

# Therapist Certification Association

For Clinical Professionals who want to take their careers to the next level!

*Dear Subscriber, This month's news and events:*



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[Human Rights Campaign's Youth Survey](#)

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## Guest Speaker: Yazmine Marimon September 26 at STTI

Originally from Cuba, Ms. Marimon moved to United States almost 7 years ago. Her first experience at her University was in the career of Philology, where she started to read a lot of universal literature. She was very motivated to study the psychology functioning of the characters and heroes in the books. In this way, her interest for psychology and philosophy was stronger than her inclination to grammar or language. Since very early time in her life, she has received the feedback from people telling her their stories and concerns, honoring her with their confidences. Her friends used to pinpoint her skill of being a good listener, sometimes criticizing her patience. However, she was enjoying listening and providing support. Three years later after her tour around the world, she decided to start her journey in the world of Psychology. Since then, she hasn't stopped. Ms. Marimon is a graduate of the Sex Therapy Training Institute and the Addictions Therapy Training Institute. She will soon be teaching the STTI program en espanol!



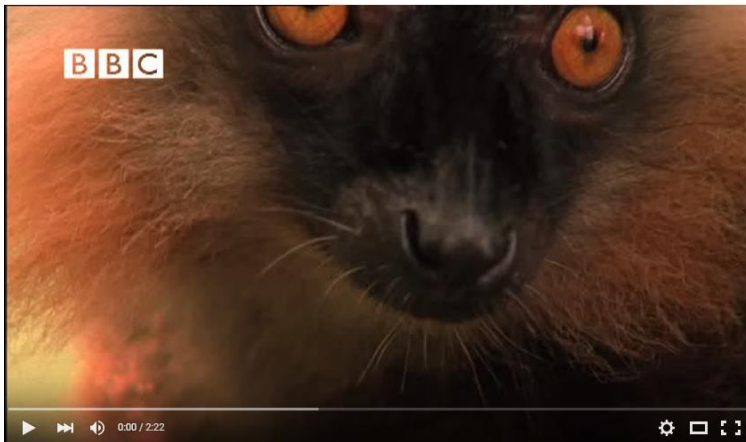
**Yazmine Marimon**  
LMHC, CAP

**Interested in a free try-out class at the Sex Therapy Training Institute? [Register here today!](#)**

Classes are held year-round on Saturdays from 9:00am – 3:00pm with open registration. You can begin the program at any time. Visit our website: [Sex Therapy Training Institute.](#)

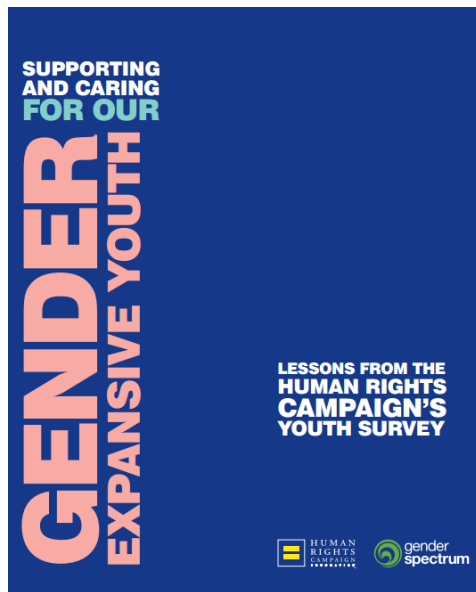
**Remember that you may attend all classes from home or office via live webinar!**

# Animals On Drugs



[Animals On Drugs](#)

HRC in 2012 surveyed more than 10,000 LGBT youth. See report on Gender expansive youth [here](#).



## *Disabled women redefining beauty through photography & narrative expression*

Launching in Washington, D.C., the Bold Beauty Project is an innovative, visual arts event that showcases women who dare to expose their disabilities. They boldly face the photographer's lens, and through the process, they uncover their beauty, sensuality and strength.

