

## Living Here in Limbo:

### *A Therapeutic Group For Those Coping With Chronic (& Misunderstood) Illness*

Loneliness, anxiety, isolation, and hopelessness often accompany the long journey of coping with, and seeking effective treatment for chronic illness. These feelings can be intensified when the illness is less understood by the world at large, by family, friends, employers, and co-workers. This is often the experience of folks dealing with Chronic Inflammatory Response Syndrome, also known as CIRS. For patients with CIRS, life has entered a strange and sometimes frightening state of limbo as they anxiously await the return of health and normalcy. However, the normalcy they had once known is elusive, and the challenge becomes one of creating a new normal in the face of the daily symptoms and obstacles the illness presents. There is grief, there is anger, there is despair; but there can also be hope and determination to carve a new identity, find happiness in the multitude of sources that surround us, create an intention to live life as fully as possible anyway.

**Shelley Cushner Gardner, LCMHC**, therapist and life coach, is offering a therapeutic group environment for people struggling in this life limbo, a space in which to find connection, share feelings, tell their stories amidst understanding and caring, and explore a new dimension of self-care that will define the path ahead. The

group will be a place of safety, encouragement, and comfort where we explore creative approaches to psychological well-being in the face of physical challenges. Together we will brainstorm ways to adapt--determining what to accept and what not to accept--and find new pathways in the journey to overcome despair and reclaim joy.

Initially, the group will meet for 6 weekly sessions of one hour on Mondays at 1:30 pm, beginning on Monday, January 25, and continuing through February. The group will then decide about a plan for continuing. The cost is \$150 for the 6-week series. The location of the group will be at Shelley's office in Hampstead, NH, next to the public library.

**Woodland Professional Associates**

**20 Mary E. Clark Drive, Suite 8**

**Hampstead NH 03841**

**603.964.4869 ext. 11**

For further information, or to schedule a brief phone chat and register, please call Shelley at the above phone number.