

Service Above Self

Alfred Adler was a colleague of Sigmund Freud and he developed his own brand of psychology (Adlerian) which promotes good mental health as being reliant upon (among other things) strong "social interest." Social interest embodies a feeling of social connectedness combined with an attitude of service and contribution to enhance the well-being of society as a whole.

An excellent example of social interest at work in our community is Rotary International. Rotary International is a service organization which has been around for nearly 106 years. It began with a lonely lawyer in Chicago who wanted to meet other business people and enjoy their friendship. Paul Harris was also interested in helping others improve their businesses and members of his group supported each other in this regard. It wasn't long before these businessmen and professionals began to look beyond their club to the community at large and the needs of the people around them.

Today Rotary is probably the largest service organization in the world with over 1.23 million members worldwide. The motto of the organization is "Service Above Self" and the member clubs provide opportunities for the fostering of good mental health. Members gather each week to have a meal and socialize and hear a speaker. These meetings allow Rotarians to interact in fellowship providing an excellent opportunity for developing "social interest." Members chat and get to know each other, showing a sincere interest in each other's business and personal lives. The speakers provide education on topics of all sorts. The mayor of Surrey, Dianne Watts, spoke to one group recently and the Coquitlam RCMP Superintendent is up next.

Rotary strengthens the community by taking on projects such as "Operation Red Nose" which helps people get home safely during the holiday season, dictionary distribution for every grade four student in Coquitlam, improvements to local parks, Christmas turkeys with all the fixin's for

poor families at Christmas to name a few. The Coquitlam Rotary club has also provided clean water systems for schools and homes in Thailand. Orphans in the Ukraine now have beds to sleep in and milk and eggs to eat. Children throughout the world have been immunized against Polio which is almost been eradicated thanks to a partnership between the World Health Organization and Rotary.

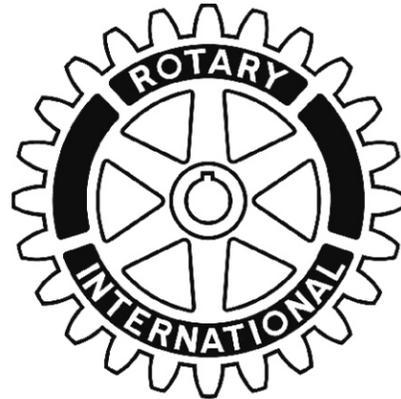


Denis Boyd, M.A.
Registered Psychologist

Investing in youth has been a longstanding focus within Rotary. Each year there is a Rotary Leadership weekend workshop for young people 18-25 which helps participants discover their strengths. There is also the Youth Exchange program in which a young person, usually in grade 11, will travel to another country and live with Rotary families for a year. A young man or woman from that same country comes here and lives for a year as well. Currently a student from the Tri-Cities is in Japan and a young Japanese woman is living here. An Australian girl has just returned home after a year as has a French male.

Rotary in our area has also sponsored a young adult male from the lower mainland as a Rotary Ambassadorial Scholar and he is living and studying in South Africa. This unusual young man, Yashar Kermati is living in the slums of Capetown and working with the poorest of the poor while studying at the local university. If you are interested of his projects go to: http://www.youtube.com/watch?v=0Iof0oASvoM&feature=player_embedded

In addition to social service, Rotary promotes high ethical standards in business and personal lives. Members follow a "Four Way Test" in their dealings with others: Is it the truth? Is it fair to all concerned? Will it build good will and better friendship and will it be beneficial to all? These guidelines ensure that the social interest of Rotary is of the highest quality for all concerned.



