

Consumerism 'disconnecting' people

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tions and underreactions — hallmarks of neurosis.

She needed help dealing with the myriad of surfacing emotions.

Ms Berger got help through Dr. Mary Lou McIntosh, whose practice focused on deep emotional processing.

The experience moved her. "Feeling fully was contrary to my conditioning," she says. "I have come to know that feeling all that happens to us is the key to letting go and to being fully alive."

So profound was her healing that she studied the art and science of psychotherapy.

Today, at 69, the Whitchurch-Stouffville resident has been a psychotherapist, specializing in deep emotional processing therapy, for almost 30 years, 19 of them in York Region.

A popular lecturer on emotional health issues, she has also hosted a pair of TV series on the topic. Her book, *Emotional Fitness*, has sold well since its launch in 2000.

She is in the midst of writing another on parenting.

On the cusp of her seventh decade, the grandmother of four demonstrates none of the world weary traits of most seniors her age.

Rather, she exudes a strong, quiet confidence, a lucid tranquillity and an energy resultant of a mental and physical fitness regime — in essence, she is well and together.

Self actualizing, content and comfortable in her attractive skin, she is what her clients hope to be.

Her specialized brand of therapy is timely.

'I have come to know that feeling all that happens to us is the key to letting go and to being fully alive.'

"The levels of anxiety in people is increasing," she says. "It's scary. I'm seeing a lot more young people with anxiety. Invariably, they will have one parent who is anxious and they've absorbed that anxiety."

Ms Berger is observing increased detachment in people.

"Mass consumerism has a lot of people disconnecting. More men are clients. They want to be able to feel more. There's more stress in society. I'm seeing more neglect of children. It's not the case with everyone, but it's showing up."

In principle, what's holding us back is what we hold on to. As part of her novel approach, Ms Berger asks clients to provide a timeline of their life, identifying incidents that could be anchors, keeping us mired in one bad, sad place.

Conversely, clients may talk about current triggers and how they react to them. She delves to see if past problems are feeding into present issues.

"I believe in a therapy that supports the individual to be connected to the self: a therapy that allows clients to listen to their feelings, trust themselves and are able to honour themselves.

"I have a tremendous belief in the human spirit. I've had the privilege of seeing people blossom who have been enormously damaged.

Ms Berger's best advice to those battling emotional issues is to keep a journal.

"Name the fears, write them down. As soon as you name a fear, it loses its power.

"I feel fortunate every day of my life partly because I've learned the key to living is clarity, going into a feeling through completion instead of shoving it away somewhere."

Ms Berger's book is at major retailers. She can be reached at 905-836-4555.

10th ANNUAL

Art in the Park

2005

Premiere Fine Art Show & Sale

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Saturday, July 16 & Sunday, July 17
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Stouffville Churches Welcome You

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13660 Ninth Line N.
(905) 642-4414

Sunday, July 10th, 2005

SUNDAY SCHOOL at 9:30 AM
MORNING WORSHIP 10:30 AM

Guest Speaker:
Paul Russell FIM
P.M. Services cancelled until Sept. 11th

Everyone Welcome

STOUFFVILLE'S LIGHTHOUSE BAPTIST CHURCH
6273 Main Street

We invite you and your family to visit our services soon!

Sunday School for all ages @ 10 a.m.
Sunday Morning Worship @ 11 a.m.
Fellowship of the Strings Guitar Club @ 1 p.m.
Sunday Afternoon Service @ 2 p.m.
Thursday Prayer @ 7 p.m.

Lighthouse Baptist is pleased to present "Cinema Under the Stars" - Thursday night movies in the park pavillion. Free popcorn and pop - Christian movies for youth - all welcome! Drop by and check it out!
Coming Soon: God's Good Gifts - a Scrapbooking Bible Study for Women - please call for information

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Springvale Baptist Church
Stouffville Rd. at Kennedy Rd.
905-887-5651
www.springvale.org

Senior Pastor: Bob Flemming
Associate Pastor: Bill Thornton
Student Ministries: Jay Sandiford
Worship & Music: Heather Thornton
Children's Ministries: Sharon Russell
Counselling Services: Karla Kamerman

July 10th, 2005
10:00 am
Communion
Pastor Bob Flemming
Message Series
"Heroes of the Hall"

STOUFFVILLE UNITED CHURCH
34 Church St. N. 905-640-1163
Worship Minister: Rev. Robert Nightingale
Rev. Dianne Graves
stouffvilleuc@bellnet.ca

Sunday July 10, 2005
10:30 am
Worship Service
Baby Fold & Children's Worship

EVERYONE WELCOME

Parkview Village
12184 Ninth Line South, Stouffville

Sunday July 10, 2005
Rev. Howard Minnick (Retired)
Bethel Pentecostal Church

7:00 p.m. Village Auditorium

Welcome to...
ST. JAMES PRESBYTERIAN CHURCH
Rev. Kathryn Strachan, Minister
6432 Main St. Stouffville
905-640-3151
Fax 905-640-1946

Sunday July 10
Service of Worship
10:30 am

July 4 and 8
Vacation Bible School concludes

Wed. July 13
Deadline Date
July Newsletter
'A Friendly Family Church'

THE ANGLICAN PARISH of CHRIST CHURCH
254 Sunset Blvd., Stouffville
The Rev. Robert A. Shields
(905) 640-1461

Sunday, July 10th, 2005
8th after Pentecost

8:00 a.m. Holy Communion
10:00 a.m. Choral Eucharist
Church School and Nursery Provided

e-mail: admin@stouffvilleanglican.ca
website: www3.sympatico.ca/christchurch.stouffville

Everyone Welcome!

STOUFFVILLE PENTECOSTAL CHURCH
6853 Main St., Stouffville
Sunday July 10th, 2005

9:45 am
Vacation Bible School Closing Celebration

Call Church at 905-640-5696 for information
Rev. Paul Hilsden, Sr. Pastor

ST. MARK'S Catholic Church
345 Glad Park Ave., Stouffville
905-640-6954

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Saturday at 5pm
Sunday at 9 am & 11 am

Weekday Masses
Monday, Wednesday & Friday
at 7:30 pm

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