

EMOTIONAL WELLNESS MATTERS

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“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

– Ralph Waldo Emerson

All of us experience major disruptions at certain points in our lives. In fact, this is an expected and predictable hallmark of the human condition. For some, these hard times come frequently – the impact of the trauma is overwhelming and recovery, if it comes at all, can be painfully slow. Others show resilience and are able to glide through these times fairly easily, bouncing back to a normal life again quickly. Resilience – the strength required to adapt to change – lies at the heart of mental and emotional health.

Research studies in recent years have focused on the struggles faced by those who have been emotionally, sexually, and physically abused as children, as well as those who have grown up with learning disabilities and attention deficit disorders. They share in common many of the characteristics of those who have endured traumas later in life, such as war, the loss of a loved one, natural disasters, financial catastrophes, or a major illness. What has been most interesting in these studies is the finding that **some traumatized people** – both those with childhood abuse and other challenges, as well as those who experienced life disruptions in adulthood – **suffer virtually no ill effects from the trauma**. In fact, in many cases they seem to have grown stronger and led more integrated lives. This



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*Helping you cultivate a healthy mindset,
a wise heart!*

Have you ever wondered if you'll benefit from psychotherapy?

Would you prefer to have more positive thoughts and feelings about the people or things that matter to you, become more motivated towards your goals in life, or increase your effectiveness when communicating?

You can learn to have better relationships!

Just one way, for example, is through skillful communication. This means learning to pay undivided attention to what the other person is saying, in addition to developing clarity about your thoughts and feelings.

I'd love to bring my years of psychotherapy and spiritual practice to help you attain your goals and enhance all areas of your life!

