

# The GMH<sup>TM</sup> Newsletter

Daily Living in Good Mental Health<sup>SM</sup>

A Service of Christopher Cobb, Licensed Professional Counselor

This Newsletter is for informational purposes only and is not a substitute for qualified mental health care. Should you require psychological assistance, please call for an appointment using my contact information or seek help from a qualified professional.

## Announcing My New and Improved Website

### Website Highlights:

- New look and easier navigation
- Updated daily and often
- Flash news updates: Atlanta weather impact on therapy and group schedules
- The GMH Blog: focusing on therapeutic topics and concepts
- On line Newsletters: current and archived
- The GMH Store: items and services (allows credit card transactions for therapy sessions)
- On-line printing: lectures, documents, and forms
- Practice information: current therapy schedules, rates, and maps and directions by office location
- Guest writers and bloggers from local area therapist and mental health contributors

Proudly introducing my *new* and *improved* website!

With a great deal of help from my techno-friends and the “school of hard knocks,” I now have an upgraded website that clients, friends, and interested parties will find informative and helpful.

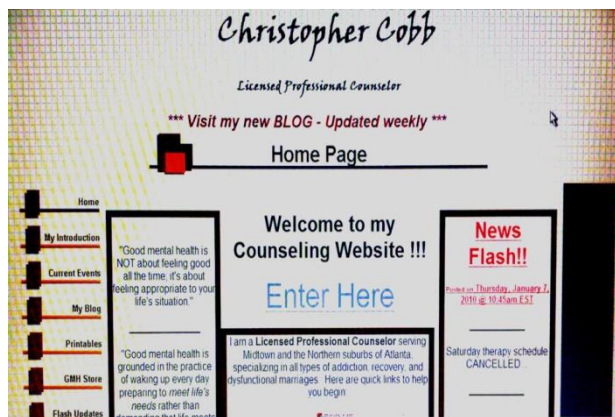
This new-look website is easier to navigate and contains much more information, including a **Flash News** that is updated hourly with weather information affecting groups and the therapy schedule.

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The new look website

## New Year's Resolution: Being “Better” or “Different”

Tis' the season for...*resolutions*.

Bad habits, weight loss, career goals, new friends, money, relationship improvement – all are fair game and fodder for the resolution grist mill.

We've all made resolutions at one time or another and occasionally achieved some good results from

a few of them while most other efforts go by the wayside just to make next year's list.

Resolutions are about “change” (“I want a better result in my life”) and the targeted areas for desired change share common threads.

We want to change in meaningful ways in our thinking, feelings, and

behaviors. We are seeking better outcomes.

Resolutions are seductive and our outcome fantasies seem wonderful and fulfilling; yet we somehow manage not to achieve our desired results. Come springtime, we are back to our old habits and ways.

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Home of the Good Mental Health  
Handbook™

## Let me introduce myself...

Practicing as a **Licensed Professional Counselor**, I provide *individual and couples psychotherapy, group therapy, clinical psychotherapy, organizational consulting, and personal growth coaching* throughout the greater metropolitan Atlanta area. The psychotherapy form of practice focuses on the daily choices, behaviors, and awareness of **Good Mental Health™**, a spiritual, psycho-therapeutic program designed to help you **better understand yourself and others**. Together we explore your own uniqueness, preferences, strengths and weaknesses as we resolve interfering thoughts, feelings, and behaviors that can negatively affect your personal, intimate, or professional relationships and block your personal and spiritual growth.

As an **Adjunct Clinician with Metro Atlanta Recovery Residence, Inc. (MARR)**, I work directly with in-patients, out-patients, their families, and significant others on clinical issues resulting from addiction, codependency, recovery, and family systems. Through my **clinical experiences**, I bring into my private practice - **and to your personal therapy** - the most current research and treatments on clinical mental health issues, such as addiction recovery, codependency, depression, anxiety, obsessive-compulsiveness, adult attention deficit, trauma resolution, and co-existing mental illnesses that interfere in your life and in your relationships.

Private practice offices are located in Roswell/Alpharetta and Midtown Atlanta. Clinical office is located in Doraville. Please visit my website ([www.cobblpc.com](http://www.cobblpc.com)) for general information, locations, maps and directions, hours, and fees.

## Website...

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The goal of all this effort is to help clients – existing, new, or potential – obtain information and therapeutic reminders without having to phone or e-mail.

Another major purpose for this website is to launch the upcoming e-book, *The Good Mental Health Handbook™*. Excerpts, quotes, and quips from this book will appear on the front page and will become blog topics throughout the year.

Guest contributors to this Newsletter and to the blog will include well-known therapist and other mental health professionals on topics of their choosing.

I invite you to visit the website (even though I'm still working out a few bugs!) and give me your opinions through the e-mail link and the blog. Visit the **Good Mental Health Blog** often and anonymously – **or boldly** – give your feedback to me and other blogger-mates.

As always, I appreciate your support, your wisdom, and your patronage. Thank you!

## Resolutions...

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So, why is change so hard to implement?

An answer lays in understanding the contrast between “better” and “different.” This concept is one of the first answers that all therapists have to find with every client that sits on our couches. It is about motivation: do I want “better” (meaning “relief”) or do I want “different” (meaning “fundamental change”).

“Better” is motivated by *relief-seeking*. “Different” is motivated by a *fundamental change* that involves a change in lifestyle.

Resolutions based on “better” will sooner or later collapse under the weight of old thinking, beliefs, and habits. Resolutions based on “different” will change our thinking, beliefs, and habits leading to permanent changes in our lives.

Contemplate your New Year's resolutions: is my motivation to be “better” or “different?” In answering this question, you are now empowered to move forward.

Visit my blog and add your thoughts about “better” and “different”

## The Good Mental Health Blog...from

[www.cobblpc.com](http://www.cobblpc.com) or  
[www.blogspot.com](http://www.blogspot.com) Feel  
free to visit and comment!

### Current Blogs...

- Resolutions: “Better” or “Different”
- My First Blog

Here's a reminder for past and present couples in therapy and group members who participated in the “Intimate Person, Intimate Couples” Workshops.



Figure 1: The Intimacy Hierarchy