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Resource Newsletter
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When Sorry Isn't Enough

Sue felt frustrated and alone. She and Jack had just had another spat, again over something which to her seemed trivial. As of late conflicts were happening more and more frequently between them, with Jack taking longer and longer to get over them. As usual, Sue apologized hoping to end the conflict quickly. She would say she was sorry for her part in the situation, then want to move on. Jack on the other hand would always want to continue "the discussion". This irritated her. She had apologized and didn't want to talk about it any more. For her it was done. When Jack would begin telling her how her behavior made



Don Lasell, M.A.
Registered Clinical
Counsellor

him feel, she would almost instinctively shut it down as soon as possible. Something in the way Jack spoke to her unconsciously reminded her of how her mother used to lecture her when she was in trouble as a little girl for having misbehaved. Sue didn't like it when her mother spoke to her this way, and there was no way she would let her husband do it. Still, the loneliness remained. Jack also felt frustrated and alone. Despite his efforts to let things go, he was finding himself becoming increasingly cool toward Sue. He could see how his resentment was growing. Until recently he had always tried hard to "get over it",

yet every new situation would only remind him of all the past situations which were never discussed or resolved. Jack, who used to feel angry, was now starting to feel tired and hopeless. It seemed to him that Sue only wanted things her way; why else would she become angry and

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Thinkers, Feelers and Other Creatures

Researchers in psychology have established there are five major traits in human personality: Openness to Experience, Agreeableness, Neuroticism, Introversion/Extraversion, and Conscientiousness. These variables have been studied, and their existence verified, in hundreds of thousands of people across the globe over decades. They are the bedrock of personality, and they tend not to change very much over time. Let's look at two of them, Openness to Experience and Agreeableness.

Openness to Experience lies along a spectrum and we can fall anywhere within its scope. Openness refers to whether a person thinks more conceptually or concretely. At the lower end of the openness spectrum are concrete thinkers who make up 75 percent of the population. Also known as Sensors, such people

believe in what they can see, touch, taste and feel. They typically don't listen to intuitions, hunches, and dreams because they see no practical meaning in them. One Sensor found out her boyfriend was cheating on her and said, "I knew it, I knew it, I knew it!" But until she saw concrete proof she would not listen to her own intuition.

These concrete thinkers or Sensors prefer hands-on learning. They respect tradition and feel that if something's a certain way, it must be that way for good reason. They would need much practical persuading to consider seeing things differently. As Harry Truman



Simon Hearn, Ph.D.
Registered Psychologist

put it, "I'm from Missouri, you have to show me." Such persons tend to be focused on what's important today and don't tend to think too far into the future. Staying with the tried and true, they are not particularly interested in exploring new ideas, trying different foods, or considering a novel approach.

Those who score high on Openness to Experience are also known as Intuitives. They think theoretically and like speculating about possibilities. They imagine into the future and are thrilled by notions of what could be. They listen to hunches and

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Baby Blues

Every woman's experience of pregnancy and birth is unique. Some sail through pregnancy while others struggle. The same is true for the birth. Some women consider it a transcendent experience; others hope to quickly forget it and focus instead on their new baby. Even at its most joyful, pregnancy and birthing can be hard work. Birth can bring a sense of accomplishment, pride, a welling up of positive and intense emotions. But a time of fatigue and recovery and physical and emotional adjustment will follow. Disappointment may arise along with the joy (was the birth what you expected, planned for, hoped for?). A difficult birth experience can lead to traumatic symptoms for some mothers, and some fathers too.



Alivia Maric, Ph.D.
Registered Psychologist

Few women anticipate having the "Baby Blues" or the more intense, longer lasting postpartum depression. However, according to research, as many as 75 to 80 percent of women experience the Baby Blues - feelings of mild sadness, tearfulness, anxiety, irritability, sleep problems, difficulty concentrating, and fatigue that begins within several days of birth but resolves within several weeks. Approximately 10 to 15 percent of new mothers experience postpartum depression. Symptoms can be mild, moderate or severe and include persistent low mood, mood swings, tearfulness, hopelessness, sleep and appetite disturbances, fatigue, poor concentration, irritability, withdrawal or fear of being alone, fears or anxiety about something harmful happening to the baby, thoughts of hurting the baby or self, inability to cope, and difficulty functioning.

A more severe postpartum mood disorder, postpartum psychosis, is rare, affecting only 1 or 2 women in a 1000. Symptoms include extreme agitation, withdrawal, confusion, delusions and hallucinations, incoherence. This is considered a medical emergency, and immediate medical help should be sought.

