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Dear Friends,

Welcome to our Thanksgiving edition of the CFI Newsletter. We hope that you find our articles and announcements helpful.

Featured Articles:

1. Mr. Eric Clements reminds us to promote an attitude of thankfulness and discusses the benefits to our own mental health, our relationships, and our spirituality.
2. Mrs. Salley Sutmiller and Mrs. Lois Trost discuss the joys related to the stage of life known as the "empty nest."
3. Mrs. Jamie Brandon provides an article about maintaining structure during breaks from school and holidays.
4. Announcing [Ethics CEU trainings](#) for professionals hosted by OKAMFT and Dr. Dale Doty.

The Joy of Thankfulness

As we consider the holiday season, I believe that we must be sure to consider the role of thankfulness in our lives. Yes, one of our holidays is Thanksgiving.

Hopefully it prepares a mindset of thankfulness, that will last through the season and even the year. I consider thankfulness to be a vital part of our mental and spiritual health.

I see thankfulness as *a focus on the things we appreciate in our lives*. Frequently, we can get into a habit of focusing on the difficulties and struggles we experience. Thankfulness helps us to untwist negative attitudes. We can realize the things that are blessings in our lives and balance our previously negative outlook.

Thankfulness is good for our relationships. Who doesn't like to be told that they are important and valued? Appreciation is contagious. When we share with others

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Brenda, Tina and Terri
are available to help!

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Jill Butler
Salley Suttmiller
Jamie Brandon
Tim Doty

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how important they are to us, they will usually recognize things and relationships, that are important to them.

Thankfulness is an act of humility. In order to truly be thankful, I believe that we must be mindful of the blessings given, that are undeserved. For the most part, those of us who live in America live very comfortable lives. Acknowledging that fact, expressing thankfulness to God and those he has used to bless us, takes humility.

There are many reasons to be thankful. Thankful people are happier, more relaxed and generally more pleasant to be around. Ironically, the holiday season, which is supposed to focus us on things we should be thankful for, can do the complete opposite. Consider setting aside specific time daily to count blessing and express thanks.

[Eric Clements, M.S.](#)
[EricClements.com](#)

The Joys of an Empty Nest



The seasons are changing and like the seasons of life, the empty nest transition takes place over a period of time. It can be a difficult time marked by feelings of emptiness, loss, and a longing for what was, OR the empty nest season can be a time for awareness, reflection and re-evaluation about your marriage, your children and yourself.

Marriage

With only two of you living in the home, more time is available to spend with your spouse. Some couples discover they have little in common at this stage. If so, give thought to finding something you both enjoy....remember when just being together was more important than what you were actually doing? Consider using this time to explore new recreational activities and entertainment venues together. Sharing ideas with each other can lead to great conversations.

Adult Children

It's very gratifying to form relationships with your adult children...to watch them making and enjoying their new life apart from you. With adult children, your role changes from one of parenting to consulting. As a consultant, your opinions will be more influential if you wait until they are invited.

Redefining Your Self

What happened to all those labels that used to define me?" you ask. You were someone's Mom, someone's Wife, the Cook, the Chauffeur, the Nurse, the Event Coordinator, etc. The empty nest season offers you an opportunity to revisit past dreams, desires and ambitions.

Grandchildren

This is also the season for grandchildren! They bring a special joy to life that balances the void left by their parents. Opportunity presents itself once again to teach, guide and influence, only this time the perspective is wiser, gentler

and tempered with patience.

Let the empty nest season be a new beginning for your marriage, your children and yourself.....**Enjoy!**

To read more, please view the [full article](#).
[Salley Suttmiller, M.S.](#) and [Lois Trost, M.S.W.](#)

ADHD Help for the Holidays (or anytime)

We all know parenting kids during school breaks can be challenging. It can be even more difficult if you have a child who deals with distractibility and hyperactivity. Here are a few ideas to help keep you sane over the holiday season.

1. Continue to set appropriate limits with the kids. Set kind, firm limits with your kids and you will be surprised at their compliance. Setting limits is one way you show your child you care about them too much to let them misbehave.

2. Expectations for our kids should not change when there is a break from the regular school routine. Expectations like *obedience*, *respect* for self and others , and *responsibility* must continue.

3. If you have a distractible child, give short commands and reminders. Example, "Go upstairs, get dressed, put on your shoes, and come downstairs." Then repeat, "Up, dressed, shoes, down," or, "teeth, hair, shoes, down". If you repeat the basics of the command, and they repeat it back to you, they are much more likely to remember. Give three to four commands at most.

4. Post reminders around the house.

For example, on the bathroom mirror, "STOP: Things to do before you leave the bathroom". List brush teeth (with toothpaste and water), brush hair (with hairbrush), put your stuff away. Mount a small wipe off board next to the door you use to leave the house, write reminders on the board. In the winter that list might be, "STOP: Jacket, gloves, shoes, hat." Kids need reminders and sometimes so do we.

Have fun with your kids this Thanksgiving and Christmas season. Spend time with them. Build forts in the living room. Read to them. Listen to books on tape together. Play games inside or out. Take lots and lots of pictures. Show them they are a priority to you and you love them. Have a great holiday season!



[Jamie Brandon, M.S.](#)

To view more information regarding this topic, please see the [full article](#).

OKAMFT Sponsors Low-cost Ethics CEU, December 10th

Professionals who need to stay current in their CEU's for the year can benefit from this upcoming workshop in which "The ethical and legal complications of treating families of divorce," are discussed and "best practice guidelines" are highlighted.

When divorces turn ugly, sometimes couples invite numerous professionals into the fight.

My goal is to raise the awareness of therapists to the dangers lurking in providing services in court related cases. I will be discussing these matters in an upcoming CEU workshop, sponsored by the Oklahoma Association for Marriage and Family Therapy

For more information about my aims for the workshop, read the full blog article [here](#).

The workshop will be held on December 10th at 9:00 a.m. You can register for these events online, or at the door.

[OKAMFT Registration Website](#)



[Dale R. Doty, Ph.D.](#)

If we can be of service, please [contact](#) CFI to set up a time to consult with one of our counselors. We also provide psychological assessments and evaluations for ADHD and educational needs as well as pre-marital evaluations and counseling. To view our full range of services, please visit www.CFItulsa.com.

Sincerely,



Timothy Doty, Psy.D. on behalf of
Christian Family Institute

Our Staff includes:

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