



Lakeview Beacon

Helping People Find Solutions

Fall 2011 Edition

Lakeview Counseling

1844 Oak Hollow Drive, Suite B

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Traverse City, MI 49684

True life is lived when tiny changes occur.

Leo Tolstoy

Darcy Britten will be facilitating an ongoing Lupus Support Group. If you would like more information, please call Darcy at 929-0300 x106.

Jill Kimball completed CEU's at a conference on Trauma and Children

If you are looking for a speaker on a specific mental health subject, please consider calling us. We are happy to speak with your group.



Many of us say we struggle with change. And yet, change is a constant in life. At Lakeview Counseling, we've had a number of personal and professional changes in the past few months. These include a wedding, a child leaving for college, our partner Beth leaving and the hiring of Darcy Britten, our new associate.

In August we said goodbye to our partner, Beth Boshoven. Beth and her family have relocated back to Grand Rapids with their young family. Beth will continue to have a private practice in GR and we wish her the best.

We welcome Darcy Britten to our group and you can read more about her inside this newsletter. Darcy is a newer therapist who brings fabulous life experience, knowledge and enthusiasm to the office. Darcy is able to work with a variety of clients and can accept some insurances as well as private pay and DHS referrals.

Sometimes with change, it feels like your head is spinning, but we know the key is to stay in the moment, embrace life and knowing that things are going to work out. Discomfort isn't bad; it's just uncomfortable. They say if you want to change a habit, you need to work at it for 21 days. It may be shorter or longer. But it can only be changed if you are conscious about wanting to stay aware and make the shift.

At Lakeview Counseling, we are dedicated to helping you with any transitions that seem to be getting in your way. With adjustments there are times that we develop unhealthy coping skills or fall back to old behaviors we thought we had extinguished. Working with a trained clinician at these times can help reduce the amount of distress you may feel and can help empower you to embrace the change in your life.

Darcy Britten x106

Jill Kimball x105

Laura Slaughter x103

Barb Cain x102

Carol Murray x101

As a therapist, I work from the premise that transition is at the core of counseling.



I respect my clients very much for being brave enough to recognize and confront life's challenges and changes. In fact, I admire people for simply having the courage to show up for their first counseling appointment!



I am honored to call counseling my profession and I am grateful to have transitioned into the newest member of the Lakeview team.

Welcome Darcy Britten, our new associate

Hello Lakeview Newsletter Readers! I'm Darcy Britten, a professional counselor, and I am not only proud but also excited to introduce myself as the newest member of the Lakeview Counseling team.

Like almost everyone, it seems I'm constantly navigating through life's transitions. For me, the word, "transition" is a kinder and gentler way to really say, "Oh No!!! I am going to have to deal with CHANGE!" As I begin my work with the Lakeview team, this immediately means learning to be extra patient as I navigate my way through mountains of insurance company paperwork! It also means quieting myself down a little, so I don't disturb all the other therapists in the office. And, it means I am learning a new balancing act between my family life and my new career. After 20 years as a Stay-At-Home-Mother, my newest job at Lakeview is a result of returning to school and entering the workforce. My husband and I have 7 children and one daughter-in-law ranging from 28 years to 8 years old. Transition in our family is very familiar because my husband is an entrepreneur. His motto in business is "If you are not changing, adapting and growing, you are dying." (I accuse him of being a little too extreme in his philosophy, yet I have to agree he has a good point.) Bring on the evolution!

In 2005, I added to my full-time Mom job the role of a graduate student at Western Michigan University to earn a Master's Degree in Counseling Psychology. I graduated with honors, passed my licensing boards and landed an internship. I'm proud of these accolades; but more importantly, I learned that there is no greater honor than the experience of having clients share personal stories and hearts with me. I truly believe that being a counselor is a privilege.

Following my internship as an outpatient therapist Intern, at Northern Lakes Community Mental Health, I became an Intake Therapist and Crisis Worker at Manistee-Benzie Community Mental Health. Most recently I worked at Munson Medical Center on the Behavioral Health staff. I performed crisis intervention in the Emergency Room, and conducted psychiatric evaluations and substance abuse consults on the hospital floor. Proudly while I held these positions, I was also able to start a private practice working with individuals in therapy.

