



AskTheInternetTherapist.com
Newsletter October 2004

Featured Article
Sample Email
Sex does not appeal to me. What's wrong?
By Dr. Judith L. Allen

Dear T.,

Greetings! Let's talk a little about what happens in most cases, after you give birth to a baby. It isn't only the physical changes of birth that can alter your life, but women often find they lose sexual desire after childbirth.

This is a natural reaction and is there for a reason. Once a baby is born, a mother becomes more dedicated and focused in an important period of first year bonding with her baby. It's reassuring to know however, that sexual desire does return after months or possibly a year.

Along with physiological impact and the changes in routine, look at other differences within your relationship which may have come into play. Ask yourself "What is different about relationship and the quality of our time together?" Life changed dramatically for you.

You may not have as much time to take care of yourself now, to get dressed and prepared to "go out on a date" or to be as carefree as you were when intimacy was more exciting. You may find yourself much more tired, after caring for the baby. It's possible that physical changes have made you less confident, and that you may need breaks to exercise, read, pamper yourself by buying something new to wear, getting your hair and nails done, etc.

Talk with your partner, and see what you can do to return to some occasional "dating" and be sure to ask for his help if you feel that you're doing too much. There is nothing sexier than a man jumping in to do his part in a relationship and with his responsibilities

as a father. Most of all, don't judge yourself, be more patient and understanding with yourself about the monumental and wonderful change that has taken place!

Warmest regards,

Judith L. Allen, Ph.D.

State Board Licensed Marriage and Family Therapist
State Board Licensed Professional Counselor
State Board Registered Counselor

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Featured Therapist
Susan Redford, MA, NCC, LPC, LISAC
Mental Health Counseling



Susan Redford is a National Certified Counselor, Licensed Professional Counselor and Licensed Independent Substance Abuse Counselor. She has extensive experience in both, private practice and community mental health agency settings working with adults, adolescents, children, and families. Susan's clinical practice includes working with individuals who experience depression, anxiety, personality disorders, trauma, abuse, relationship problems, substance abuse problems, issues associated with chronic illness/pain, and/or adjustments to everyday life situations.

[Visit Susan Redford's Page!!](#)

Email Carole at susan@asktheinternettherapist.com

October Contest Winner

Congratulations to John L. He is our October 2004 winner and he picked the Sleep-Forest Tape. Enjoy John L.

Featured Product

Complete Set of All Mental Videos on DVD by Jef Gazley

Many of the problems described in each of the separate mental health videos are not singular and often go hand in hand with each of the other mental health videos. Can you relate to more than one of the self-help / mental health videos? We've put together a full set of wellness mental health videos to complete your self-discovery and validate your feelings. Add all to your self-help / mental health videos library for continued development of good mental health. Make your relationships better today. These self-help videos are very reasonably priced and make a great investment in any individual's life. These self-help videos had been recorded in the latest digital format. The complete set of psychology videos is also available on [VHS](#). VHS PAL format is also available upon request (would require an additional 5-10 business days).

These self-help videos feature [Jef Gazley, MS](#), who has been a teacher and psychotherapist in private practice in Arizona for over 30 years. These self-help video tapes represent the compilation of what he has learned from studying the field of psychology and working with his diverse client population. He is also the owner and operator of www.asktheinternettherapist.com and a pioneer in online counseling.

Special Announcements

Please take a few moments to take a short survey to help us better our website and your experience when you visit us. It is completely anonymous; we will not give this information to anyone. The information gathered here will be completely private (we do not ask for your name or contact information).

Just follow this link: http://www.asktheinternettherapist.com/online_survey.asp and answer the questions.

Thank you very much for your valuable time and cooperation.

As you have already seen, all of our videos are digitally re-mastered and are available on VHS and DVD. Although we still have some of the old videos, which we are selling for \$25.00 each to make room for more of the new, digitally re-mastered ones. They are available at the price above only by calling 1-800-881-7693 and placing an order over the phone. ***We have just a few left!! Hurry before this offer expires*** (This offer is available only for the Love Addiction, Communication Assertiveness, Post Traumatic Stress Disorder, Chemical Dependence, Co-dependence, and Dysfunctional Families videos).

Be sure to utilize our **free** discussion boards. These forums are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder,

Relationships, Veterinary Concerns, and Depression. You might find useful information in the various topics. These forums are usually monitored by our clinicians in a weekly basis.

As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

PLEASE REMEMBER:

***This is a pay for session site, so please email only if
after you have paid for a session.***

Remove

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place '**REMOVE**' in the subject.

*We believe better health
begins with better Mental Health.*

Jef Gazley M.S.

www.asktheinternettherapist.com