

Lotus Group Marriage Counseling Family Therapy

Contributed by Leslie Karsner

More info...

At Lotus Group, we see potential. We see it in every client who comes through the door. We see it in every family that - purely out of love - does what it takes to make life better. We know how hard it is to heal. We also know that working to create healthy, growing relationships might just be the most rewarding act a person can ever do. Serving central Indiana including Indianapolis, Fishers, Carmel, Anderson, Greenwood, Noblesville, Plainfield, Westfield, Franklin, Brownsburg, Greenfield, Muncie, Zionsville, Danville and Avon

I help couples, families and individuals understand the patterns of thoughts, feelings and behaviors that keep them from having the relationships and the successes that they desire. I work with them to mobilize their ability and power to make the choices and changes that will make a real difference in their lives.

I am a Licensed Mental Health Counselor with over 9 years experience working with children, adolescents, young adults and adults, mainly in the area of grief and loss. Through my work at Brooke's Place for Grieving Young People, www.brookesplace.org, I have been taught by countless numbers of individuals, ranging in ages 3 - adults, about grieving the death of

someone significant. Death is the ultimate loss. However, each loss in life is significant. My practice provides a safe place for you to work through any loss or relationship issue. Other areas I work with include depression, anxiety and self esteem. Grieving is natural and is your unique way of experiencing any loss. Choosing to grieve any loss is a courageous step. I will walk with you in your grief journey, at your speed and duration. How you choose to express your story is up to you. I will offer you acceptance while sharing your story. Are you experiencing loss through death, relationship, experiences from childhood, career choices, children transitioning, or other losses? Do you yearn for greater intimacy in relationships? Where there is death or loss, there is life, love, faith, hope and joy. Doing the work of grief is not easy; it IS REAL! And, you are worth it.

I will commonly give the following assignment to parents of teenagers who are caught up in the morning morass of fighting with them to get them out of bed: "Avoid the usual routine of trying for an hour your increasingly loud and emotional attempts to rouse your teenager. Instead, during the time you would usually be making these efforts, enjoy an extra cup of coffee, peruse the newspaper more leisurely than normal, or do yoga. Make no attempt to rouse your adolescent until the very last moment that he can get up and still get to school on time. At that point, get him up in a manner that honors the following three conditions:

- Get him up without saying a word.
- Get him up in a way that is no fun for him.
- Get him up in a way that is a lot of fun for you."

This approach accomplishes two very useful things:

1. It avoids the usual problem loop of useless verbiage and escalating emotion.
2. It frustrates your teenager because you are having fun at his expense.

This new way of doing things requires creativity on your part to extract yourself from the loop that has kept the problem in place for so long. One mother of a 17-year-old boy reported solving the problem this way:

"I waited until the very last minute that he could still meet his ride. I crawled into his bedroom undetected with a pair of tweezers between my teeth, commando-style. I quietly pulled back the covers from the foot of his bed and, with the tweezers, yanked hairs out of his lower leg. He immediately awoke and said, "What the hell do you think you are doing?" I merely smiled and said

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