

# Compassion Therapy

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**B**ecause Easter is March 23rd this year, we must begin to think about spring. I like to use this time of year to think about renewal of our minds and hearts. When warm weather begins to invade the dark, cold wintry days, I reflect on how I can find warmth to brighten other people's days. It is time to come out from our offices and homes and visit our neighbors and old friends. Let's warm up someone's day by showing kindness, mercy, and compassion.



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## The Basics of Psychotherapy

### How can it help?

- Professional, impartial observer to provide insight and coping skills
- Provides a safe place to identify and express feelings
- Education
- Crisis management

### What does it look like?

- Depends on the therapeutic orientation of the therapist
- Talking by the client is usually required
- Listening and providing feedback is required from the therapist
- New ideas and insight gained

### What issues can be addressed?

- Depends on the strengths/specialties of the therapist, but examples are:
  - Relationships
  - Depression
  - Anxiety
  - Stress
  - Abuse
  - Grief
  - Self Esteem

### How do you know who is the best therapist for you?

- Education/Experience with your particular issue
- Similar values
- Genuine concern for you- not your money
- Honest communication
- Availability, especially during a crisis
- Respect for your background/culture/ethnicity, etc.

### How long does it take?

- Depends on the issues being addressed
- Until you feel in control of your life
- Until you have learned what you need to succeed in the future
- Improved communication, relationships, insight into yourself

## The History of Easter

The timing of the Christian celebration of Easter is linked to the Jewish celebration of the Passover. Passover and the Feast of Unleavened Bread were observed by the ancient Israelites early in each new year. The name "Passover" was derived from the actions of the angel of death as described in the book of Exodus. The angel "passed over" the homes of Jews which were marked with the blood obtained from a ritual animal sacrifice.

The Synoptic gospels (Mark, Matthew, and Luke) state that Jesus' last supper was a Seder— a Passover celebration, just after sundown. Jesus was executed later that day and died about 3:00 PM.

(www.religioustolerance.org/easter. Obtained 2/27/08)

According to Scripture, He rose from the dead on the third day.

Easter Sunday is the foundation of Christianity, because this is when the resurrection of Jesus is celebrated.



## Compassion Therapy

Highlands Ranch, CO 303-683-4578

[www.compassiontherapy.com](http://www.compassiontherapy.com)

## Self Esteem

The Self Esteem Workbook, by Glenn Schiraldi, PhD.  
2001, New Harbinger Publications, Inc., Oakland CA

**Definition:** A realistic, appreciative opinion of oneself. Realistic means accurate and honest. Appreciative implies positive feelings and liking.

**Checkup:** Rate from 0-10 how much you believe each of the following statements. 0 means you completely disbelieve it. 10 means you think it is completely true.

1. I am a worthwhile person.
2. I am as valuable as a person as anyone else
3. I have qualities I need to live well.
4. When I look into my eyes in the mirror I have a pleasant feeling.
5. I don't feel like an overall failure.
6. I can laugh at myself.
7. I am happy to be me.
8. I like myself, even when others reject me.
9. I love and support myself, regardless of what happens.
10. I am generally satisfied with the way I am developing as a person
11. I respect myself.
12. I'd rather be me than someone else.

**Foundations of Self esteem:**

1. Unconditional worth
2. Love
3. Growing
4. Self esteem (can only be established in a healthy manner if the previous 3 factors have been established).

## Why Pay Out of Pocket for Therapy?

Counseling sessions with Compassion Therapy are out-of-pocket pay. Although you may have several therapist options through your insurance, it is more important to engage with a therapist who is a good fit. Remember, your mental health is of utmost importance. Out-of-pocket pay allows you (1) increased ability to choose from a broader range of therapists, (2) no limits on the number on sessions, and (3) increased confidentiality as no forms or reports are submitted to insurance companies.