



THE COUNSELOR'S PROFESSIONAL PERSPECTIVE

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... from the President

As You Thinkith?

If you want to change something in your life you first have to change what you think about it. Shifting your thoughts is the first step in creating change. The way you think about yourself and your life is your reality. If you want to change anything about your reality, you have to change the way you think about it first. Change starts between your ears. How you think and what you think is crucial to what you create in your external world. Your thoughts are what create your perception and your perception is your reality. Change your thoughts and your life will change. Your thoughts will create a shift that will be felt by everything and everyone around you. You will be surprised by how life will react to you differently because you have begun to think differently about yourself and how you respond to the world around you. This isn't about just having positive thoughts. Positive thoughts are wonderful, but it takes more than positive thinking to create the life you want. Go beyond positive thinking to intentional thinking. Train yourself to think about the possibilities in every opportunity. Be vigilant about eradicating negative and disempowering thoughts from your thinking. Become aware of everything you think and, when negative thoughts slip in, say to yourself, "Cancel! Cancel!"

Where in your life do you need to shift your thinking to create the change you want? Begin changing your life today by changing how you think about your life. Thoughts are powerful. What you think is who you are. You cannot afford random or negative thoughts. Your thoughts create your world. Be vigilant about what you are thinking.

Jack Kelly, GCCA President

**SEPTEMBER
GCCA Meeting
Daystar Campus**

**SEPTEMBER 12th
10:00 am**

**302 Old Clay Street
Marietta, Georgia**

**Topic:
Substance Abuse**

Jim Sharp of Abba House
will be the speaker.

We Value Your Support

Please submit articles
and ideas for inclusion
in our GCCA newsletter
to

tstalls@bellsouth.net

by the 15th of each
month

Upcoming GCCA Fall Conference ~ October 8th

"We cannot solve our problems with the same level of thinking that created them." Albert Einstein

"If you are what you do; when you don't, you aren't." Bob Delaney



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GCCA Board



"Where there is no guidance the people fall, but in the abundance of counselors there is victory".

Proverbs 11:14




GCCA Monthly Meeting
2nd Monday ~ 10:00 am

President – Jack Kelly, Ph.D.
 1st Vice President – Ray Kiertekles, Ph.D.
 2nd Vice President – Lori Johnson, M.S.
 Secretary – Barbara Beeler, Ph.D.
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 V. P. NE Region – Richard Douglas, D. Min.
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 G.B.O.E. Representative – Larry Webb, Ph.D.

*****ADVISORY BOARD*****

Betty Holden, D. Min.
 Judy Walker, Ph.D.
 Johnny Walker, M.A.

 **Earn Money By Helping GCCA Grow**

Couples \$100	You will receive \$50.00
Member \$ 55	You will receive \$27.50
Student \$ 35	You will receive \$17.50

If you invite someone to join GCCA and they do, we want to reward you with 1/2 of their membership dues as a "finders fee".

Our "Aloneness"

In Gen 2:18, God said, It is not good that man should be alone. Oddly enough (to me anyway) God only commented on Adam's aloneness at that time, but He did nothing to change it. However, God is a God of order. Therefore, we must always defer to His perfect timing. In verse 19, God gave Adam the job of naming all the animals, and Adam faithfully carried out this assignment. Then in verse 20, we see that when he was through, there was still no help meet found for Adam. To correct that situation, we see that in verse 21 God made Eve, and followed that with the institution of marriage. I could not help but notice the order of these few verses. God recognized that Adam's aloneness was a problem, but He delayed implementing the solution, showing us that the work was important. Although it was not stated, we might assume that while Adam was busy working, he did not recognize the problem of aloneness. Later, God solved Adam's problem by making his help meet, Eve.

Today, especially in our fallen world, we see that it is man's nature to get (overly) involved in work. Men (me) are project oriented, and in our desire to complete all the things that we cram into our daily schedule, we often neglect other important things. Just like Adam, our latest project seems to demand all our attention. God created us with, not only the desire, but also the need to work. That is our basic nature, and is not altogether wrong. Where we fail is in finding that perfect balance between the work we need to complete, and the other important aspects of life, like our relationships. As counselors, we need to be aware of our client's presenting problems, and if overwork is part of the mix, we must be willing to confront them. Yet, we as counselors must be certain that we do not fall into the same deadly trap. We must guard against becoming so consumed with helping others, working on our advanced degrees and certifications, church work, and building our business, that we neglect the other important aspects of life, our relationships. As counselors, we will find it impossible to help those that God sends to us seeking help, when we neglect our own need to spend time with our spouse, family and friends. These relationships are just as much a gift from God as our work, and we must take time for them too.

Remember, It is not good that man should be alone.

Don Coltrane, GCCA Administrative Assistant