

# CLEAR VISION

## CENTER FOR LIFE ENRICHMENT

*"Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect."* Romans 12:2

## Vision: Lunches vs. Banquets

**Soul Food**

By Rich Blue

Children naturally dream about what they want. They seem to intuitively see in their mind's eye what their heart desires. Obviously, given how dependent children are on others, it makes sense why they might rely so heavily on their imaginations.

While they are young, these dreams may be

passing fantasies, yet, how often have you heard of someone who as a child dreamed of being a nurse, a fireman, a ballerina, or a doctor becoming one when they grew up?

This is the power of *vision*. Vision is the human capacity to picture in our mind the outcome we desire. This power can work for us as well as against us. We have all heard of the concept of the "self-fulfilling prophecy." This is where a person is so fearful and focused on the negative that they actually use the power of vision to influence a negative outcome.

*"...we must be willing to risk investing ourselves in the pursuit of something bigger than ourselves."*

To harness the powerful potential of vision we must be willing to *hope*. I meet more and more people who are unwilling to dream because of the pain associated with not having gotten what they had hoped

for. If you are willing to hope for something, you are saying

that the anticipated pleasure of reaching your goal outweighs the possible disappointment of falling short. To experience this type of fulfillment, we must be willing to risk investing ourselves in the pursuit of something bigger than ourselves.

This is what I see as walking by *faith*. This is the opportunity to live big and trust God to do what otherwise would not be humanly possible. Like with the story of Jesus feeding the masses, the Disciples "invested" 5 loaves of bread and 2 fish in order to witness a miraculous return on their investment.

When Jesus told them to feed the multitude, they knew it was something humanly impossible. When they balked, Jesus asked them for what food they had among themselves and it turned out to be the equivalent of a sack lunch. From that little lunch, Jesus multiplied their limited resources and made it possible to feed the entire crowd with 12 baskets of food left over.

What is it that you have a *passion* for? Risk daring to envision in your mind's eye what it is you would like to see happen. Don't let yourself be limited by what appears to be impossible. Instead, offer up to God yourself and your limited resources. Imagine God multiplying your investment and accomplishing a miracle. Remember the crowd of 5000 was fed with 5 loaves and 2 fish. Let's invest our lunches in order to experience a banquet!



### Employment Opportunity

CLE is looking for a part-time administrative assistant. Please call Christina at (847) 272-3684 ext. 10 if you know of someone that is looking for a part time position assisting with administrative functions like:

Answering the Phone	Data Entry
Scheduling Appointments	Greeting Clients
Typing Correspondence	

### Upcoming Events

**Fall Retreat - BREAKING FREE:**  
*Harnessing the Power to Transform Your Life*  
 November 4 - 6, 2005

Please visit our website at [www.center-4-life.com](http://www.center-4-life.com)

## *CLE's Practicum Program*

CLE is excited about welcoming Becky Fisher to our practice for her practicum experience. Becky will be with us through December of 2005. CLE will provide Becky with specialized training, quality supervision and close monitoring. She will benefit from observing seasoned therapists and participating in workshops and our fall retreat. She will be in the office on Mondays and Wednesdays.

The past year and a half since coming to the Chicago area has been a whirlwind of learning experiences, and now I have another great opportunity to learn and grow here at

Center for Life Enrichment. I am currently in my fourth semester at Trinity Evangelical Divinity School pursuing a MA in Counseling Psychology. I originate from La Crosse, WI where I also graduated from the university with a bachelor's degree in Psychology and a Minor in Spanish. I truly value my relationships with people;



more specifically, my fiancé, my family (I am one of seven children), and my close friends. My passions are singing and coming alongside those who are seeking growth and change. I also have a deep and fervent desire to know and love God and to live out that knowledge and love in the lives of people around me.

During my time at CLE I am looking forward to getting to know the CLE community. I hope to gain a better understanding and acceptance of others and myself, and I am seeking to discover how my beliefs, values, and life experiences will be incorporated into counseling. I am willing

and eager to take risks and realize that growth occurs when I am out of my comfort zone. Therefore, I hope that these next few months at CLE will be a time of fruitful discomfort.

