

Ask the Professionals

SEND IN YOUR
QUESTIONS TO:
Ask the Professionals
280 GUELPH ST., #29
GEORGETOWN, ON L7G 4B1
ASYKES@THEIFP.CA

Georgetown

Physical and Sports Therapy Clinic

83 Mill Street, Suite B,
Georgetown, Ontario
Tel: (905) 877-8668
Fax: (905) 877-4165



Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I had my third baby 6 months ago. All 3 of my labours were rather difficult and I was wondering if this is contributing to my inability to "hold my urine" when I laugh, cough or sneeze. Can I do anything to help this?

A: The organs in the lower abdomen area are supported by your pelvic floor muscles. For many reasons child birth being one of them these muscles can become weak. As a result the muscles are not able to keep the urine fully contained with movements that put pressure on the pelvic floor such as laughing, coughing, sneezing and heavy lifting. As with any weak muscles these muscles need to be strengthened in order to prevent the problem. Unfortunately, these muscles are laden and cannot be seen or felt like those in your arms and legs, so training them is not always an easy task. You may be familiar with the term "Kegel Exercises". These are a series of exercises that are specific for pelvic floor muscle strengthening. A visit to your physiotherapy it will greatly benefit you in being educated on how to correct this embarrassing problem.

MANON Dulude

COACHING AND COUNSELING
SERVICES
905-873-9393



WWW.FORGE.COACHINGANDCONSULTING.COM
INFO@FORGE.COACHINGANDCONSULTING.COM

Q: I am dissatisfied with my life and don't know what I want. How can a coach help me clarify what I want for my future?

A: When asked about what it is they want, many find themselves with an empty wish list. There are all sorts of reasons and excuses why individuals stop dreaming and wishing for what they want. Lack of vision, confidence, and negative personal beliefs are some of the challenges which interfere with creating a fulfilling life.

I often meet individuals who do not have a clear vision for their future. Whether they scaled down their vision and eventually let go of it due to failures and discouragement or they had achieved their goals and did not think of setting new ones, many are left with little direction and fall into an unchallenging routine.

The unfortunate impact of an unchallenging routine can be a sense of boredom and futility. When individuals are in that state of mind, they sometimes make poor choices in an attempt to shake the boredom they live.

Coaching is a process meant to assist one to look beyond their self-imposed limits where an exciting life vision, goals and "WANTS" have a place. Your coach will; challenge your mindset, invite you to redesign a comprehensive life vision, set goals, and take control of your personal, professional and financial future. Coaching assists you in breaking down your vision into manageable steps and keeps you focus on working through them. Your coach will emotionally support you and encourage you to creatively overcome your obstacles.

Whether you want to take your business or career to the next level, reach a particularly challenging personal goal, or plan the next phase of your life, working with a coach is an effective approach to achieving personal clarity and success. Your coach will get you through the foggy patches and keep you inspired to stay the course.

Manon Dulude is a Certified Professional Coach with the International Coach Federation. She works with individuals and businesses. She can be reached at 905 873 9393.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm
Counselling & Psychotherapy

Milton 905-854-0801
www.etasolutions.com



Elayne M. Tanner

Q: How do I find a counsellor/psychotherapist to help me deal with issues?

A: Four important things you should consider: education; training; experience, and fit.

1. When considering an individual's education you must ensure that it is relevant and has been received from an accredited, degree granting university. For instance, I have 4 degrees including a Doctor of Philosophy degree all from local, accredited Canadian universities. It is not unusual for people to claim credentials from non-accredited schools. Professionals will be able to show you qualifications accepted in Canada. They will have spent several years in the advanced study of a specialized field of knowledge. There is no legitimate quick way to get the required education.

2. After education comes training. All counselling professionals in Ontario should be a member in good standing of a college such as the Ontario College of Social Workers. Entrance to a professional college means that you have the minimum required education and practical experience, and you abide to a professional code of ethics. Without this membership, professionals are neither licensed nor accountable to any higher standards. Clients have no recourse if concerns arise. A qualified therapist will be able to provide proof of education and college membership. Again, you may have to confirm the legitimacy of these as many people imply that their credentials are "just the same". They are not the same and clients have no protection. Furthermore, you have to question your own morals and see if you feel comfortable trusting your deepest innermost thoughts with a person who is deceptive and willing to misrepresent their credentials and skills.

3. A well trained individual still needs years of practical experience or qualified supervision. A good supervisor however, does not make up for a poor therapist. Some supervisors hire less qualified workers to provide counselling under their name. Make sure you know what you are getting.

4. Last is the fit between yourself and the counsellor. The right person for you will have knowledge regarding your particular concerns; will challenge you and will feel non-threatening. No matter how trained and skilled, if you are not comfortable, this is not the person for you.

PROFESSIONALS

WANTED

to inform our
readers &
answer their
questions

THE INDEPENDENT & FREE PRESS

Contact Amy Sykes

in Special Features

to find out

about our booking specials

905-873-0301, ext. 237

asykes@theifp.ca

Keep your children safe by poison-proofing your home

Nearly all parents with children 14 and younger feel it's important to lock up medications and cleaning products away from children, but half of them store medications in a medicine cabinet and more than 60 per cent store cleaning products under the sink, according to a recent Leger survey conducted for Safe Kids Canada. Unfortunately, these common spots are often too accessible to little hands.

Each year an estimated seven children under 14 die and close to 1,700 end up in the hospital with serious injuries due to poisoning, according to hospital data.

"Young children are curious by nature and explore their environment by touching and putting things in their mouths," says Pamela Fuselli, the executive director of Safe Kids Canada. "So it's crucial to check your home for potential poisons and store them where children can't see them and lock them up so children can't get at them."

Here are some tips from the organization to help you poison-proof your home:

- Buy medications with a child

resistant cap whenever possible and store all medications and vitamins in a locked box (a small toolbox with a combination lock or padlock works well). Keep the locked box, and the key, out of sight and out of reach of children.

- Store household cleaners, like oven cleaner and bleach; car supplies, such as windshield washer fluid; cosmetics, like nail polish remover; and pesticides, in locked cupboards or drawers. A child safety latch is an acceptable alternative.

- Keep all medications and other household poisons in their original containers with their original labels.

- Never tell your children that medication is candy; they may seek it out when you're not around.

- If you suspect your child has been poisoned, call your local poison centre or 911. Add the number of your area poison centre to your cell and home phones.

More information about poison prevention is available online at safekidscanada.ca.

—www.newscanada.com

FOR STYLE AND FUNCTION THAT IS ALL ABOUT YOU!



We provide
top quality custom cabinets &
countertops at competitive rates with unsurpassed service.
FREE ESTIMATES

Georgetown and surrounding area's premier choice for quality kitchens and baths for over 25 years. Our focus is a work space that is beautiful, functional, and designed just for you. Let us turn the heart of your home into a comfortable, inviting space for friends and family to enjoy for years to come.

We measure, install and guarantee! Computerized design. Free on-site consultation. Ask us for our references - it's probably someone you know!

Kabinet Pro
CUSTOM KITCHEN & BATH CABINETRY

27 Main St. S., Georgetown
905-702-7719

"Don't be afraid to ask dumb questions. They're more easily handled than dumb mistakes."

~William Wister Haines