### Opening Reception/Fundraiser

Saturday, October 10th, 2015  
4:30pm to 7:30pm  
(After Party TBD)

Anacostia Arts Center  
1231 Good Hope Road SE Washington, D.C. 20020  
[www.anacostiaartscenter.org](http://www.anacostiaartscenter.org)

**\$50 contribution to benefit  
United Cerebral Palsy (UCP) D.C & Northern Virginia**

To purchase tickets and for sponsorship opportunities, please visit [www.boldbeautyproject.com](http://www.boldbeautyproject.com) or [www.ucpdc.org](http://www.ucpdc.org)

Please contact Dawn Carter at [240-412-7039](tel:240-412-7039),  
[dcarter@ucpdc.org](mailto:dcarter@ucpdc.org)  
or, Scherrone Dunhamn [scherrone1@verizon.net](mailto:scherrone1@verizon.net) if you have any questions.

UPCOMING WORKSHOPS  
CEUs  
PROVIDED BY DR. CLARK



**Introduction to Interdisciplinary Collaborative Law** – September 16<sup>th</sup>, 2015, Collaborative Family Law Institute. Coral Gables, FL.  
<http://collaborativefamlaw.com/>

**2015 Florida AFCC Conference** – October 1-2, 2015, Florida Association of Family and Conciliation Courts. Tampa, FL.  
<http://www.flafcc.org/seminars.cfm>

### **Two-Day Training**

Day 1 Legal and Ethical Issues in Transgender Care Day 2 What About Me?  
Counseling the Families of Trans People  
Feb 25 & 26, 2016



# Integrative Counseling & Hypnosis Associates, P.A.

A Centre for Personal Empowerment



**Certification in hypnosis by the National Guild of Hypnotists** is conferred upon those who successfully complete the 100 hour course curriculum offered by Dr. Melody Smith, at the Boca Raton, Integrative Counseling & Hypnosis Associates Training Center.  
**Course starting October 9th, 2015**

**This certification program is approved for 75 CEUs through Dr. Carol L. Clark #50-550/BAP585.** Call or [click here](#) for details. With unlimited income potential, you can help people modify their behavior and improve their lives. Classes occur weekends, Friday through Sunday for 3.5 weekends per course, (see schedule [here](#)). Limited number of candidates per course. Minimum of 10 students required. For more information, please contact Dr. Melody Smith [drsmith@therapy-4u.com](mailto:drsmith@therapy-4u.com) or Teresa Sgrioa, Practice Manager 561-393-1911. <http://ichahypnosisitraining.com>

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## What's Your Hobby?

An Article by Dr. Carol Clark, author, [Addict America: The Lost Connection](#)

The workbook section of Addict America: The Lost Connection, suggests getting a hobby as a means to practice being “in the moment” and also to give you the satisfaction of creating something. This creation can be shared with others, leading to a solid Connection with all who view or hold it. It can also be shared spiritually, as when you are feeling the satisfaction of creation and completion and put that energy into the Universe.

Hobbies need to be something created with your hands. There is something healing in working with your hands and then having something solid to hold. I experienced this when I first held my book. I walked around the house just holding it, looking at it, feeling the weight and texture of it. I have the satisfaction of creation and completion and now sharing it with the world.

I work on other hobbies, such as gardening, painting, and jigsaw puzzles. I try to bring that sense of “being in the moment” into all of my tasks and at those times I experience the sense of contentment and quiet happiness that is what we are all seeking when we are striving for money or finding a partner or just restlessly seeking something to satisfy us. We have it, right here, right now. This is it.

A few years ago, I bought a set of chairs from a store that sells unfinished furniture. I began sanding the first chair and was overwhelmed by task ahead of me. Four chairs, sanding, staining, varnishing, another sanding, another coat of varnish – why had I gotten myself into this? Then I felt a shift in my attitude. I was outside, the sun was shining, the air was fresh, and I just relaxed into the moment. Instead of working to finish the job, I just enjoyed what I was doing. I felt the texture of the wood as I sanded and I attended to the details of each curve and angle as I stained and varnished. I now have four chairs that were done right and I feel proud of myself. I can look back and say “That was a good day.” Had I rushed the job just to get it done, I could not say that.

I'd like to ask everyone to offer suggestions for a hobby. What do enjoy creating? What would you like to create? Let's Connect with our ideas!

*Be In Light,  
Carol*