### Staff Directory:

**Richard Blue, M.A., LCPC, NCC**  
Clinical Director (847) 333-9933

**Nancy Rollins, M.S., LCPC, NCC**  
(847) 333-9082

**Shoji Boldt, M.A., LCPC**  
(847) 333-0064

**M. Gabriela Caballero Cantú, M.A.**  
(847) 333-6401

**Christina Norman** Office Manager  
(847) 272-3684 ext. 10

*If you would like to receive our newsletters via e-mail or write an essay for "Client Insights" please email us at [cnorman@center-4-life.com](mailto:cnorman@center-4-life.com)*

## Women's Alive Series Update

Each time we prepare for an event, I am amazed with the staff at CLE. The therapists really do their own work, move through their resistance, upset and fear, and get to their deeper truths. We realized after we had come up with the topic just what a difficult subject flirting was. Flirting, one of the top

5 unspoken sins. I was so scared about participating in the workshop. After all, what do I, a fat chick, have to say about flirting? The truth is I do flirt. And some of the things I learned are that so does everyone else, flirting is not a sin, and I need to be responsible with my flirting. I learned about my

personal style of flirting and more importantly, my hungers behind my flirting. My hungers to be seen, to be heard and to matter. I encourage every woman to join us in March for the next topic in our series – GOSSIP: how our words divide us.

written by Christina

## Services at CLE



The CLE Running/Walking Club was started by Nancy Rollins, who is an avid runner. Her vision for the group was to use exercise as a metaphor for personal growth. Nancy saw the training and striving necessary to succeed in running/walking were the same qualities needed to succeed in life. The club offers people a tangible way to practice the skills neces-

sary to reach their life goals. Running/walking is a sport often characterized by individualism and isolation but Nancy's vision is for these athletes to experience the benefits of belonging to a supportive community. Participants take on challenges, set goals and provide mutual encouragement and accountability. The group meets the first Saturday of each month from 8:00-10:00 am. For more information call Nancy at (847) 333-9082.

### Testimonial from Club Member

*“Running has become a way of life for me. I like everything about it. I’ve learned to know and go for what I want out of it, not someone else’s view. Recently, I’ve begun to go against false beliefs, like if I try to go fast I’ll fail and hurt myself.’ I tried to go fast — the result was: I successfully went fast and I became stronger both mentally and physically, not injured. These learns and grows have and will continue to change how I live.”*

*- Gene*

## Tips to Discover, Live and Expand Your Vision

- ◆ **Discover Your Vision** - A vision resides in our hearts. To connect with our hearts we must know and value our feelings. Our feelings will inform us about the issues that we feel most passionate about. Take a moment to reflect on the concerns that really move you. Look for common themes and ideas that surface time and time again. These are the seeds of your vision.
- ◆ **Live Your Vision** - Once you’ve created a vision, you need to engage in a daily process to make it a reality. You start by being conscious of your vision moment-by-moment with every decision you make. Ask yourself “Is what I am choosing now aligned with the vision of who I want to become?” In order to achieve your vision, break it down into weekly and daily goals that are positive, measurable and achievable. Share your vision and goals with someone who is engaged in the same process, shares similar goals and cares to hold your vision up for you. Be sure to learn from your breakdowns and celebrate your victories.
- ◆ **Expand Your Vision** - When we have a vision for our lives we can limit ourselves by not continually being open to our vision enlarging and changing. Changing our vision does not mean that we didn’t get it right the first time. As we continue on our journey of transformation, the vision we began with will undoubtedly expand in order to reflect the growth in our personality, our passions and our character. Expect that our vision will continue to grow as we grow also.



# A Minute on Meds

Written by Dr. Dickie Kay

## A Primer on the Benzodiazepines

Although selective serotonin reuptake inhibitors (SSRIs) such as Zoloft and Paxil are FDA approved for the treatment of panic disorder, they may take 2 - 4 weeks to take effect. In that time span considerable discomfort, suffering, and even disability may occur. For the immediate relief of the symptoms of panic and anxiety, the benzodiazepines or "minor tranquilizers" have great utility and may indeed be indispensable. Even within the very first hour following administration, these agents can effectively reduce and eliminate such symptoms as intense fear, rapid heart beat, shortness of breath, chest pain, and sweating.

Of course, a major concern with such


agents is addiction, and the benzodiazepines undeniably have a real potential for both physiological and psychological addiction. However, their potential benefits must be carefully weighed in the balance with their potential liabilities.

In a study based in Chile where benzodiazepines are available "over the counter", only 3% of patients using them became addicted. In another study in which patients were permitted to freely use as much as 30 milligrams of valium per day (a high dosage!), the percentage of subjects becoming addicted was similar. Because the majority of individuals readily become sedated by low to moderate doses of benzodiazepines, the possibility of addiction is minimized.

The short-acting benzodiazepines such as Ativan and Xanax have a greater potential for addiction because their effects are both rapid and fleeting, thus creating the desire for additional doses in order to maintain and sustain the benefit. Longer-acting agents such as Klonopin have a slower onset of action but greater duration of effect, resulting in a less immediate "reward" following intake. As a result longer acting agents have less potential to produce addiction.

Benzodiazepines are used in the treatment of panic disorder and generalized anxiety disorder (GAD). They may also be used for the treatment of insomnia, although other agents such as Ambien, Sonata, and Lunesta are more specifically targeted for insomnia.

If you have concerns or would like to contact Dr. Kay, please discuss with your therapist or contact the office at (847) 272-3684 ext. 10.

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