



The SHULMAN CENTER For Compulsive Theft,
Spending & Hoarding

The Shulman Center June 2016 Monthly e-Newsletter

Happy Memorial Day and Fathers Day!

Welcome to our new, streamlined, smartphone-friendly monthly e-Newsletter. our message brief, friendly, and to the point. We are in our 16th year of our e-Newsletter and currently have nearly 2,500 subscribers. Thanks for your continued interest!



If you or a loved one is looking to make positive changes in life, please consider contacting us at **248-358-8508** for a free consultation. It might be the best call you've made in a while. Please also inquire about our therapist training/certification program.

UPCOMING SEMINARS, WORKSHOPS & ITEMS of INTEREST

Thursday July 28, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Dexter, Michigan District Library 7-8:30pm. Free.

Thursday September 8, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Farmington, Michigan Public Library 7-8:30pm. Free.

Thursday September 22, 2016--Mr. Shulman presents on the connection between traumatic brain injuries and hoarding and obsessive-compulsive disorders at the Brain Injury Association of Michigan Annual Conference in Lansing, MI.

Monday October 3, 2016--Mr. Shulman presents on understanding and treating compulsive stealing, spending and hoarding The 5th International Conference on Addiction Research and Therapy in Atlanta, GA. See:

<http://addictiontherapy.conferenceseries.com/>

Thursday October 6, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Franklin, MI Public Library 7-8:30pm. Free.

Facts, Stats, Quotes & More!

When a father gives to a son, both laugh;
when a son gives to a father, both cry. --*William Shakespeare*

My father gave me the greatest gift anyone could give another person:
he believed in me. --*Jim Valvano*

My father always used to say that when you die, if you've got five good friends,
then you've had a great life. ~*Lee Iacocca*

One father is more than a hundred schoolmasters. ~*George Herbert*

Nearly half of anti-depressant prescriptions are written for
conditions that are not depression. --*Journal of the American Medical Association*

Studies estimate that narcissism rates among college students are up 58%
versus three decades ago; one in five middle-school students contemplates
suicide as a solution to peer cruelty; 70% of college students admit to cheating
in class; and one-third of all college students report having felt so depressed
that they had trouble functioning. --*Time Magazine June 6, 2016*

66% of Americans feel that their households are in good financial shape.
Over the last five years, 5% have seen their pay "increase rapidly,"
and 32% have enjoyed "steady advances." For 46%, their income
remains "about the same." --*Associated Press/NORC*

A tech company called *Pavlok* has launched a wristband
that allows users to give themselves an electric shock--
from 50 - 450 volts--when they want to engage in behavior
such as smoking or eating junk food. *Pavlok* claims it only takes
a few days of self-administered jolts to make the habits disappear.

Online Course For Shoplifters Helps Them Understand and Stop Stealing
<http://web.3rdmilclassrooms.com/courses/court/stoplifting#section-top>

New Film Highlights Suicide Prevention
The New Documentary Film "Death Is Not The Answer"
Written, Directed and Produced by Keith Famie
See: <http://deathisnottheanswer.com/>

New Book Outlines The Wonders of A Minimalist Lifestyle
The More of Less by Joshua Becker
See: www.becomingminimalist.com

Check out new video clips entitled:
"Confessions of a Repenting Thief"
<https://www.youtube.com/watch?v=K-vqexNmaUQ>
www.unsteal.org

Monthly Articles of Interest

Click on blue hyperlinks to view full articles

Honoring Those Who've Served
Memorial Day History and Present

Kermit The Fraud?
Former NBA Star Kermit Washington Indicted on Charity Fraud!

Can Science Stop Stealing?
Florida Researcher Studies Shoplifters to Beat Them at Their Own Game!

Sticky Fingers on Broadway
No Kidding! A Play About Real Women and Why They Shoplift!

Shoplifters' Secret Exposed at Victoria's
Another Surveillance Video Made Public to Help Identify Thieves!

Those Store Greeters Aren't Just There to Be Friendly
Walmart Brings Back Entrance Greeters to Deter Theft!

The Pope Isn't The Only One Who Pardons
Italian Court Dismisses Case of Homeless Man Who Stole Food!

The 7 Habits of Highly Happy People
Common-sense and Powerful Reminder of Helpful Roadmap to Peace!

Awesome Photos Remind Us of Awe
Take a Moment to View Incredible Slideshow of Our World of Wonder!

What Does Spirituality Mean To You?
Pastor and Author Rob Bell Presents 2-Hour YouTube Talk

Defining Mental Illness for Real
Concise WebMD Article Defines Various Disorders

Technology Addiction, Your Kids, and You
New Research Results on How Behavior is Affected!

