

## January 2008 Newsletter

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### Happy New Year

Time flies, I opened my full private practice August 2007 and I have enjoyed every minute of it. Stay tuned. I will be offering more services such as groups and weekend couples counseling in the near future.

One tradition for the New Year is New Years Resolutions. If you are like me, always start with a grand dream of losing weight, exercising more, getting more organized, or trying something new and then fall short of commitment. I hope to inspire you (and myself) with a listing of self help organizations to get the ball rolling. This is not a comprehensive list; to locate more information check your local newspaper, phone book or Google the subject.

### Self-help (short definition)

Self help is the act of helping oneself without dependence on others. Alcoholics Anonymous started the self help movement with the 12 Step Programs of alcoholics helping alcoholics. Now we have many types of self help groups. The benefits of self help groups are group members supporting each other, learning coping strategies, positive role models. The groups are free or inexpensive with members exchanging information and advocacy.

**Self-help Listing:** Some of these groups and organizations are free others charge a fee to join.

[www.aa.org](http://www.aa.org) (Alcoholics Anonymous literature catalog, stories about recovery)

[www.aamft.org](http://www.aamft.org) (American Association of Marriage & Family Therapists)

[www.aboutourkids.org](http://www.aboutourkids.org)

[www.aasect.org](http://www.aasect.org) (American Association of Sex Educators Counselors & Therapists)

[www.additudemag.com](http://www.additudemag.com) (ADDitude Attention Deficit Magazine)

[www.addicted.com](http://www.addicted.com) (good information, good resources, on-line support network)

[www.aids.org](http://www.aids.org) (information on what causes AIDS, symptoms of HIV, transmission)

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

[www.alz.org](http://www.alz.org) (info and resources on Alzheimer's, choosing care providers)

[www.adaa.org](http://www.adaa.org) (Anxiety Disorder Association, info on treatment options)

[www.add.org](http://www.add.org) (National Attention Deficit Disorder Association)

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

[www.aota.org](http://www.aota.org) (American Occupational Therapy Association)

[www.apa.org](http://www.apa.org) (American Psychological Association)

[www.apse@apse.org](http://www.apse@apse.org) (Association for Persons in Supported Employment, on site job coach)

[www.asha.org](http://www.asha.org) (The American Speech-Language Hearing Association)

[www.asperger.org](http://www.asperger.org) (Asperger Syndrome Coalition of the United States ASC-US)

[www.autism-society.org](http://www.autism-society.org) (Autism Society of America, research, interventions, treatment)

[www.ca.org](http://www.ca.org) (cocaine anonymous)

[www.cabf.org](http://www.cabf.org) [www.bpkids.org](http://www.bpkids.org) (Child & Adolescent Bipolar Foundation)

[www.chadd.org](http://www.chadd.org) (Children & Adults with Attention Deficit/Hyperactivity Disorder)

[www.colage.org](http://www.colage.org). (Children of Lesbians & Gays Everywhere COLAGE)

[www.collaborativedivorce.com](http://www.collaborativedivorce.com); good links, useful articles

[www.dbsalliance.org](http://www.dbsalliance.org) (Depression & Bipolar Support Alliance DBSA)  
[www.debtorsanonymous.org](http://www.debtorsanonymous.org) (Debtors Anonymous)  
[www.efa.org](http://www.efa.org) (Epilepsy Foundation)  
[www.familypride.org](http://www.familypride.org) (Family Pride, committed to family equity)  
[www.ffcmh.org](http://www.ffcmh.org) (Federation of Families for Children's Mental Health)  
[www.FoodAddictsAnonymous.org](http://www.FoodAddictsAnonymous.org)  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org) (Gamblers Anonymous)  
[www.interdys.org](http://www.interdys.org) (International Dyslexia Association IDA)  
[www.info@ampainsoc.org](mailto:www.info@ampainsoc.org) (American Pain Society)  
[www.joannewieser.com](http://www.joannewieser.com) (my site)  
[www.jointparents.com](http://www.jointparents.com); joint custody site; good information  
[www.lda.org](http://www.lda.org) (Learning Disabilities Association)  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) (Mental Health American MHA)  
[www.na.org](http://www.na.org) (Narcotics Anonymous)  
[www.nacoa.org](http://www.nacoa.org) (National Association for Children of Alcoholics)  
[www.nami.org](http://www.nami.org)  
[www.nasdc.org](http://www.nasdc.org) (National Association of Social Workers)  
[www.nationaleatingdisorder.org](http://www.nationaleatingdisorder.org) (National Eating Disorder Association)  
[www.nbcc@nbcc.org](mailto:www.nbcc@nbcc.org) (National Board of Certified Counselors)  
[www.nccam.nih.gov](http://www.nccam.nih.gov) National Center for Complimentary & Alternative Medicine  
[www.nsastutter.org](http://www.nsastutter.org) (National Stuttering Association)  
[www.thenationalcoalition.org](http://www.thenationalcoalition.org) (National Coalition of Mental Health Professionals & Consumers, Inc. NCMHPC)  
[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) (The National Family Caregivers Association NFCA)  
[www.nhpc.org](http://www.nhpc.org) (National Hospice & Palliative Care Organization NHPCO)  
[www.mhselfhelp.org](http://www.mhselfhelp.org) (National Mental Health Consumers' Self Help Clearinghouse)  
[www.nacac.org](http://www.nacac.org) (North American Council on Adoptable Children NACAC)  
[www.ocfoundation.org](http://www.ocfoundation.org) (Obsessive Compulsive Foundation, Inc. OCF)  
[www overeatersanonymous.org](http://www overeatersanonymous.org) (Overeaters Anonymous)  
[www.parentingafterdivorce.com](http://www.parentingafterdivorce.com); good links, divorce rules  
[www.parkinson.org](http://www.parkinson.org) (National Parkinson Foundation, Inc)  
[www.providence.org/swsa/Services/CDC](http://www.providence.org/swsa/Services/CDC) (Providence St. Peter's Chemical Dependency)  
[www.psych.org](http://www.psych.org)  
[www.rainn.org](http://www.rainn.org) (Rape, Abuse & Incest National Network RAINN)  
[www.recovery-couples.org](http://www.recovery-couples.org)  
[www.recovery-inc.org](http://www.recovery-inc.org) (Recovery, Inc. mental illness, behavioral disorders, stress)  
[www.reflectivehappiness.com](http://www.reflectivehappiness.com) (depression)  
[www.safersociety.org](http://www.safersociety.org) (sexual abuse)  
[www.sharedpaths.com/myers-briggs/](http://www.sharedpaths.com/myers-briggs/) (personality questionnaire)  
[www.shyness.com](http://www.shyness.com) (Treatment of Social Anxiety/Shyness)  
[www.spanusa.org](http://www.spanusa.org) (Suicide Prevention Action Network USA SPAN USA)  
[www.stepfamilies-international.org](http://www.stepfamilies-international.org); good resources, Dr. Margorie Engel  
[www.stroke.org](http://www.stroke.org) (National Stroke Association NSA)  
[www.tsa-usa.org](http://www.tsa-usa.org) (Tourette Syndrome Association TSA)  
[www.yoursocialworker.com](http://www.yoursocialworker.com); good articles

### **Couples Tune Up**

Just in time for Valentines I will be offering a one day, 4 hour couples tune up group. I will be sending more information in the next newsletter. If you are interested please contact me at 360-470-3525. Space will be limited.