

The Counselor's Corner  
A place for healing & growth

## WHAT IS DOMESTIC VIOLENCE?

Tomasina Cook, MS LMHC CDVC

204-5552 x 442

Domestic Violence is a pattern of controlling behaviors which occurs when one person in an intimate relationship tries to dominate and control the other person. Domestic Violence is a societal problem. 1 in 4 American women between the ages of 18 and 65 has experienced domestic violence.

### SIGNS OF AN ABUSIVE RELATIONSHIP

Your Inner Thoughts and Feelings	Your Partner's Behavior
<b>Do you:</b>	<b>Does your partner:</b>
<ul style="list-style-type: none"> <li>Feel afraid of your partner much of the time?</li> </ul>	<ul style="list-style-type: none"> <li>Humiliate, criticize, or yell at you?</li> </ul>
<ul style="list-style-type: none"> <li>Avoid certain topics out of fear of angering your partner?</li> </ul>	<ul style="list-style-type: none"> <li>Treat you badly that you're embarrassed for your friends or family to see?</li> </ul>
<ul style="list-style-type: none"> <li>Feel that you can't do anything right for your partner?</li> </ul>	<ul style="list-style-type: none"> <li>Ignore or put down your opinions or accomplishments?</li> </ul>
<ul style="list-style-type: none"> <li>Believe that you deserve to be hurt or mistreated?</li> </ul>	<ul style="list-style-type: none"> <li>Blame you for his own abusive behavior?</li> </ul>
<ul style="list-style-type: none"> <li>Wonder if you're the one who is crazy?</li> </ul>	<ul style="list-style-type: none"> <li>See you as property or a sex object, rather than as a person?</li> </ul>
<ul style="list-style-type: none"> <li>Feel emotionally numb or helpless?</li> </ul>	<ul style="list-style-type: none"> <li>Hurt you, or threaten to hurt or kill you?</li> </ul>

Tomasina Cook, MS LMHC CDVC is a Certified Domestic Violence Counselor. She will be facilitating a Domestic Violence therapy group called **"Starting Over"** which allows victims/survivors of domestic violence to share experiences and offer support and encouragement to women in similar situations. The "Starting Over" group work to dispel myths associated with abuse and to affirm each woman's positive image by processing domestic violence issues, providing definitions of abuse, exploring issues of safety in this or future relationships, fostering healing and rebuilding self-esteem.

Domestic Violence Counseling is provided for those who have experienced domestic violence in all of its forms, including physical, emotional and sexual abuse. Victims/ Survivors can expect confidential services that focus on safety, support, and empowerment. The "Starting Over" group will meet Tuesdays at 7:00-8:30 PM, If you are interested in learning more about the



### Types of Domestic Violence

There are different types of domestic violence, including emotional, physical, sexual, and economic abuse. Many abusers behave in ways that include more than one type of domestic violence, and the boundaries between some of these behaviors may overlap.

**Emotional abuse-** is name-calling, "put downs", ignoring, blaming or playing "mind games", threatening, or disrespecting others' rights and feelings.

**Physical abuse-** is pushing, shoving, biting, punching, slapping, kicking, pinching, choking and using a weapon to cause bodily harm.

**Sexual abuse-** is forcing a partner to have sex, performing sex acts without mutual consent, physically attacking the sexual parts of the body and using another person as a sex object.

**Economic abuse-** is controlling money, such as denying you access to family assets like bank accounts, credit cards, or health insurance.

**For 24 Hour Help Call, 1-800-942-6906**

NYS Domestic Violence Hotline

**The Counselor's Corner** was founded by Deborah Legge, PhD CRC LMHC, a NYS Licensed Mental Health Counselor who has been in private practice for 15+ years. Dr. Legge has a general counseling practice with specializations in: Mood Disorders, Anxiety Disorders, Trauma, Dialectical Behavior Therapy (DBT) for Borderline Personality Disorder and for Depression, Life Transitions, and Stress Management

**The Counselor's Corner** is a fast-growing group of independent mental health professionals, working to meet the counseling needs of the WNY community. Whether you are looking for help with healing or growth, **The Counselor's Corner** will help to link you with the practitioner who best meets your needs.

**Call: 716/204-5552 x 401**

for general information, or to be put on our e-mailing list for future Newsletters and information about upcoming health-related events

**Call 716/204-5552 x 406**

to make an appointment with Dr. Legge or for more information regarding her practice. Dr. Legge will also assist you in choosing a counselor who might best fit your needs at this time

### Thriving through Menopause

Wednesday 12/12, 5:30-7:30

Cheryl Haslinger NP Women's Health, Audubon Women's Medical Associates

Deborah Legge PhD  
Licensed Mental Health Counselor

Come for insight and support, and leave with a packet of references and helpful information for you to keep

\$35 covers the seminar, refreshments, and the information packet

### Seating is limited

**Call today**  
to reserve your place at this seminar  
**716/204-5552 x 401**

See Page 2 for more information about Thriving through Menopause



Is the holiday season bringing up surprising thoughts and feelings for you? Does it shock you that all the stores are displaying wrapping paper, wreaths, and other

holiday cheer? Are you asking yourself, "Where did the time go?" You are not alone. The holiday season is propelled along quickly in our society these days. Many people who have had a recent death of a loved one find this overwhelming. Below are four tips for managing and healing through the holidays.