Causes of postpartum depression may include changes in hormones following childbirth, a difficult pregnancy

or birth, recent stressful life circumstances (e.g., moving, difficulties in relationship), or lack of a support network. Fewer couples today have the benefit of a close, extended family living nearby to provide support, guidance, care for the mother and other children, during the first days, weeks and months of adjustment following the baby's birth. Women trying to adjust to disrupted sleep, recovery from birth, sorting out how to feed and soothe the baby, and become attuned to their baby's needs and moods, can easily become overwhelmed. As women develop postpartum depression they tend to withdraw and become further isolated. If they feel shame, guilt or fear about their feelings they may avoid telling others what's happening; thus they become further isolated.

There is help for postpartum depression; it is treatable. Talking about what's happening is the first, and very important, step toward recovery. You may not be able to articulate what you are experiencing; begin even by saying "something isn't right". Help may include counselling, medication, support or a combination of all three. Counselling can be useful in a variety of ways by providing emotional support and validating experience; problem-solving to improve with self-care, such as sleep, relaxation and stress management strategies; resolving trauma symptoms; goal setting, establishing priorities, developing routines and a support network. Counselling also offers an opportunity to address fears, anxiety, shame, negative thought patterns, perfectionistic or unrealistic expectations of self (and baby) and to develop skills that challenge these thoughts and feelings more realistically and positively.

Some strategies that are helpful for new parents, whether experiencing postpartum depression or not, include being pro-active in the following ways: before the birth, build a support network (such as friends, family, neighbours, public health nurse, mother-baby groups); arrange for help before becoming exhausted or overwhelmed. Keep talking with your partner about

what you're feeling. Ask for help and accept help that is offered. Be sure to take care of yourself too - sleep, eat, exercise - set small goals. Practice being flexible around scheduling and expectations of yourself. Have some quiet time each day (e.g., sit quietly, do deep breathing or other relaxation exercises); spend time with your partner. Eat nutritiously, avoid caffeine and alcohol.

Motherhood can be considered a new job or career change - we usually expect the first few months of a new job to be stressful and tiring. It is a steep learning curve - and we expect we'll need help and guidance. When it comes to mothering, too often we think we should "just know". You will know some things, but you will need help with other things. Remember, "it takes a village to raise a child".

Every woman's experience of pregnancy and birth is unique. Don't compare yourself with others. Let family members, support people, health care providers know what you are experiencing. Post-Partum Depression IS treatable. You CAN get through it.

Workshops

Marriage Can Be Great May 2, 2011

St. Joseph's Parish, Port Moody
Time: 7:00 - 10:00pm
Cost: \$20.00/person

Marriage Can Be Great May 16, 2011

St. James' Parish, Abbotsford
Time: 7:00 - 10:00pm
Cost: \$20.00/person

**My Book of Life:
Building a Chapter of Change**
Starting: Mon., February 21, 2011
(Runs for 12 week)
Time: 7:30 - 8:30pm
202 - 1046 Austin Ave., Coquitlam
Cost \$280.00 (HST incl.)

Infant and Child Bereavement
March 15, 2011
Time: 6:30 - 9:30pm
202 - 1046 Austin Ave., Coquitlam
Cost \$35.00/person

Pre-registration is required for all workshops by calling 604-931-7211.

When Sorry Just Isn't Enough

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walk away whenever he started to talk about his feelings?

Sue and Jack are caught in a rut. Sue is a feeling avoider who becomes defensive whenever Jack tries to talk about his feelings. His discussion of feelings is threatening to her and so she walks out. This defensiveness on her part makes it impossible for them to "do business" as a couple with the result that they are unable to actually discuss and resolve issues. This inability to discuss feelings and resolve issues is causing tensions to rise and resentment to build. The result is that each has begun to draw back further from the other in an effort to avoid being hurt. Often Sue apologizes, believing that once having done so, Jack should drop it. His desire to continue the discussion seems to Sue that he is attempting to lecture and shame her the way her mother used to do. This causes Sue to see red and feel the need to stand up for herself by walking out. When this happens, the issue is dropped for the time being and a temporary peace is restored, only to be broken later when the same issue resurfaces in a different form.

