



JUNE 2016

Ascension Counseling Center

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BOUNDARIES IN THE WORKPLACE

Boundaries are the ability to say yes or no when appropriate to take control of your life. The following is from a book called "Boundaries" by Henry Cloud and John Townsend. To read more about it, you can order the book on Amazon.com. The kindle and paperback editions are \$10, but you can get a used book for under \$3. They also have a book titled "Boundaries in the Workplace" which goes into even more depth.

Problems in the workplace include:

1. **Getting Saddled with another person's responsibilities.** If you are being saddled with another person's responsibilities and feel resentful, you need to take responsibility for your feelings. Many over-responsible people who work next to under-responsible people bear the consequences for their co-workers. Always covering for them, or bailing them out, they are not enjoying their work or their relationships with these people.

Solution: When your coworker asks you to do something that is not your responsibility, say no and refuse to do whatever it is that he wants you to do. If he gets angry at you for saying no, be firm about your boundaries and empathize with his anger. Don't get angry back. Say, "I am sorry if this upsets you. But that job is not my responsibility. I hope you get it worked out." If he continues to argue, tell him that you are finished discussing it. Do not fall into the trap of justifying why you can't do his work for him. You owe no explanation about why you will not do something that is not your responsibility.

2. **Working too much overtime.** If you are in a situation where you are doing lots of extra work because you need the job and are afraid of being let go, you have a problem. If you are working more overtime than you want to, you are in bondage to your job. Clear and responsible

*When you blame others, you
give up your power to change.*

~ Unknown

contracts tell all parties involved what is expected of them. Employee exhaustion or burnout can be the result of a boss who lacks boundaries. They lack planning and never set limits.

Solution: 1) Decide how much overtime you are willing to work. 2) Review your job description, if you have one. 3) Make a list of the tasks you need to complete in the next month. Assign your priority to each one. 4) Make an appointment with your boss to discuss each one. Together review the list and have your boss prioritize the tasks. If your boss has unreasonable expectations you may wish to take a co-worker or two to your second meeting.

3. **Misplaced priorities.** Effective workers do two things: they strive to do excellent work, and they spend their time on the most important things. Don't get sidetracked by unimportant things.

Solution: Say "no" to unimportant things. Make a plan to accomplish the important things, and erect some fences around your tasks. Having limits will force you to spend your work hours more wisely. Work will grow to fill the time you have set aside for it.

4. **Difficult co-workers.** Other people in the workplace have a strong influence over the emotional life of their co-workers and can cause pain and stress. You only have power to change yourself. You don't have the power to change someone else. To see another person as the problem to be fixed is to give that person power over you and your well-being. Because you cannot change another person, you are out of control.

Solution: The real problem lies in how you are relating to the problem person. You must focus on changing your reactions to that person. Refuse to allow that person to affect you. This idea is life changing, and the beginning of true self-control.

5. **Critical attitudes.** Stress can often be caused by working with or for someone who is supercritical. People get hooked in either trying to win over the critical person, which can almost never be done, or by allowing the critical person to provoke them to anger. Some people internalize the criticism and get down on themselves.

Solution: Do not internalize their opinion of you. Make sure you have a more accurate appraisal of yourself. You may want to confront the critical person and tell her how you feel about her attitude and the way it affects you. If she doesn't listen to you, take two or more co-workers with you. If she still doesn't listen, talk to Human Resources. Avoid trying to gain the approval of this sort of person. It will never work, and you will only feel controlled. And avoid getting into arguments and discussions.

NEWS, TRAINING & OUTREACH

TRAINING

Lisa Weber-Curry, Courtney Brehm, and Tatiyana Brown attended a workshop on Couples Therapy.

Suzanne Hamilton attended training in Healthy Weight at Every Size.

Suzanne Hamilton attended training in Supervision.

Dawn Bennett attended a course in Strategic Communication.

Pelican Point Community Health Fair Saturday, July 9th, 10 am–2 pm. Main Street at Pelican Point, 6473 Hwy. 44, Gonzales. Exhibitors, blood pressure screenings, classic car show, pet adoptions, games and activities for children, free jambalaya and snowballs.

FIND US ON MOST MEDIA

TV CHANNEL 21:

Broadcast times: Sun @ 8 am, Wed @ 11 pm, Thur @ noon, Fri @ 7 pm, and Sat @ 4 pm.

FACEBOOK:

Search by “Ascension Counseling Center”.

WEBSITE:

www.AscensionParish.net/MH

MONTHLY ELECTRONIC NEWSLETTER:

If you aren't receiving it, please e-mail me at shamilton@apgov.us with “subscribe” in the subject line.

KKAY RADIO 1590 AM:

Every Tuesday from 10–10:30 am.

YOUTUBE:

The Channel 21 video can be found by searching Youtube for “Ascension Counseling Center”.

www.AscensionParish.Net/MH

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**HELPING INDIVIDUALS AND
FAMILIES CHANGE BEHAVIORS AND
CHANGE LIVES.**

Ascension Counseling Center provides comprehensive therapeutic services to individuals and families in an effort to foster healthy coping skills that will improve their quality of life.

HOURS

Gonzales:

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

SUBSTANCE USE TREATMENT GROUPS

Mondays:

- ***Adult Substance Abuse Treatment group***, 10– 12 pm & 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.

Tuesdays:

- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

Wednesdays:

- ***Adult Substance Abuse Treatment group***: 1 pm, Donaldsonville.
- ***Adolescent Substance Abuse Treatment group***, 3 - 4 pm, Donaldsonville.
- ***Adult Substance Abuse Treatment group***: 10 - 12 pm & 6 - 8 pm, Gonzales.

Thursdays:

- ***Adult Substance Abuse Treatment group***: 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.



SERVICES WE OFFER

COUNSELING

We offer outpatient mental health counseling for children, adolescents, adults, couples, and families in a comfortable setting with licensed professional counselors. Individuals come to us with a variety of issues of daily living, including academic failure, academic conduct problems, difficulty completing homework, difficulty falling or staying asleep, depression, anxiety, failure to perform up to potential at work, substance use, divorce, relationship conflict, poor communication skills, and more. To see if we can help you or someone you love, contact Dawn at 450-1158.