



Dr. Martin's Newsletter

DEC/JAN 2006-07 EDITION

VOLUME 2, NUMBER 2

Women's Wellness
Retreat for Health
Care Professionals
March 10th & 11th.
Pre-registration
starts now! See
website for more
information.
[www.marthamartin](http://www.marthamartinphd.com)
[nphd.com](http://www.marthamartinphd.com)

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Forward we go into a brand new year!

Message from Dr. Martin



Welcome to the 2nd edition of Volume 2 of my FREE newsletter for clients and the community. The New Year has begun, and my wish is that you all have wonderful things to look forward to this year. Changes in our community will no doubt have an impact on everyone, with layoffs at the Camas Mill being one of the greatest changes. Please reach out to your neighbors with your support and friendship as families must adjust to a new life that may bring financial stress. My father, brother, and spouse all worked at one time in the paper mill, with my father working there for over 25 years. Our family was supported by him, as he worked the crazy shift work that takes such a toll on a person's health. I'm thankful for his diligence so that I could eat, have clothes, a warm bed, and a comfortable home. I'm sure all of you who work at the Camas Mill or know someone who works there can understand the deep connections that run between the workers and families.

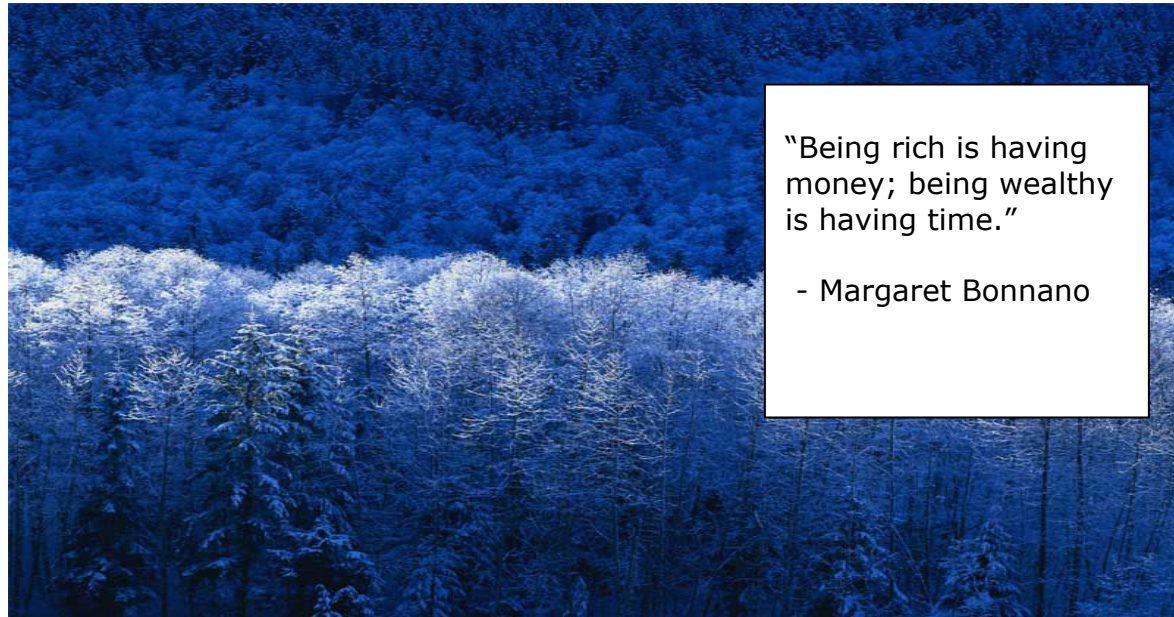
Our weather has been exciting, even before winter was officially here. Living in the Columbia River Gorge area can bring the powerful wind, and a weather pattern that appears to have the clouds going one way, and the wind the other. One afternoon at my home, there was hail, snow, wind, rain, thunder, and then the sun broke out, all one right after the other.

Thanks to all who attended the **Free Workshop** on December 16th. A wonderful group of nine people discussed and learned about using **Mindfulness** to make changes in their lives. It was fun to listen to everyone's experiences and ideas. Watch for the next Free Workshop soon.