- **Do what you can, not what you are "supposed" to do.** Reevaluate your "to do" list. Write down everything you think you must do, and then cut out what is absolutely non-essential. What are you comfortable doing away with? Is it necessary to send out holiday cards; making holiday cookies or invite everyone over for the holiday dinner? When you determine the essential tasks, think about

modifying or delegating some of them. For example, if holiday dinner crucial to have at your house, ask others to cook and bring the food this year.

- **Begin to use the word "maybe."** Sometimes, people who are grieving find they have a lower tolerance for parties and celebrations. If you are invited somewhere and you are not sure if you want to go, tell your friend that you **might** go. Let people know that you are playing your life by ear for a little while and that you **might** like to join them. If you accept an invitation and find it is too overwhelming; it is acceptable to excuse yourself politely and seek some quiet time.
- **Look at time differently for a while.** Many people find their perspective of time changes after the death of a loved one. Time can move very fast, and very slow at the same moment. Difficult days can be slow, yet months can go by with a blink of an eye. This is not mal. Remind yourself that time is different for you right

now.

- **Allow yourself to remember your loved one.** Probably the most important thing to do during the holiday is to remember your loved one. Some people share memories of their loved one through memorials, stories, and other creative venues. Some people are reserved grievers who find comfort in remembering privately by going through picture albums or personal memorabilia on their own. Both are acceptable and comforting. You will find there are times when you think about your loved one and times where you do not. This is normal and does not mean you have forgotten or dishonored your loved one. It is just your mind, body and spirit's way of healing.

Dr Hildreth's passion has been helping people heal after losses. Losses are a part of life, but dealing with those losses is often challenging. Dr. Hildreth has been creating a warm and compassionate space for clients to explore healing options for over a decade.

## Thriving through

### Menopause Deborah Legge PhD



According to Medscape and eMedicine Online, as of 2001, almost 30% of American women were over 50 years of age, and those women can expect to spend over 1/3 of their life after menopause. Perimenopause is the precursor to menopause, and can last from months to years before menses cease. Although menopause is a normal occurrence in female development, it is often misunderstood. Further, many women don't talk about their experiences;

afraid of the stigma of growing older and experiencing symptoms that are often difficult to describe or explain. More common symptoms include: hot flashes, night sweats, trouble sleeping, and irritability. Did you know, however, that some women may also experience less talked-about symptoms including: hair loss, tingling, tinnitus (ringing or buzzing in the ears), dizziness and headaches? Perhaps each of us will have our own experience of this change, but we will likely share feelings of confusion, doubt, and concern for what is happening to our bodies and minds. It is important to take the time to know and understand our bodies and learn all there is to know, to help us not only survive, but THRIVE during this time of change. Remember that this time of life often brings new and exciting opportunities for the future. We may have more time to focus on ourselves; we may have more wisdom to make better choices for our lives; we may even have the insight to realize that we, as mature women, are valuable and vital members of our families and society as a whole. Here are just a few tips to help you THRIVE through MENOPAUSE:

- Speak with a health professional regarding taking care of your health during this life transition
- Be sure to eat well and exercise and to include spiritual health in your self-care regimen
- Be an informed consumer: read and learn about what your body is going through
- Seek support of only those family members and friends who are positive and enriching to your life

Join us at the

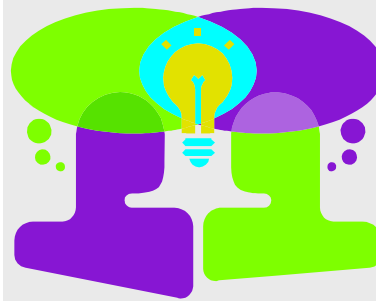
### THRIVING through MENOPAUSE

seminar on

**Wed. Dec. 12 from 5:30-7:30**

Find out, from a Women's Health Specialist, what is really happening to your body during menopause. Learn about healthy ways to address your body's changes, and how to better manage the emotional and psychological challenges you may face during this time  
*See Page 1 for details...*

## New Faces at The Counselor's Corner!



**Tomasina Cook, MS LMHC CDVC** is a NYS Licensed Mental Health Counselor and nationally certified Domestic Violence Counselor. She has been working in the human services field for

13 years working with: at-risk families; developmental disabilities; mental health; and child and adolescent issues. Since 1998 she has been employed in the criminal justice system as a Domestic Violence Victim Advocate/Counselor. She has a general counseling practice where she sees adults in individual and group therapy. She is also an Assistant Professor of Criminal Justice. **204-5552 x 442**

**Lori Ann Hildreth, PhD CRC NCC LMHC** is a NYS Licensed Mental Health Counselor, a nationally certified Rehabilitation Counselor and a National Board Certified Counselor. She has been working in the counseling field for over a decade helping clients with concerns including bereavement, grief and loss, end of life, chronic and life-threatening illnesses, vocational and career counseling, and mental health matters. She has a general counseling practice where she sees adults in individual and/or group therapy. **204-5552 x 433**

**Rashida Williams, LCSW** is a NYS Licensed Clinical Social Worker who has worked primarily in the non profit sector with multi-risk individuals, families, and groups of all ages and walks of life. Over the past several years she has had a general private practice where she sees individuals and families with specializations that include: addictions, mood disorders, trauma, parental concerns, marital counseling, eating disorders, DBT for Borderline Personality Disorder, bilingual/bicultural (Spanish). **204-5552 x 434**

More info: [www.counselorscorner.net](http://www.counselorscorner.net)