

Nations Therapy Notes

Offering Hope, Healing, and Meaning

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Nations Integrated Therapy

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What the Doctor Ordered . . .

By Viann Nations, Ph.D.

Spring reminds me of Robert Frost's poem, *The Pasture*. I love to see the calves, lambs, and foals in the countryside. I love to see the trees blossom and the flowers bloom, especially the lilacs and honeysuckles. It reminds me of new life and that spring comes after winter. Jesus gives us new life in Him. A comedian and political commentator, Russell Brand, recently gave his life to Christ and said that Christ did for him what addicting substances could not do. The void in his life was filled through Jesus Christ. Augustine once said, "Our hearts are restless until we find out rest in Thee."

THE PASTURE

BY ROBERT FROST

I'm going out to clean
the pasture spring
I'll only stop to rake the leaves away
And wait to watch the water clear,
I may
I shan't be gone long you come too.
I'm going out to fetch the little calf
That's standing by the mother
It's so young, it totters when she
licks it with her tongue
I shan't be gone long you come too.

As We See It . . .

How might counseling help us when we are new in Christ? Viktor Frankl once said that counseling therapy may help us to become more mentally healthy or emotionally healthy where it is easier to grasp spiritual concepts. If one is in the deep hole of depression, it is hard to sometimes grasp that there is a God who loves and that He is good. A psychologist once told me that she just had a client who asked her that day if she knew the sky was blue. This client had been in a car accident and had a traumatic brain injury that left her very depressed. In counseling and with the help of medication, she was able to see that the sky was blue again instead of black with clouds. Jesus sometimes helps us through a counselor. After all, Joseph of Arimathea was a counselor. Jesus is the ultimate counselor.



5 Tips to Demonstrate the Gospel as a Parent – Raise Your Children in a Godly Way

Edited from Lydia Kaiser

1. Talk About How Much God Loves Them.
2. Teach the Concept of Right and Wrong.
3. Parent with Unconditional Love.
4. Talk About How Sin Affects Relationships.
5. Create a Culture of Forgiveness

Teaching the gospel in your home — both verbally and, more importantly, with demonstration as a parent — is the best way to help your child know Jesus at an early age and understand how a relationship with their Heavenly Father works. When you learn how to raise your children in a godly way and how to demonstrate the gospel as a parent, you're teaching your child how to walk in good relationship with God before they ever leave your home - equipping them in the very best way possible for life ahead.

Health & Wellness

By Sheryl Gifford, MPH, MSW Intern



Lavender is one of the most beneficial herbs in aiding relaxation and sleep. According to Prevention magazine editor, Sara Altshul, lavender scent eases anxiety and insomnia. Researchers have found lavender to increase slow-wave sleep, in which the heart slows, and muscles relax.

A sachet bag filled with dry or fresh lavender buds is a wonderful way to benefit from the scent of lavender. Lavender buds can be found at health food stores, or a friend may even have buds to share. Simply clip the stems and allow them to dry or enjoy them fresh. Place in a mesh bag and breathe in the fragrance. Squeeze the flowers if you would like to enhance the oil aroma.

Mixed with chamomile, lavender also makes a wonderful evening tea. Simply boil a cup of water on the stove, drop tea bag or herb-filled infuser into a cup and pour boiling water over. Let rest for at least 10 minutes for a good strong flavor and add honey, which also contributes to relaxation.

Sit in your favorite place to rest and enjoy!

Food for the Soul

How God Loves Us

By G.D. Waston

God loves us constantly. Our fellow creatures love us when we seem lovable, or worth loving. Creature love, in the nature of things, is soon exhausted; it soon breaks down, and gets discouraged. The love of a mother will come as near to the love of God in holding out, and keeping up through all sorts of life's vicissitudes, as any other love known on earth. But all mothers do not love alike, and the best of their creature love has a limit. Right where human love has run its race and broken down—fatigued and exhausted—the love of God comes up fresh and full, bounding and radiant, with a sweet cheerfulness, as if it had just begun. Oh, how the love of God, year after year, has followed us through the wilderness of wandering, over the wild mountains of wayward foolishness, through cold stormy nights, and has listened for our cry for help!




The Color of My World . . .

I lived in Alaska for many years, and I learned that Alaskans love color, the brighter the better. My first winter, I bought a purple wool coat. Why? Because, in the winter, there are two colors - white and grey.

It is night and dusk in the winter. Maybe, the northern lights are God's way of giving color. Color can make a difference in our lives. Color can affect our emotional state and our learning environment.

What is your favorite color and how does it affect you? Yellow is my favorite, and it makes me happy.



**Walk towards the
sunshine, and the shadows
will fall behind you.**

Mary Engelbreit

quote fancy



Nations Integrated Therapy & Consulting seeks to inspire hope, provide holistic services, and when necessary, provide referrals to other professionals and helpers in the community.

Check the website, www.nationstherapy.clinic for more about Tele-mental health

- Trauma Treatment
- Post-Incarceration Counseling
- Major Mental Health Issues Treatment
- Court-approved Domestic Violence (DV) evaluations

***The great thing in this world is not so
much where we are, but in which
direction we are moving."***

-Oliver Wendell Holmes