



Newsletter July 2002

Featured Article by Jef Gazley, M.S.

I thought it might be helpful to give you an example of a typical e-mail question and answer that we receive at Asktheinternettherapist.

Cyber Affairs

Question- My husband has been having an affair over the Internet for months. He says it is over and thinks I should forgive him. How can I?

Dear S,

I am sorry to hear that this happened to you. I cannot tell you how often I have heard this story from both men and women since the advent of chat forums. It makes it incredibly easy to have affairs without believing that it is really real or damaging to their partner. It is a lot easier to rationalize. Affairs happen most often when a relationship has gotten stale and partners have failed to put in enough energy to keep the love vital. In some ways it doesn't matter whether the affair was physical or only emotional. At those times they have still gotten an emotional divorce and have decided to get close to another instead of reaching out and resolving issues with their partner.

People who have emotional affairs or vacation affairs or Internet affairs are involved in fantasy. They rationalize that it is not a real affair or that it would be damaging. They often are view the affair as if it wasn't really cheating. Some people really do leave their partners or plan to leave, but more often they plan to stay with their marriage. It takes a lot to forgive something like this and it never can truly be forgotten. A marriage is built on trust, honesty, the real action of love, and mutual respect. All of these things have been violated. There are some things that people do that cannot be forgiven by a given person. There is no hard and fast rule about this. It depends on a host of variables and there is no right or wrong in this area. Many marriages come back from an affair and many do not.

The requirements for forgiveness though are rather stable. The more tolerant a person is the more likely they are to forgive. The less typical the offence is for the perpetrator the easier it will be to forgive. The less severe the offense the easier it is to forgive. However, for forgiveness certain things are a must. First a true and sincere apology needs to be given and felt. Not I am sorry because I got caught. Secondly, the reason for the offence needs to be understandable and it helps if it is a conflict that was

exceedingly difficult for the offender. Third, there needs to be an epiphany, an overwhelming new bit of learning, which makes for a structural change in the offender. These are the only changes that can really be expected to last.

The fourth element is that the victim needs to be able to express ALL of their feelings about what has occurred several times over a series of a couple of months. Fifth, the perpetrator needs to listen carefully and empathetically without defensiveness or excuses and apologize several times. The sixth element is that enough time has to go by with no repeat of the behavior. This varies greatly. It often will take months or a year or two to really gain back what was lost. Lastly, the victim has to look deep inside of themselves over the course of this transition and ask himself or herself honestly if they really can forgive. Very often people either say they forgive way too early and hold onto the feelings or they stay in a relationship because of dependence and beat the perpetrator up on a semi-continual basis. Give both of yourselves time and discussion to make a rational decision for the long haul.

A further step though is to figure out why this occurred in the first place. Affairs are a symptom of something wrong in the marriage and also something wrong with an individual. If it is not fixed it will tend to recur. I wish you both the best. Jef Gazley, M.S.
www.asktheinternettherapist.com

Featured Therapist: Mary Maurer, M.S., LMT

Mary Maurer, Natural Health Educator, has been a nutritionist and masseuse for over 5 years. She began her Masters in the Science of Natural Health, at the University of Maryland, Asian division in Okinawa, Japan, in 1989. Mary's Asian studies included the esoteric philosophies of Buddhism, Taoism, and Hinduism. She began to live a vegetarian and nutritionist lifestyle, practicing the art of meditation and Hatha Yoga and massage. This unique lifestyle imported Mary into a world that consumed her every thought as she began to live consciously, no longer allowing life to slip her by. Mary began her masseuse training in Okinawa, Japan in 1992, where she studied under a Master Shiatsu Therapist for one year. Shiatsu was developed out of Anma, an ancient Asian healing art form of massage. It includes stretching, deep tissue and myofascial release techniques, as well as meridian assessment and alignment, which balances the flow of "Ki" energy within the meridian and organ systems. While in Japan, Mary also studied a specific form of Hatha Yoga called Okido Yoga or Dynamic Zen. Since returning to the States in 1995, she has been trained in Integrated Yoga Therapy, which is a one-on-one therapy session with each client. Mary has trademarked her Asian form of Hatha Yoga as ZenYOGA Acu-stretch™ which includes the balancing of specific meridians and the alignment of the chakras via breathwork, visualizations, and strengthening postures. Mary incorporates the above yogic breathing and stretching techniques in her Integrated Eclectic Shiatsu therapies. Mary has taught both the Shiatsu and ZenYOGA Acu-stretch™ courses at the Southwest Institute of Healing Arts, and the Phoenix Community College where she is currently teaching. Mary's massage training of 1000 hours includes Ortho-Bionomy, Reflexology, Trigger Point Therapy, Touch For Health, Lymphatic Massage, Reiki I & II, Japanese Anma, Shiatsu, and Face & Foot Massage. Mary holds a Masters degree in the Science of Natural Health, which

includes nutrition, herbology, homeopathy, naturopathy, kinesiology, and iridology. Since 1998, Mary has received further training and is a certified Oriental Sports Trainer, certified Herbal Nutritionist and Iridologist. Mary has been a member of the American Oriental Bodywork Therapy Association (AOBTA) and the International Massage & Movement Schools Association (IMMSA) since 1996. She is a licensed Masseuse in both the Phoenix and Scottsdale areas. **At present Mary is only accepting e-mail and chat counseling sessions.**

Upcoming Events

The **free online chat session** will be on July 7, 2002 and will be hosted by Eric Rutberg, M.A. The August chat session will be hosted by Dr. Judy Lewis, our NetVet, and will be held on August 4, 2002.

There was a technical problem at the June session and Dr. Tom Fiel was unable to be available for the entire hour and a half. He will reschedule his chat session soon. Sorry for any inconvenience.

July Contest Winner

Congratulations to Jewell B. She is our July hypnotic tape winner. Enjoy Jewell.

Featured Mental Health Videotape

Chemical Dependence Video

Do you wonder if you have a drug addiction or suffer from substance abuse? When is "one more drink" one too many? Is yours an alcoholic family? What is the difference between substance abuse and chemical dependence (addiction)? This self-help video describes how chemical dependence starts and how the substance abuse cycle continues. By Jef Gazley, M.S. ©1998

Price: \$49.99 ea.

http://www.asktheinternettherapist.com/chemical_dependence_videotape.asp

Special Note

Check out our new **virtual e-mail!** E-mail questions can now be sent and answered direct from the home page instead of going through the scheduling page and an individual therapists calendar. It is now easier than ever to get a session.

Be sure to utilize our **free** discussion boards. These chat rooms 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. 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.

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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