from eating or restrict certain foods, the more the kids seek them out. So does this mean we as parents just let our kids run their own food show? Absolutely not.

Remember that kids are growing beings – our job is to set the stage so that they can grow into the bodies they are designed to live in. That starts by providing regular meals and snacks – and by modeling regular, consistent, and balanced eating. Kids learn the most through their eyes – by watching those around them. So choose your words, behaviors and attitudes carefully:

1. Never criticize your body or anyone else's.
2. Don't tell your child that they "shouldn't" be hungry or they "need to stop" eating – encourage them to listen to their tummy.
3. Don't label food as good or bad.
4. Don't discuss diets, calories, weight, fat or weight loss in front of your children – or ever!
5. Do eat with your kids – let them see you have a variety of foods - dessert and broccoli alike!
6. Do keep food in your house. Make it varied, enjoyable, healthful and fun. Otherwise, your kids will be overwhelmed when they see so many options at their friends' homes.
7. Do include carbs – they're the only nutrient that feeds our brain - and our kids (and us, too) need them at each meal. Yes, dinner included.
8. Don't skip meals – and eat the same meal as the rest of your family, unless there are extenuating circumstances.



Calling All Artists!

Local artists are encouraged to contribute their original works to **HEArt of the Grove** a collaborative event put together by Therapeutic Oasis of the Palm Beaches and Delray Beach Downtown Development Authority (DDA) to benefit the Alliance for Eating Disorders Awareness. The Alliance is a non-profit organization dedicated to providing outreach and education related to health promotion, including all eating disorders, positive body image, and self-esteem. This is a great opportunity for the community to get to know local artists and support an important cause.

Not an artist? Then save the date for the second annual HEArt show scheduled for the evening of October 4th, 2013!

For more information on art donations or event information, please contact Therapeutic Oasis at TherapyOasis@gmail.com or call (561) 278-6033. Art donations are due on or before September 16th, 2013.



Fall 2013

Pre-registration suggested for all activities.
Call 561.278.6033 for details.

Personalized Yoga Classes Now at Sacred Treehouse!

Private and Semi-Private Yoga
Yoga that fits your needs and your schedule!

Semi-Private
1 hour class: 8 Weeks for \$480
1 1/2 hour class: 8 Weeks for \$680
Select the day, time and type of yoga.*
You may bring up to 6 people

Private Sessions: \$100/hour

* Scheduling limited to instructor and facility availability.

Introduction to Meditation
Mondays at 11:00 am

Massage Therapy - Special Price!
Choose from:
Therapeutic, Deep Tissue, Sport, Intuitive,
Prenatal and Raindrop
60 Min \$95
90 Min \$135
Add Aromatherapy for \$10

Mindfulness Based Stress Reduction Program
Free Introductory Class
Call for details.

Coming This Fall:
Radical Acceptance
An 8-week book study
Save your spot - register today!

Schedule Online!
Go to www.sacredtreehouse.org to register for classes and schedule your massage!

For additional offerings and more details
call 561.278.6033 or visit
www.SacredTreehouse.org