

Therapy Certification Association

For Clinical Professionals who want to take their careers to the next level!

Dear Subscriber, This month's news and events:



- Final call to sign up for the CAP program to become a [Certified Addictions Professional](#).
- Build the practice of your dreams with a 2-day [Practice-Building Intensive](#).
- Certification in hypnosis by the National Guild of Hypnotists
[Integrative Counseling and Hypnosis Associates](#).
- Begin your sex therapy training with a visit to the [World Erotic Art Museum](#).
- "Taking It Personally" an article by Dr. Carol Clark, author of [Addict America: The Lost Connection](#)



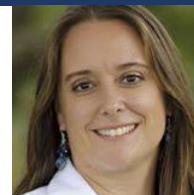
Addictions Therapy Training Institute

Connect with your future

www.AddictionsTherapyTrainingInstitute.com

Last call to register for the classes that will prepare you for the Certification Addictions Professional credential. Classes begin on Friday February 20th and will meet one day per month for 10 months. The cost is only \$240 per month! All classes may be attended live in person or via webinar. [Register here](#) or call 305-891-1827

I'm Jennifer Sneed, and I'm committed to helping therapists in private practice become wildly successful doing what they love. Join me and other success-minded therapists for this two-day event that will motivate, inspire, and teach you how to grow to your greatest level of success.



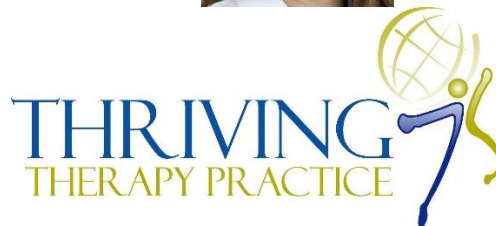
Practice-Building Intensive

A 2-day LIVE seminar

March 6-7 9am to 4pm

Register now at:

<http://thrivingtherapypractice.com/drccintensive/>



Integrative Counseling & Hypnosis Associates, P.A.

A Centre for Personal Empowerment

Certification in hypnosis by the National Guild of Hypnotists is conferred upon those who successfully complete the 100 hour course curriculum offered by Dr. Melody Smith, at the Boca Raton, Integrative Counseling & Hypnosis Associates Training Center

. This certification program is approved for 75 CEUs through Dr. Carol L. Clark #50-550/BAP585. Call or [click here](#) for details. With unlimited income potential, you can help people modify their behavior and improve their lives. Classes occur weekends, Friday through Sunday for 3.5 weekends per course, (see schedule [here](#)). Limited number of candidates per course. Minimum of 10 students required. For more information, please contact Dr. Melody Smith drsmith@therapy-4u.com or Teresa Sgrioa, Practice Manager 561-393-1911.



World Erotic Art Museum

One of South Florida's finest new attractions, located in the heart of the South Beach Art Deco District. WEAM's 12,000-square-foot display boasts the world's largest public view collection of erotic art, with thousands of fascinating, one-of-a-kind historical and contemporary pieces. Collection owner and curator Naomi Wilzig invites guests to experience her private collection. The collection covers all centuries, cultures, art mediums and lifestyles.

The Finest, Most Comprehensive Training Programs Available Today!

Attend classes in person or online via web video-conferencing

A wonderful way to begin your career as a sex therapist or educator! Join us on Saturday, February 7th, for a trip to this incredible museum. **Register Now**

Taking It Personally

An Article by Dr. Carol Clark, author, [Addict America: The Lost Connection](#)

There is a great bit in the movie "You've Got Mail" when Meg Ryan's character is talking to Tom Hank's character about the falsity of telling someone "it's not personal" when of course, it is affecting her on a very deep, personal level.

The line "don't take it personally" or "it's not personal" can be a great way for someone to relieve their own sense of responsibility for another person's feelings by blaming them for the hurt they are experiencing. This is very disconnecting for both people – let's call them Meg and Tom. Tom's acknowledgment of that hurt would be far more effective way of empathizing with Meg and by recognizing that they are both feeling disempowered. This, paradoxically, leads to empowerment. In other words, Meg "taking it personally" is feeling out of control because the Tom is doing something "to" her. Tom, who has done the bad deed, is feeling out of control to relieve Meg's the hurt and pain. Something as simple as "I see that this is hurting you and I'm sorry that what I am doing is causing you distress" can be far more relieving than "don't take it personally."

On the other hand, for Meg, the aggrieved person, recognizing that she has the power to "not take it personally" can be an enormous step in taking responsibility for her feelings. The situation (her store that was going out of business due to Tom's new big business) was only the surface issue. The meaning for her was that she was losing her connection to her mother, her childhood, and her life's work. Those were what made this personal and it really didn't come from Tom and he was not doing anything "to" her, he was doing something that was meaningful for him, and the consequences were neither intended nor under his control.

As it was, Meg was able to move forward in her life and begin her own journey of becoming a writer, so with no change in actual circumstances, she was able to respond in a different way.

It is a natural part of the grieving process to blame others for creating an unwanted change. It is our responsibility to make the decision to accept our own part in causing our own pain.

Addicts experience this all the time. Initially, they don't want to change - they blame, they fight, and they push away. Eventually, in recovery, they live the Serenity Prayer and take responsibility for their own destinies. In so doing, they eventually move from resenting their addiction to being grateful for it, because it brought them to a far better place.

Be In Light

[Addict America: The Lost Connection](#)

The Serenity Prayer

God, Grant me the Serenity to accept the things I cannot change,
The Courage to change the things I can,
And the Wisdom to know the difference