
Not Everyone Needs a Therapist

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Having listened to over 450 men, women, children and other family members over a two-year period, I learned many folks, I believe most folks, are doing well in their life. Many just want someone to talk to, but don't need to raise their hand in public and say I need mental help.

I happen to be one of the few who does need therapy and am getting it every week. This is my third year of it and this year we shifted to using EMDR and it is having a profound, positive effect on me. Much more progress than the previous two years of talk therapy.

In conjunction with my therapy work I am reading a great book called "Struggle Well" by Ken Falke and Josh Goldberg. It is available on [Smile.Amazon.com](https://www.amazon.com) and make sure to select Qualified Listeners as your charity of choice. Here is an appropriate quote from the book, which is a quote from Viktor Frankl. "*He writes about the idea that the mental health system treats people like machines in need of repair*". Ken Falke & Josh Goldberg refer to this in the book and state: "*This suggestion is counterproductive: the moment people get the idea that they need repair, they are robbed of the power to change themselves*".

We encourage all Veterans or family members to find someone to talk to, someone who will LISTEN to them with an open heart, completely void of judgement. Someone who recognizes the idea that LISTEN and SILENT have the same letters and we don't think it is a coincidence. Find someone who might be a neighbor, someone in church, someone in the Army or Air Guard, someone in your child's school or at work. If you cannot find the proper person for you, give us a call at 720-600-0860 and we will Listen, I guarantee.

We do not prescribe to the hot topic of "Trauma Drama" which is blasted at us every day from virtually every media source. We believe most people are not broken; they just need to communicate with someone!

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