Keep watching the website for the next **Women's Retreats**. A Day Retreat (location to be determined) will be for all women, and will offer a great day full of wonderful experiences. The focus will be on comfort, fun, good food, beautiful surroundings, and great people. Let me know if you would like to attend and some things you would like to see included. Visit the website for updates at www.marthamartinphd.com,

Another **weekend wellness retreat** will be at **Royal Ridges Retreat**, and will be especially for women health care professionals; medical doctors, physician assistants, counselors, coaches, naturopaths, massage therapists, yoga instructors, reflexologists, occupational therapists and others. You do not have to be currently employed or working. You just need a license or certification in a health care profession. The cost is \$90 for the entire weekend, and will be planned with your needs in mind. Let me know if you would want to attend by pre-registering. Visit my website at www.marthamartinphd.com for more information and to pre-register.

This edition will include articles about being in touch with what makes you happy or sad, strategies for making healthy changes, facts about depression in older adults, a checklist for symptoms of depression, and nine tasks for a healthy marriage. The new Humor Corner is back for a third time. Keep those emails coming with all of your suggestions and ideas. Your input is the most valuable part of deciding what to include in this monthly newsletter.



"Being rich is having money; being wealthy is having time."

- Margaret Bonnano

Topics for this edition:

- ***Know What Makes You Happy and Sad***
- ***Any Time is a Good Time for Healthy Changes***
- ***Facts About Depression in Older Adults***
- ***Check List for Symptoms of Depression***

- ***Nine Psychological Tasks for a Good Marriage***
 - ***"New" Humor Corner***
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Know What Makes You Happy and Sad

Edited from an article by David Niven, Ph.D.

People feel worse if they are unhappy but have no idea why. Think about your feelings and emotions. Then, even when you are unhappy, you will take comfort in knowing the cause

and how it can be changed.

Take the example of a college professor who teaches a course on scientific thinking. She demystifies science on the first day of class with the first words she says: "All science is noticing patterns."

She explains to her students that scientists see the world in a very orderly way. They look for what goes with what. Events and conditions are not random; they have causes and effect. "Science is noticing patterns, great and small. What happens when you throw a rock up in the air? It comes back down every time. That is a pattern; that is the essence of science."

The difference between most people and scientists, this professor explains, "is that people let the world be random to them. They allow events to pass without connecting them to other events. Whatever happens, it just happens, there's nothing else to it. Scientists everywhere, all the time, see connections because they are looking for connections."

In dealing with our own emotions and life satisfaction, we need to be scientists. We need to notice patterns. Those who let themselves exist in the midst of random events not only don't understand what is happening to them, they also can't do anything to change their world.

Those who are most likely to quickly overcome a temporary sense of dissatisfaction with life are those who are able to define the sources of their feelings.

Any Time Is a Good Time for Healthy Changes

Edited from an article by Elizabeth Scott

Each year, many people make resolutions for change, and each year, most of those resolutions go...unresolved. This isn't due to people's lack of desire for a better life; it's just a byproduct of the reality that change is difficult. Our habits become ingrained and automatic; changing them requires constant effort until a new habit is formed. This resource can help you to make necessary alterations in your expectations, attitudes, and methods of change so that you can experience real results that last. The following ideas can help:



Think in Terms of "Goals", Rather Than "Resolutions"

While most people make resolutions that they're determined to keep, a better tactic would be to create **goals**. With traditional resolutions, people generally approach change with the attitude, "From now on, I will no longer [name a given behavior you'd like to change]". The problem with this is, after one or two slip-ups, people feel like failures and tend to drop the whole effort, falling easily back into familiar patterns. **By setting goals**, one instead aims to *work toward* a desired behavior. **The key difference is that people working toward goals expect that they won't be perfect at first, and are pleased with any progress they make.** Rather than letting perfectionism work against them, they allow themselves to experience motivation and pride. The following ideas can help you with meeting your 'New Years Goals':

Remember That It's A Process: Expect to work your way up, rather than maintaining perfection and feeling let-down if you don't achieve it immediately.

Work Your Way Up: In setting goals for new behavior, aim for once or twice a week, rather than everyday. For example, instead of saying, "I'll go walking everyday", plan for "every Wednesday" or, better yet, sign up for a fun exercise class, and you can work your way up to more often.

Set Yourself Up To Succeed: Set small, attainable goals, and add more steps as you complete each one. This way you gradually work your way toward the life you want and the necessary changes, but you experience much more 'success' along the way, rather than feeling like a failure if you don't experience ultimate change overnight.

