



# LAKEVIEW INNERVIEW

## *Support and Guidance for all Stages of Life*

We are a cooperative of independent professionals dedicated to providing innovative, thoughtful, and compassionate psychotherapy. Our cooperative is multidisciplinary and includes psychiatrists, psychologists, social workers, counselors, a medical advisor, and a nutritionist. We provide therapy, counseling, nutrition therapy and medication management to adults, children, adolescents, couples, and families in Chicago.

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## Metaphorically Speaking

By Allisun Noe Conant, Psy. D.

I have come to appreciate the use of metaphors in my work as a therapist and it is my sense that they serve many purposes. Speaking in a shared and creative language, clients are often able to express themselves and find satisfying ways of being understood. It allows a sense of playfulness in the room and a tangible way to manipulate and communicate experience. Metaphors become personal and something the client can "hold" between sessions. These creative narratives travel well as memories and can help to generalize the therapy experience to other areas of life.

In sharing some of the metaphors I have used in my work, I hope to explore the artful elements of psychotherapy, the space between therapist and client, and the world that exists outside the therapy office.

### A Particularly Unsatisfying Massage

The psychoanalytic notion of defense is seemingly as much a part of collective language as any other Freudian concept.

The term "defensive" is readily used and at least somewhat understood by many. What is known to most therapists is that everyone is "defensive". Psychological defenses are as basic to human functioning as emotions and thoughts. In many ways they help us function, relate to others, and keep it together in the face of stress. Of course,

"There is one within me who is more myself than myself "

~Augustine

defenses can also be problematic. Ways of protecting or altering the self can become chronic and ultimately limiting. Regardless of the terminology used, I believe therapists of all persuasions and theoretical orientations are confronted with client defenses.

It is common for my clients to describe a sense of being inauthentic in their relationships and social interactions. Additionally (and often simultaneously), people describe a sense of being dissatisfied, frustrated, or unfulfilled in their relationships.

This awareness of feeling false is distressing and a chronic sense of being disconnected from others is part of a cycle that is difficult to understand or alter.

### *Imagine a little story that goes something like this:*

You are planning to get a massage. You have been anticipating this event for a while and your expectations are high. The table is comfortable and the talented massage therapist is ready. The lights are low, pleasing ambient music plays in the background, and the scent of lavender wafts about. You are shown to your dressing room where you will prepare. You drink some herbal tea and take a long shower. Then you take a long cleansing breath and put on your massage attire: five thick wool sweaters. You've had these sweaters for years, they are your favorites, and you reliably bring them to your massage appointments. Somehow this massage is less than blissful.

## *Free Support Groups*

These groups require no commitment, just drop in at the beginning of the group. For more information on support groups, email your phone number to: **Misty Mann**

[mistymmann99@yahoo.com](mailto:mistymmann99@yahoo.com),

### **Depression and Bipolar Support Alliance Group**

For individuals with Bipolar and Depression along with their friends family members.

**Wednesday: 7:00 p.m.-8:30 p.m.**

### **ANAD**

**Eating Disorders Support Group**  
For individuals with

## Contact Information

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In fact, none of the massages you have received have ever been particularly good. You have tried many things to improve the situation including changing spas and drinking different tea. In a funk of sadness and frustration, you find yourself wondering what other people are talking about when they rave about getting a massage. Certainly the idea of wearing several wool sweaters while being massaged is absurd, yet many people recognize wearing similarly unsuitable outfits in their psychological lives. To chuckle at the image of a woolen-clad spa patron

brings levity and some clarity to the ways in which we feel deprived interpersonally. What are these "sweaters" and how might we know when we are putting them on? What do they feel like and look like? What kind of experiences tend to evoke a need to wear them? How did we learn that we need them? What are the risks associated with shedding them and what are the potential rewards? The notion that certain experiences are unsatisfying not because of a failure in the environment but because of the way we approach the experience is a potentially powerful insight.

This insight, made more colorful through metaphor, may help to make growth feel more possible.

## Our Approach to Therapy

At Lakeview Center for Psychotherapy, our therapists use a flexible, integrative approach in which we combine therapeutic styles in order to meet our clients' individual needs. We integrate three major approaches: psychodynamic, cognitive/behavioral, and experiential.

Relational psychodynamic therapy explores past and present relationships in order to understand the origin of symptoms and patterns and to shift the way we feel about others and ourselves.

Cognitive/Behavioral Therapy, including Dialectical Behavioral Therapy, teaches practical skills to provide relief from painful symptoms.

Experiential techniques, such as mindfulness meditation, role playing, play therapy, and art and movement therapy, offer the opportunity to experience our feelings directly, to learn to work with difficult emotions, and to know ourselves at a deeper level.

## What's New at Lakeview Center for psychotherapy

Dialectical Behavior Therapy (DBT) Skills Training Group for Adolescents

**Wednesdays, 5 PM-6PM**

**Contact Katie Magrino, LCPC at 773-525-3366**

## Therapy Groups

### Interpersonal Therapy Groups

For those interested in personal growth and looking to learn more about themselves and in their relationships with others. In these small groups of 6-8 men and women, members will explore relationship patterns and general areas of desired change and growth.

**Sundays: 5:00 p.m.-6:30 p.m.**

**Contact Britt Raphling, LPC 773 506-4463**

### Dialectical Behavior Therapy (DBT) Skills Training Group

DBT skills can be a valuable addition to individual psychotherapy because they offer practical strategies for managing strong emotions. The group is open to new members approximately every 4 weeks. Each 4-week unit focuses on one of the four DBT skill areas. For more information on the skill areas, go to the DBT page. While group members are encouraged to experience the whole 16-week cycle of training, they may commit to one 4-week unit at a time.

**Saturdays, 11 a.m.-12:30 p.m**

**Contact Katie Magrino, LCPC at 773-525-3366**

### Eating Disorder Therapy Group

In a small group setting, women will support each other as they let go of eating disorder symptoms and replace them with supportive, caring relationships that enhance self-esteem.

**Saturdays, 10:30-11:30**

**Contact Niqule Dworkin, PhD at 773-506-4443**

### Adults with "Problem" Siblings Therapy Group

This group is for siblings of those who have a mental illness, substance abuse or a developmental disability. In this supportive environment, individuals will explore the consequences and struggles that may be involved with sharing a life with a sibling identified as "troubled" in one way or another. This group will be time limited. Scheduling for this group time will depend upon availability of those interested.

**Contact Melinda Rezman 773-506-4499**