

## **Prevention and Health Maintenance: The Emotional Checkup**

It's encouraging that as we approach 2007 the words *psychology* and *therapy* more and more are becoming household words. Still, many people have lots of questions about what it means to meet with someone for psychotherapy and what actually goes on in a therapy session.

We often hear from teenagers that they believe they are the only ones that are going to therapy, when in fact they might be surprised to learn how many people their age have already been to a therapist for a visit or for a safe place to check in with someone about the questions of adolescence.

The demands for time on families are everywhere and it requires hard work for parents to set good limits, especially when technology creates more opportunities for access to the world by curious children. Parents don't often think about the benefits of periodic visits to a trusted family therapist as a way of checking in and preventing small concerns from growing, or for support in maintaining the health and well being of the family system.

Many elder adults may have the false notion that going to a mental health specialist often means that something is seriously wrong. For this reason, many elders might avoid going to a therapist for prevention measures or for what could be addressed in a short number of visits. The aid of a trusted therapist in navigating the opportunities for emotional growth, as well as the stressors of aging, can be a welcome support for many people.

There is an intimate relationship between our mind and our body. The effects of emotional strain on physical well being can be substantial, leading to feelings of anxiety and depression, yet most people seek treatment for the physical symptoms and pay less attention to the possible emotional undercurrents. It's likely that many people meet with their medical doctor regularly for a physical checkup for prevention and health maintenance. In the service of preventing past problems from resurfacing, from preventing developing concerns from getting any bigger, and maintaining your current good emotional health, we urge you to consider whether or not you are past due for your emotional checkup.

We welcome your call and the opportunity to answer your questions about coming in for a visit to our office.

Be well,

The Staff of Kelly Counseling & Consulting