What ensues is a cyclical "on and off" pattern of reactive communication with each feeling increasingly angry and disconnected from the other.

Sue and Jack need to talk about their feelings to each other. Couples who do not talk about their feelings usually find themselves reacting to them. So long as the discussion stays respectful, neither should walk away from the discussion until both have fully acknowledged the thoughts and feelings of the other. If

Discussing feelings is an essential part of a healthy relationship.

things get too heated during the process, both can agree to take a time out and return to the discussion later when each has had a chance to cool off. Coming back with an acknowledgement of the other person's perspective is a good way to restart the

discussion. It is possible that some discussions may require a few time outs to fully discuss the issue. This is okay as each will recognize the other's effort to remain respectful and is assured that the issue will not just be dropped, but will be worked through to completion. If however there seems to be more time outs than actual discussion time, it is possible that the issue being discussed is in fact not the real issue at all, but that something deeper is at the root of the conflict. When this becomes apparent, it is time to get help from a counsellor.

In conclusion, Sue has past issues from her childhood which are affecting her current relationship with Jack. Unless she and Jack begin to share and acknowledge feelings with each other, it is likely that their relationship will continue to deteriorate. Discussing feelings is an essential part of a healthy relationship. Without this discussion of feelings, saying "sorry" simply isn't enough.

Thinkers, Feelers and Other Creatures

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dreams because they feel that these could be trying to tell them something meaningful outside of the normal channels of logic or common sense. They look for patterns across different situations and become expert at building theories out of seemingly unrelated bits of data. Universities are natural homes for such people where they design theoretical curricula for concrete-thinking teachers and students. Because Intuitives look at the big picture, and think in terms of systems, such folks may introduce significant concepts and changes in the world. They are often absent-minded though and may overlook basic details that may render some theories impractical.

Sensors and Intuitives each think the other is a bit nutty but clearly the world needs both personalities. If you get one of each type in a relationship the Intuitive will find her partner too earthbound and analytical, while her Sensor spouse may find her too impractical and dreamy. But on the other hand, if they can appreciate each other's strengths and ways of thinking, they can make a very effective team.

In regard to the Agreeableness trait,

people at the high end of the spectrum are also known as Feelers; while those low in Agreeableness are more likely to be Thinkers. Feelers put relationships first in life; ahead of the money they can earn, the logic in a situation, or the deal to be made. They may find themselves looking after everyone but themselves. They dislike conflict and will do whatever is necessary to attain peace; often it seems, at any price. They may come across as unassertive and as pleasers. Sixty percent of women are Feelers while 40 percent of men are. In our culture, women who are Thinkers can get accused of being unfeminine, while guys who are Feelers may be considered less than manly.

Because Thinkers tend to bury or ignore their emotions, those emotions can catch up with them in awkward ways later. They can be clumsy and over-blunt in relationships, believing that simple logic solves everything. Others may not feel listened to or understood. The Thinker may say, "That guy is making too many mistakes and I'm firing him for being incompetent" while the Feeler will say,

"But he has a wife and kids and deserves another chance."

While it is true that Feelers *can* think logically and analytically and that Thinkers *can* feel their emotions they tend not to give these sides of themselves much focus. Each type has its default response of going with the heart or the head.

The world needs Sensors, Intuitives, Feelers and Thinkers, and if we wish to become well-rounded as individuals it behooves us to develop our opposite side. Doing this can lead to deeply satisfying personality growth as we unleash the neglected parts of ourselves that have been lurking and ignored, and actually allow them to flourish. And if you're a thinker who's now allowing his emotions to be expressed, you don't lose analytical power, you just acquire a fuller response to life and people.

Go to www.humanmetrics.com to take the Jung Typology Test