Have A Goal Each Month: If you're like most people, you may have several changes you'd like to make in your life; if so, it may be a good idea to tackle one each month. This way, 1) you can focus more, as you won't be trying to make several sweeping changes at once; 2) you can re-commit yourself each month to a new idea, so you keep growing all year and self-improvement becomes a way of life; and 3) you can build on each success, so you can first free up time before you take on a new hobby or get involved in an important cause, for example. Also, **habits generally take 21 days to form.** This setup enables you to devote energy to forming new habits more

easily before moving on to the next, so you're not relying solely on will-power.

Reward Your Progress: While many of your resolutions carry their own reward, changing your habits can be challenging, and it's sometimes easier to do so if you have a little extra help. (Remember how positive reinforcement from a supportive teacher helped you learn, even though the knowledge itself was its own reward?) Providing extra rewards for yourself can help you to stay on track and maintain your motivation, even if you sometimes don't feel like making the effort solely for the sake of the benefit the change itself will create. The following are ways you can create rewards for yourself:

- **Team Up:** Have a buddy who knows your goals, and encourage each other, even if you're working on separate goals. This will provide you with someone who can give you praise with your accomplishments, and a little encouragement when you need it.
- **Reward Small Successes:** Divide your goal into bite-sized steps and have a reward waiting at the completion of each.
- **Align Rewards with Goals:** Have rewards that are in line with your achievements (like new workout clothes for every 5 gym visits, or a beautiful new pen if you stick with your journaling habit for two weeks).



Facts about Depression in Older Adults

Edited by Dr. Martin

From The American Psychological Association

Depression is NOT a normal part of aging. And yet an estimated 20% of older adults in the community and as many as 50% in nursing homes suffer from depression.

Older Americans have the highest suicide rate of any age group, and depression is its foremost risk factor. Although older adults comprise only 13% of the population, they account for 20% of the suicide deaths in our country.

Depression in older adults not only causes distress and suffering but also leads to impairments in physical, mental, and social functioning. And because depression tends to be a recurrent disorder, many older adults will have experienced previous bouts of depression and will be at increased risk.

Risk factors for late-onset depression include: loss of a spouse or partner, physical problems, educational attainment less than high school, impaired functional status, and heavy alcohol consumption.

Depressed older adults tend to utilize health services at high rates, engage in poorer health behaviors, and evidence what is known as "excess disability."

Research suggests that 83% of older adults want to be treated for their depression. There are a variety of well-established treatments for geriatric depression, including psychotherapy, psychosocial interventions, and/or pharmacological interventions.

A variety of barriers reduces the accessibility of older adults to appropriate treatment of depression, including the lack of parity for mental health services in private insurance and Medicare, poor diagnosis and referral services in primary care, and an insufficient geriatric mental health workforce.

Psychological Treatment of Depression in Older Adults

Research suggests that older adults who are given thorough descriptions of interventions state a preference for receiving psychologically based treatments.

A variety of well established psychological interventions for depression exist, including:

- **Cognitive Behavioral Therapy** is designed to modify thought patterns, improve skills, and alter the emotional states that contribute to the onset or perpetuation of mental disorders.
- **Interpersonal Therapy** focuses on role disputes, role transitions and interpersonal deficits. It can be especially meaningful for older adults given the multiple losses, role changes, social isolation, and helplessness associated with late-life depression.
- **Problem Solving Therapy** focuses on deficiencies in social problem solving skills that increase the risk for depression and other disorders. By improving these skills, individuals are given the tools to be able to cope with stressors, thereby reducing symptoms of depression.
- **Brief Psychodynamic Therapy** focuses on the resolution of interpersonal conflicts, adaptation to loss and stress, and reconciliation of personal accomplishments and disappointments.
- **Reminiscence Psychotherapy** is an intervention developed specifically for older adults based on the premise that reflection upon significant positive and negative life experiences enables the individual to overcome feelings of depression and despair.



Check List for Symptoms of Depression

By Dr. Martha Martin

Do you wonder if what you are feeling could be depression? Here is a checklist and a basic scoring that you can use to decide if it's time to seek some help.

Start by checking off any symptoms of depression that you have had for **two weeks or longer**, or that you've noticed in the family member or friend you're concerned about. Focus on symptoms that have

been present almost every day for most of the day. Then look at the key below. (The exception is the item regarding thoughts of suicide or suicide attempts. A check mark warrants an immediate call to a doctor.)

