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PSYCHOTHERAPY



'Tis visible silence, still as the hour-glass,  
Deep in the sun-searched growths the dragon-fly  
Hangs like a blue thread loosened from the sky:--  
So this winged hour is dropped to us from above.



# Therapy Thoughts

Summer 2013

Newsletter



## Who is Stacy?

I am a Licensed Marriage and Family Therapist in Tallahassee, Florida. I graduated from John F Kennedy University with a Masters in Counseling Psychology, and I also hold a Masters degree from Yale University.

I work in a private practice near downtown Tallahassee and am passionate about my work with individuals, couples, and adolescents. I specialize in loss and trauma, and am a Certified EMDR Therapist.

You can visit my website to learn more about me and my practice: [www.stacystoddard.com](http://www.stacystoddard.com)

## Is Therapy for you?

You're receiving this newsletter because you have, at some point, expressed interest in therapy. Maybe you started therapy and are feeling better! Maybe you had just a session or two and then stopped. Maybe you never started at all. There are many reasons why people don't dive into therapy...What are your reasons? Too expensive? Not enough time? Partner didn't want to come, so you didn't want to come to therapy alone? Afraid that being in therapy will carry a stigma and you'll feel embarrassed? Or do you feel like you shouldn't "need" therapy or that you should be able to fix your problems yourself?

I truly believe that coming to therapy is a sign of strength and that everyone can benefit from therapy, even if it's just for a few sessions. In fact, I offer a special four-session package to work on just one specific issue,

so even if you don't want to address deeper issues, you can still come and get some relief for the one specific issue that is troubling you.

Furthermore, I believe that one very open and honest session with your therapist can address the issues you have about coming to therapy. I encourage all my clients to tell me their feelings about coming to therapy, and I hope that people will respond honestly. "You know, Stacy, I just am afraid this will be too expensive." Or "I'm just afraid to dive into my problems...I'm afraid I'll feel worse." Or "I've never really opened up to anyone before."

So if you're on the fence about therapy, I would encourage you to schedule at least one appointment.

Tell me what you're worried about, what your concerns are, and we'll see if we can address them together.

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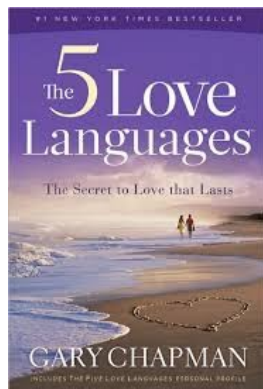
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My office is located in a quiet and private setting just east of downtown.

***“The dragonfly, therefore, symbolizes going past self-created illusions that limit one's growing and changing.”***



## Trauma?! Nope, not me! Or...is it?

Trauma, the word, seems to be getting a lot of attention these days. But what is “trauma,” really, and how do you know if you’ve experienced trauma? We all know what the big traumas are – accidents, sexual abuse, physical abuse, death of a loved one, war traumas. But what about the “littler” traumas? These are things like being repetitively teased as a child, persistent financial stress, relationship losses, and even repeatedly telling yourself the

same hurtful things like “I’m so stupid!” or “I’ll never be good enough!” These are the things that permeate our sense of self and can cause a myriad of difficulties in our lives. They’re often not the things that keep us from being able to hold down a job, parent our children or be active in our communities, but they’re the doubtful and shameful voices inside our heads that really keep us from thriving and feeling good about ourselves. I

work with these types of traumas. Wouldn’t it feel good to not doubt yourself anymore? Wouldn’t it feel good to be confident, and not tell yourself that you’re stupid or worthless every time you make a mistake?

Contact me to schedule an initial session to see how therapy could help with your traumas, either “little” ones or big ones.

## What can dragonflies teach us?

Dragonflies begin their lives in water, and then move to the air as they grow. They break through the iridescent glow of the water's edge, and they are changed forever. They can never go back under the surface. The dragonfly, therefore, symbolizes going past self-created illusions that limit one's growing and changing.

Therapy can be helpful as one begins to grow and change. At the beginning, sometimes people can only see a glow of hope, and sometimes they're so deep in the depths of the water that they cannot even see the water's edge. My belief is that therapy can be a place where a person can move toward the water's edge, and then break

through into a new life.

Can you see a glow of hope in your own life? Or are you deep in the murky waters, not able to see above? What are your “self-created illusions” that hinder your growing?

## Book Recommendation - “The 5 Love Languages”

Most couples come to therapy and declare, “We’re not communicating!” and “He doesn't get me!” and “She just doesn't understand!”

Gary Chapman’s book, “The 5 Love Languages” is an easy-to-read, practical book that outlines the five different styles that people need to feel loved. He asserts that every person has one dominant love style,

and unless a person is receiving love according to his or her preferred style, he/she may not feel truly loved. So if your love style is ‘quality time’ and your partner's is ‘gifts’, then your partner's way of lavishing gifts upon you would not mean near as much to you as her spending the whole day with you.

Reading this book can be a great way to start a dialogue with your partner and how he/she feels loved, and how you

can learn to speak his/her language as well as articulate your love needs to your partner.

Chapman, G. D. (2010). The five love languages: The secret to love that lasts. Chicago: Northfield Pub.

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