



News/Current Happenings

- KCC Staff remains committed to volunteer activities. We put together 40 meals for the charity "Aid for Friends" on December 8. This past year, KCC made a total of over 140 meals for this organization. These meals go out to needy members of our community who cannot otherwise make their own meals. On Martin Luther King Day, many staff will be volunteering for local organizations. We encourage clients to volunteer as well!
- Christmas cookies and mints are once again available in the lobby as a small gesture to KCC clients. Happy Holidays!

Staff Focus—Ostin Warren

Ostin Warren has been with Kelly Counseling and Consulting as a psychology intern for two years. He is in his last year in the joint program at Widener University where he is finishing his law and clinical psychology doctorates. Mr. Warren focuses his clinical work mostly on adults with depression, anxiety, and substance abuse issues, though he does see children and adolescents. He also conducts psychological assessments and writes psychological evaluation reports at KCC. Mr. Warren is in charge of the KCC website and the monthly Newsletters in his capacity as Marketing Coordinator. His favorite thing about KCC is seeing how psychology can positively affect therapy and assessment clients. In his free time, he enjoys running marathons, traveling, and being out in nature through hiking, snowboarding, camping, etc.

Family Wellness Vignette Each month we introduce a fictional family with various commonly experienced difficulties and provide positive examples of how the family worked through these problems to lead more fulfilling lives as individuals and as a family unit. This month, we feature the story of **Charlie's Crummy Christmas**

Charlie Brown had yet another "good grief" moment this Christmas. Instead of feeling happy like all his friends, he confided to his best friend Linus that he is depressed in spite of all the decorations and merriment he sees around him this holiday season. Charlie says, "I know nobody likes me, why do we have to have a holiday season to emphasize it?" Linus notes that Charlie Brown is the only person he knows "who can take a wonderful season like Christmas and turn it into a problem." As if this doesn't make Charlie feel bad enough, he does not have even a single holiday card in his mailbox. Even Charlie's dog seems to be in the Christmas spirit, but Charlie cannot seem to find that spirit himself. Desperate to be happy, Charlie finally goes to seek the mental health help of Dr. Lucy. He tells her how depressed he is. Luckily, Dr. Lucy has some answers for Charlie. She tries to help him pinpoint his fears and label them, giving Charlie power to understand his depression. Ultimately, he notes he just doesn't understand why he is not happy at Christmas when everyone else is. After working on the issue for some time, Lucy makes a recommendation that Charlie become involved to create meaning in his life. She advises him to direct a local Nativity play. Charlie smiles at this suggestion—the first time of the season he can remember smiling. Charlie begins to take on the challenge of directing the Nativity play, but meets with many struggles. In deciding to get the playhouse in the Christmas mood, Charlie picks out a Christmas tree that no one likes. But soon his friends realize they were too harsh on Charlie and see the wisdom in his choice of a straggly Christmas tree. Through this involvement and self-directed meaning-making, Charlie Brown is able to see that the Christmas time is about coming together with friends and loved ones. With the help of Dr. Lucy's prescient advice and his friends, Charlie is finally merry during the holidays!

If you like this newsletter, feel free to have us pass it on to a friend or family member. Just send us their e-mail to the address below and we will add them to the list.

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Mental Health Focus—Seasonal Affective Disorder

Seasonal affective disorder (known by its acronym S.A.D.) is a type of depression that occurs at the same time every year. For most people with seasonal affective disorder, symptoms (such as depressed mood, lack of interest in normally pleasurable activity, low energy, weight fluctuation, sleep disturbance, etc.) start in the fall and often worsen into the winter months. Sometimes, S.A.D. causes depression in the spring or early summer.

Addressing S.A.D. is important because the longer it goes without treatment, the worse it can become. It is important not to brush off that yearly feeling as simply case of the "winter blues" or a seasonal funk that one must "tough out" on their own; it may be a seasonal affective disorder. Treatment for S.A.D. includes light therapy (phototherapy), psychotherapy and medications. Addressing the problem can help you keep your mood and motivation steady throughout the year and makes the holiday season much brighter.

"He who has not Christmas in his heart will never find it under a tree."
~Roy L. Smith