- I feel sad or irritable.
- I have lost interest in activities I used to enjoy.
- I'm eating much less than I usually do and have lost weight, or I'm eating much more than I usually do and have gained weight.
- I am sleeping much less or more than I usually do.
- I have no energy or feel tired much of the time.
- I feel anxious and can't seem to sit still.
- I feel guilty or worthless.
- I have trouble concentrating or find it hard to make decisions.
- I have recurring thoughts about death or suicide, I have a suicide plan, or I have tried to commit suicide.

Scoring

Depression and dysthymia. If you checked a total of five or more statements on the depression checklist, including at least one of the first two statements, you (or your loved one) may be suffering from an episode of major depression. If you checked fewer statements, including at least one of the first two statements, you may be suffering from a milder form of depression or dysthymia.

It is always best to talk with a professional when you are concerned about depression or dysthymia. Treatment is available, and depression is one of the most treatable mood disorders.



Nine Psychological Tasks for a Good Marriage

From The APA archives

Research on what makes a marriage work shows that people in a good marriage have completed these psychological "tasks":

1. Separate emotionally from the family you grew up in; not to the point of estrangement, but enough so that your identity is separate from that of your parents and siblings.
2. Build togetherness based on a shared intimacy and identity, while at the same time set boundaries to protect each partner's autonomy.

3. Establish a rich and pleasurable sexual relationship and protect it from the intrusions of the workplace and family obligations.
4. For couples with children, embrace the daunting roles of parenthood and absorb the impact of a baby's entrance into the marriage. Learn to continue the work of protecting the privacy of you and your spouse as a couple.
5. Confront and master the inevitable crises of life.
6. Maintain the strength of the marital bond in the face of adversity. The marriage should be a safe haven in which partners are able to express their differences, anger and conflict.
7. Use humor and laughter to keep things in perspective and to avoid boredom and isolation.
8. Nurture and comfort each other, satisfying each partner's needs for dependency and offering continuing encouragement and support.
9. Keep alive the early romantic, idealized images of falling in love, while facing the sober realities of the changes wrought by time.



Humor Corner

This is the third edition to include this much requested item. It's important to include humor in our daily lives in order to remain healthy and positive. Enjoy!

New Year's Resolutions for Pets

Cat or Dog: I will no longer be beholden to the sound of the can opener.

Dog: Grow opposable thumb; break into pantry; decide for MYSELF how much food is *too* much.

Gold Fish: Get out of the castle more, maybe swim counter-clockwise this year.

Dog: January 1st: Kill the sock! Must kill the sock! **January 2nd - December 31st:** Re-live victory over the sock.

Dog (again): I will NOT chase the stick unless I see it LEAVE HIS HAND.



There's more.....

A Quiz For People Who Know Everything

This is to get you thinking. Try to answer each one first before you peek at the answers at the bottom of the newsletter. Dr. Martin

- (1) There's one "sport" in which neither the spectators nor the participants know the score or the leader until the contest ends. What is it?
 - (2) What famous North American landmark is constantly moving backward?
 - (3) Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
 - (4) Name the only sport in which the ball is always in possession of the team on defense, and the offensive team can score without touching the ball?
 - (5) What fruit has its seeds on the outside?
 - (6) Only three words in standard English begin with the letters "dw." They are all common. Name two of them.
 - (7) There are fourteen punctuation marks in English grammar. Can you name half of them?
 - (8) It's the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form but fresh. What is it?
 - (9) Name six or more things that you can wear on your feet that begin with the letter "S."
- (Scroll down to see answers below)

Contact Dr. Martin for counseling appointments at:

(360) 835-1070

- Appointments are scheduled Wednesday through Saturday.
- Available times are: weekdays 9am to 7pm; weekends 9am to 6pm.
- New clients are being accepted.
- Evening appointments are available.
- All major credit cards and checks accepted.
- To keep session rates affordable, direct insurance billing is not offered. However, I will assist you in getting reimbursement from your insurance company by providing you with a paid invoice which you can submit to them following each appointment. Check with your insurance to see if this is available.
- The Counseling process is short-term, brief, and solution focused. Let me help you move forward quickly!

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See my website for more details about services offered.

Answers To Quiz

1. Boxing.
2. Niagara Falls. The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Asparagus and rhubarb.
4. Baseball.
5. Strawberry.
6. Dwarf, dwell, and dwindle.
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation marks, brackets, parenthesis, braces, and ellipses.
8. Lettuce.
9. Shoes, socks, sandals, sneakers, slippers, skis, snowshoes, stockings.

"Trust Yourself to Know Your Passion"



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