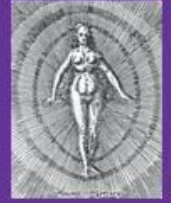


CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



Father's Day by Charlyne Gelt, Ph.D.

To All the Men We've Loved Before:

In celebration of Father's Day, we salute the important role of a steadfast, focused, goal-oriented and compassionate male father/mentor/guide. Though a sometimes phantom energy, that mature warrior energy is very present in the men in our Men's Group. If that male father/guide was missing in your life, or you bear the scars of parental wrong-doing from your childhood, join us and *be* the change you want to experience in your life. We need more strong male guides who mold, influence, and function alongside the strength of an intelligent, nurturing, maternal figure. *Happy Father's Day!*

**Men's Group:
Mature Warriors in Search of the Holy Grail!
Learning to Identify Their Own Gold
Meets the third Saturday of each month.**

A whole person is one who has both walked with God and wrestled with the devil. — C.G. Jung



MEN'S GROUP

Currently, a hunger for the masculine father figure exists in crisis proportion in the American family – a hunger for someone who presents as a steadfast, focused, goal-directed and compassionate guide for young males. Parents have become increasingly removed – both emotionally and physically – from their families emotional needs due to the pressures of work, home, heavy mortgages, and in many cases, the conflicting demands of divorce.

Often a missing link within a broken family system is the partnering of a strong male protector and guide who functions alongside the strength of a nurturing, devoted, achievement oriented maternal figure. This masculine energy molds and influences a son (and a daughter) through affection, direction, structure and involvement. Sadly, through his absence and disregard, a father can also mold and influence his son negatively. Acting out their anger and hostility, it seems “normal” to turn to gangs for a sense of family and identity, to drugs and alcohol to fulfill an emotional hunger, and even to suicide for peace.

Healing individuals and families' invisible emotional wounds addresses reform proactively and has a multi-generational trickle-down effect. No matter how or whether we individuate, we take our identity from family roles and values that may or may not serve us in adulthood. Keeping the valuable parts and discarding the rest require a conscious investigation into the family ethos. Those who don't individuate tend to drag their parents', grandparents' and, yes, even great-grandparents' codependent issues into their own current relationships. Understanding that what worked for one generation won't necessarily work for the next is crucial to individuation. In our more psychologically aware society, we are given an opportunity to emphasize the importance of both personal autonomy and family. We can help father's balance their important role of being there to fulfill their child's hunger

to experience them as a strong presence alongside their need to compete in the workplace. The competing need of the *I* and a *We(belonging)*, if balanced well, can walk hand in hand. For an appointment, call

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