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'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.



## 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)

## Did you know...

That I have a new website? Check it out at: [www.stacystoddard.com](http://www.stacystoddard.com)

And 'like' me on Facebook, too!  
[www.facebook.com/StacyStoddardTherapy](http://www.facebook.com/StacyStoddardTherapy)



# Therapy Thoughts

Winter 2014

Newsletter

## “Want to be my friend?” — Facebook and Relationships

I would venture to say that 100% of my clients have, at some point during therapy, talked about how Facebook impacts their relationships.

Facebook is notorious for bringing people together and helping people stay in touch with friends. But it's notorious for other things, too. Illicit affairs can start by “friending” an old boyfriend. Cyber bullying can escalate because writing things is easier than face-to-face confrontation. Vulnerability and hurt feelings can arise in posting something personal and getting no “likes” or, worse, hurtful comments in response. Or for those people who choose to not have a Facebook account, left out and isolated

feelings can develop when their friends are getting invites and news updates that they're missing out on.

While I think Facebook can be enjoyable for a lot of reasons, I think it's important to not let our Facebook friends and exchanges substitute for real, person-to-person interactions. Don't just “friend” old friends without inviting them to coffee (if in close proximity). Don't write a message to someone that you wouldn't say to his/her face. Don't write a message to someone that you wouldn't want your close friends and family to see. Don't post something that is so vulnerable that you'll feel devastated if people don't

respond in the way that you want. Save that vulnerability for your in-person conversations with people that you're closest to.

These are all tips to help you use Facebook with integrity, not as a platform to hide behind or do/say things that you ultimately feel ashamed about. We all have enough things in our lives that we feel ashamed about, adding a Facebook exchange to the list hardly seems worth it!

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

***“Hold on a sec while I look at my phone...”***

## 15-Minute Phone Challenge...Can you do it?

I often take a minute to pause when I'm out and about to look around and just notice people and their electronics. More often than not, almost all the people I see are on their phones while standing in line, waiting at a red light, sitting at a restaurant, and even shopping. What I also notice is the number of times I see people on their phones while other people are talking to them. Parents surf their phones while their children tug at their legs, and friends read emails and texts while other friends sit right

across from them. I'm not judging this...I understand that technology and electronics have a new role in society that people are anxious to embrace. But I would challenge this: make sure you're taking at least fifteen minutes a day to give your full, undivided, no phone-in-hand time to your friends, family, and children. And here's another challenge: make sure you're taking at least fifteen minutes a day to give YOURSELF some phone-free time. Drive home without once looking at your phone. Look at

all the activity outside your window instead. Notice nature. Sit on your couch and relax for fifteen minutes without your phone in your hand. What do you notice? Are you anxious? Is it hard? Does it feel nice? Relaxing? Stressful?

Take the fifteen minute challenge every day for a week, and then drop me a note to tell me what it was like for you!

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## 4-Session Packages: What Can I Accomplish?

One of the services I offer is a series of 4-session packages. They're offered at a bit of discount when paid at the first session, so that's a bit of a good deal, but what else can they offer you?

These sessions are fabulous for diving in and working on one particular issue without committing to long-term therapy. Maybe you can't financially commit to very many sessions, or maybe you're just not interested in exploring all

your past wounds and issues. If all you want to do is tackle one particular issue, this is a great program for you! We'll focus in depth on the one particular issue of your choice..

Some good topics to address in the 4-session packages are:

“How can I not lose my temper with my children?”

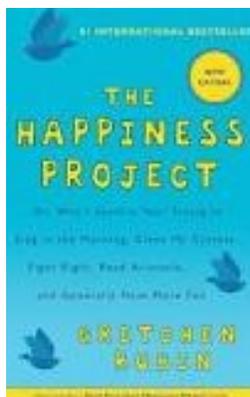
“How can I get motivated to find

another job/lose weight/change something?”

“How can I communicate better with my partner?”

“My mom died.”

Feel free to call me to discuss what you'd like to work on and we can decide if the 4-session package is right for you.



## Book Recommendation - The Happiness Project

This is a great book if you're interested in making some real, practical changes in your life! Gretchen Rubin spends a year on a “quest” for happiness, which she thinks she will find by focusing on twelve different themes throughout the year, one each month. Some areas that she focuses on are her marriage, parenting, vitality, career, and spiritual issues, to name a few.

While Rubin's quest for happiness will probably not match up perfect-

ly with the things you want to add into your life to achieve more happiness, it's a framework to think about how to add in little things to make a difference in your life.

I particularly like how Rubin doesn't spend a lot of time of processing and thinking about making the changes. She just does them. While, of course, I think processing our stuck points in therapy will help us make changes in our lives, I admire how Rubin just dives in.

No excuses. She doesn't let herself off the hook, and I think there's a lesson in there for all of us.

Rubin, G. (2009). Happiness project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun. New York: Harper Collins.

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