



Mind Matters

COACHING, COUNSELING & PSYCHOLOGICAL ASSOCIATES

Monthly Newsletter Special Feature

January 2025



Clinician Spotlight: Jonathan Day, PsyD

This month's newsletter is a special one, as we come together to celebrate the remarkable career of Dr. Jonathan Day, PsyD, who is retiring after many years of dedicated service. While we will certainly miss his expertise, compassion, and tireless commitment to his work, we are filled with gratitude for the lasting impact he has had on so many lives.

Dr. Day has served in various roles throughout his career, from private practice to school psychology and more, always bringing his knowledge, insight, and genuine care to every individual he worked with. His invaluable contributions have touched the lives of countless clients and colleagues, and his work has undoubtedly improved the well-being of those he had the privilege of supporting.

As Dr. Day embarks on this new chapter of life, we wish him a happy and healthy retirement, filled with joy, relaxation, and all the things he loves most.

"The true measure of success in life is how much we help others along the way"- Booker T Washington. This sentiment has been a guiding principle in his work, and it is reflected in the countless lives he's helped to shape for the better.

Before he leaves, Dr. Day has kindly shared some advice for clients to help them reach their therapy goals. We are honored to pass these along to you as part of this special edition, hoping they'll continue to inspire growth and healing in the years to come.

Please join us in celebrating Dr. Day's incredible career and wishing him all the best in his well-deserved retirement!

Tidbits of Advice for Clients to Reach Therapy Goals

Building a Strong Therapeutic Relationship

Choosing the right therapist is crucial to the success of therapy. It's essential to find a professional with whom you can develop a trusting and genuine relationship, one that offers not only comfort but also challenges you to grow and explore new possibilities. To ensure the best therapeutic experience, it's important to provide a comprehensive history that includes your current symptoms, past and present stresses, situational problems, internal thoughts and feelings, medications, substance use and/or abuse, educational history, legal history, personal identity, family dynamics, past traumas, personal strengths, resources and supports, and personal goals. This background helps therapists understand your unique situation and create a treatment plan tailored to your needs.

Therapeutic Approaches and Practices

Psychotherapy encompasses a variety of approaches, each offering distinct ways to address mental health. While you do not need to be familiar with all of them some common therapies include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Solution-Focused Therapy, Client-Centered psychotherapy, Narrative therapy, Psychodynamic therapy, Object Relations Therapy, Family Systems Therapy, Integrative therapy, among others. Familiarity with these methods can help you feel more comfortable as you explore your therapy options.

Additionally, understanding the diversity of practitioners—from psychologists to counselors—can help you choose the right fit for your journey.

The Role of Personality in Therapy

It's important to recognize the influence of both genetic factors and life experiences on your development and personality. Understanding your personal strengths, weaknesses, and emotional tendencies can provide insight into your behavior and help guide your therapy. Psychological research highlights five core personality traits—Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism—that can be helpful in identifying areas of growth. Embracing a balance between these traits, along with mindfulness practices, can lead to greater emotional stability and self-awareness.

Mindfulness and Self-Compassion in Therapy

Mindfulness—paying attention to the present moment without judgment—has become a powerful tool in therapy. We all have a tendency to live on autopilot, to be in a “trance”, to default to mind wandering. Neuroscientists have found that much of our mind wandering is a narrative about oneself—one's future, past, successes, failures, regrets, worries, etc. This default mode network (DMN) often leads us to negative thoughts, feelings, and self-beliefs. One practice, abbreviated as RAIN (Recognition, Allowance, Investigation, Nurture), can help you become more aware of your thoughts and feelings, challenge negative patterns, and foster compassion for yourself. By integrating mindfulness into your therapy, you can navigate emotional challenges with greater clarity and resilience.

Tidbits of Advice for Clients to Reach Therapy Goals

Recommended Resources for Therapy and Personal Growth

Over the years, Dr. Day has drawn from a variety of resources to guide his practice. These include influential books and techniques in mindfulness, cognitive behavioral therapy, trauma, and marriage therapy.

Some of Dr. Day's favorites include:

- o Mindfulness-based stress reduction (MBSR), Jon Kabot-Zinn, [Full Catastrophe Living](#)
- o Radical acceptance, Tara Brach, [Radical Compassion \(RAIN\)](#)
- o Cognitive and neuropsychological perspective, Judson Brewer, [The Craving Mind](#)
- o Understanding behavior, Robert Sapolsky, [Behave](#)
- o Understanding and coping with anxiety, Margaret Wehrenberg, [The 10 Best-Ever Anxiety Management Techniques](#)
- o Trauma based therapy, Bessel Van Der Kolk, [The Body Keeps the Score](#)
- o Dialectical behavior therapy & skills development (DBT), Marsha Linnehan, [Dialectical Behavior Therapy](#)
- o Cognitive behavior therapy (CBT), David Burns, [The Feeling Good Handbook \(Mood therapy in everyday life\)](#)
- o Psychodynamic diagnosis and psychotherapy, Nancy McWilliams, [Psychodynamic Diagnosis & Psychodynamic Psychotherapy](#)
- o Existential and dynamic psychotherapy, Irvin Yalom, [Existential Psychotherapy—outlines four "ultimate concerns": 1\)Freedom; 2\)Isolation; 3\)Meaninglessness; 4\)Death](#)
- o Attention deficit hyperactivity disorder and Executive function skills, Russell Barkley, [ADHD and the Nature of Self-Control](#)
- o Recognizing and coping with ADHD from childhood through adulthood, Edward Halowell & John Ratey, [Driven to Distraction](#)
- o Managing and developing executive skills, Richard Guare and Peg Dawson, [Smart But Scattered \(series of books regarding children, adolescents and young adults\)](#)
- o Child development and parenting, Mary Sheedy Kurchinka, [Raising Your Spirited Child](#)
- o Marriage therapy, John Gottman, [The Seven Principles for Making Marriage Work](#)
- o Pursuit of meaning, Victor Frankl, [Man's Search for Meaning](#)
- o Pursuit of well-being, Tal Ben-Shahar, [Happiness](#)
- o Stages of Life, Erik Erikson, [The Life Cycle Completed](#)

Token of Appreciation

A Heartfelt Thank You to Dr. Jonathan Day

Dear Dr. Day,

As you transition into this exciting new chapter of your life, we want to take a moment to express our deepest gratitude for all that you have done for Mind Matters. Your vision, expertise, and unwavering commitment have played an essential role in helping our practice grow and thrive.

Thank you for not only joining our team, but also for encouraging us to expand and embrace new opportunities. Your influence has made a lasting impact on the direction and success of our work, and we are so grateful for the invaluable contributions you've made to both our practice and the lives of the individuals we serve.

Your legacy of care, insight, and dedication will continue to inspire us long after your retirement. We wish you a future filled with happiness, health, and fulfillment, knowing that the path you helped pave here at Mind Matters will continue to make a difference for years to come.

With sincere thanks and warmest wishes,
The Mind Matters Team

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RETIREMENT!
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