

**Carla Hardy**

**For Covenant Groups**

### **“About Therapy”**

**I have a resentment that’s been growing and I wasn’t able to pinpoint what bothers me so I’ve been mulling it over until I could get some clarity. I’m close enough to talk about it.**

**There’s an attitude I’ve noticed around the UU lately about therapy, psychotherapy to be specific. Not physical therapy or occupational therapy. Perhaps these are thought to be easier to spot as they delve more into muscles and how things work physically. It’s visible.**

**Not even spiritual therapy, or guidance, which you might expect in a church full of progressive and at least a few spiritual people. We talk about spiritual practice. If there’s a problem or question Scott can handle it.**

**But “psychotherapy” watch out! We don’t want to slide into it.**

**Exactly how do you slide into it?**

**Do you worry about sliding into medicine like Jonas Salk, yeah, he just slid all around and wound up finding a cure for polio. Sliding into musicianship? I love the way Itzak Perlman just slid into his virtuosity on the violin. Surely he didn’t have to practice.**

**So how do you think that you’ll slide into therapy? Do you know that it takes a number of years of education, graduate degrees, many hours of continuing education each year, certificates and licenses that you get by passing exams? For specialties there is more training that you pay for and often don’t get credit for. But you learn.**

**Let me suggest the following:**

**If you do not have a license in the state you practice in, it is not therapy. You might be kindhearted or just a busybody.**

**If the license doesn’t have a number and expiration date, you are not a therapist.**

**If the governing board does not have you listed, you are not currently a licensed therapist – Licensed Professional Counselor or Licensed Marriage and Family Therapist.**

**Others may have good ideas, be excellent listeners, kind parents, awesome teachers, funny grandparents, wise shamans...but they are not therapists simply kind and competent human beings. Listen to them for good advice. They may be wonderful friends. You too may have wisdom to share.**

**One more point- therapists generally charge money. Free advice from friends is not the same as therapy.**

**With this said, we will now move into our teaching or discussing phase.**

### **Exercise 1**

**In a group, one member looks dejected and depressed. What do you do?**

### **Exercise 2**

**In a group, one person is very antsy, taps foot constantly, stands, sits, can't seem to stop talking, interrupts, appears anxious and disrupts group. What do you do?**

### **Exercise 3**

**In a group, one member talks about grandchildren that she baby sits for constantly. All questions come back to grandchildren. How do you-the group-deal with it?**

**We offer this not as therapists but simply as interested people, like yourselves with some experience with families and groups.**

**Respectfully submitted**

**Carla Hardy, Retired LPC, LMFT, Hypnotherapist (Not currently a therapist, no license, no money)**

**\*One of the best seminars I attended was called, "Clinician Failures". Brave people shared specifics and wisdom gained.**