As a therapist at Lakeview Counseling, I will combine my life experience and work experience to help my clients work through their own life transitions. I have developed expertise in treating people with anxiety, depression, mood disorders, grief, trauma, acute stress, family and life transitions, and adoption related issues. I have discovered that I love working with both adolescents and adults.

Darcy can be reached at extension 106

Many people respond well to light therapy, although it must be used correctly, and consistently in order to be truly effective. Other treatment options include medication with antidepressants, or cognitive behavioral therapy, a type of talk therapy that focuses on modifying certain thoughts and behavior patterns that may influence the condition.



Regular exercise, especially outside, is also a helpful treatment for SAD, as is developing and utilizing a social support system. Although using these treatments may not prevent symptoms from reoccurring the following year, you will have gained valuable tools with which you can address and deal with any future struggles with seasonal depression.

Seasonal Affective Disorder

by Laura Slaughter

In our area, we all notice the shorter days and reduced sunlight as we move through fall and winter. Seasonal affective disorder (also called SAD) is a type of depression that occurs at the same time every year. Most people have symptoms that start in the fall and abate in the spring, or early summer.

Symptoms of seasonal affective disorder may include difficulty waking up in the morning, feeling drowsy during the day, and a tendency to overeat, especially a craving for carbohydrates, along with weight gain. Other symptoms include lack of energy, difficulty concentrating on completing tasks, and withdrawal from friends, family and social situations. Pessimism, hopelessness, and a lack of enjoyment of things that previously brought pleasure are also characteristic of this disorder.

There is another, less common seasonal affective disorder which is characterized by spring and summer depression. Symptoms include insomnia, anxiety, irritability, decreased appetite, weight loss, and social withdrawal. Many who struggle with these symptoms have difficulty tolerating the increased temperatures during spring and summer.

Neither type of seasonal affective disorder is actually a specific clinical disorder, but are “course specifiers,” or certain types, of Major Depressive Disorder. The criteria include a repeated pattern (at least two years) of symptoms that start and stop at a predictable time each year.

Populations most likely to be affected by seasonal affective disorder include:

- People who live in areas where winter days are very short, or there are significant changes in the amount of daylight in different seasons
- Women
- People between the ages of 15-55 years of age
- People who have a close relative with SAD

Researchers believe that the cause of SAD is a lack of natural sunlight. Lack of light may upset the sleep-wake cycle and other circadian rhythms. It may also cause problems with a brain chemical called serotonin that affects mood. Treatment for SAD generally involves light therapy. One type of light treatment involves sitting in front of a “light box” for half hour or longer, usually first thing in the morning.

Another type of light treatment involves “dawn simulation”, or a light that goes on in the morning while you sleep, and gets brighter over time, like the sunrise.

The light from a light box mimics outdoor light. This is thought to cause a chemical change in the brain that lifts your mood and eases other symptoms of seasonal affective disorder. This therapy may also work by resetting the “biological clock” (circadian rhythms), or sleep-wake cycle. It is important to use a certain type of light to treat symptoms of SAD. Generally the recommendation is a light box with 10,000 lux for thirty minutes, early in the morning, about two feet away, with indirect eye contact. Full-spectrum, ultraviolet, tanning lamps, or heat lamps should not be used, and can cause damage to the eyes.

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Please feel free to make copies of your Lakeview Beacon

231-929-0300

Resources for more information on Seasonal Affective Disorder

Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder - Norman E. Rosenthal, MD

Positive Options for Seasonal Affective Disorder: Self-Help and Treatment - Fiona Marshall and Peter Cheevers

Coping with the Seasons: A Cognitive Behavioral Approach to Seasonal Affective Disorder, Therapist Guide (Treatments That Work) - Kelly J. Rohan

The Light of Day: A Mindbody approach to Overcoming Seasonal Affective Disorder - Lawrence Hayes

Seasonal Affective Disorder and Beyond: Light Treatment for SAD and Non-SAD Conditions - Raymond W. Lam

Seasonal Affective Disorder - Overcoming SAD - J. Lewis Brewer

If You Think You Have Seasonal Affective Disorder (A Dell Mental Health Guide) - Clifford A. Taylor

Seasonal Affective Disorder Resource Links

* Seasonal Affective Disorder on MedlinePlus

* www.alaskanorthernlights.com

* www.verilux.com

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