I Can Totally Relate! How About You?
11 Common But Not Well-Known Things Growing Up in Alcoholic Home!

How Do You Say "Shopaholic" en Espanol?
Recent Spanish Article in Chile Cites Problems There, Too!

This Month's
Featured Article
by
Terrence Shulman

Fathers: Why Bother?
Here's Why...

by
Terrence Shulman

Last month I shared a column (updated from a previous column) about how our mothers impact our lives--emphasizing how our mothers often wound us in various ways, wittingly or unwittingly. As Father's Day approaches, it seems only fair to examine and discuss how our fathers impact us, too.

My father would have turned 77 this June 19th. (My mother just turned 77 in March). Unfortunately, my father died 23 years ago at age 53. I'm about to turn 51 at month's end and, in the back of my mind, I sometimes wonder (and hope) if I'll live longer than my Dad.

Interestingly, one of my best buddies, who is just a few months younger than I am, called me to tell me he'd recently suffered a mild heart attack and had to have two stents placed in two of his arteries--one which was 80% blocked. "Genetics," he said--as his own father had died of a heart attack many decades ago and age 38!

I've talked to many men whose fathers had died and who became increasingly at least mildly anxious about whether they'd outlive their father's age at death. Now I get it. Since men tend to die on average of 8 years earlier than women, chances are good that many of us are spending this Father's Day without the physical presence of our fathers, and it's more common for children (including adult children) to be estranged from their fathers than their mothers. There's a bad joke that goes: "Why do men die younger than women? ... Because they want to." The sad truth is that far too many men see and feel life as a burden and have trouble tapping into the deep joy, awe and meaning of life... even just their own lives. I've felt this myself and I have no doubt my father did as well. It's been said that many of us have grown up with a "father hunger" due to the not uncommon lack of exposure and nurturing by the positive masculine.

Since my Dad's birthday and Father's Day fall around the same time each year, I do my best to be aware of my feelings and where I am in my ongoing grieving process. What is most present for me lately is some sadness that my father is not around to witness and share in the joys of my accomplishments and adventures.

I am the oldest of 3 brothers. Each of us has been impacted by our father's life and death and the way he fathered--or failed to father--us. I think I can speak for each of us in feeling confused, disappointed, and hurt by the fact that our father had so many great qualities and talents which we admired but which, sadly, were undercut by his alcoholism, bipolar disorder, and various personality tendencies which left us feeling like we, essentially, had to raise ourselves.

While our relationship with our mother--no matter how old we are--is likely the most important, primal and fundamental relationship we'll have, fairly recent research and personal anecdotes from both sons and daughters point to the importance of our relationships (or lack thereof) with our fathers.

As with mothers, I can't tell you how often in my counseling practice that clients' "father issues" are at the very root of their addictions and relationship problems and, therefore, how important it is for us to acknowledge, understand, and do our best to heal old (or newer) wounds and to develop a healthier relationship with our fathers whether they are actively in our lives or not.

Some of the most common reasons both men and women have father issues include the following:

1. a father died early in a child's life or committed suicide;
2. a father was addicted and/or mentally ill and was not able to be physically and/or emotionally present and attuned to his child;
3. a father was overtly/covertly seductive/sexual with his child;
4. a father appeared to favor one of his children over another;

5. a father needed rescue, help, or companionship and his child played the role of partner or parent;
6. a father held unrealistically high expectations of his child and the child became inauthentic to receive mother's love/approval;
7. a father was physically, emotionally, and/or verbally abusive toward his child;
8. a father had little natural or cultivated interest in being a father to his child;
9. a father betrayed his child's confidence in some way;
10. a father was "perfect" and modeled this in a way his child felt unable to compete with;
11. a father was overly critical of his child;
12. a father was overly domineering or controlling;
13. a father committed infidelity in his marriage & her child knew;
14. a father encouraged his child to tell or keep secrets;
15. a father broke the law and/or modeled dishonesty; and
16. a father was physically and/or emotionally absent due to working all the time or for some other reason(s).

The core effects of the situations described above often result in persistent feelings of neglect, abandonment, trust issues, low self-esteem/self-worth, codependency/care-taking others, as well as unresolved emptiness, depression, anxiety, and anger. Which of the above issues seems to resonate with you? There may be many other ways to express the wounds or conflicts that develop around our relationship with our fathers than are listed above. Have you had any experiences with this?

I recently read something about love that was powerful to me. It noted that it's important to cover "the four A's: Attention, Affection, Appreciation, and Acceptance." Stop and think about this for a bit. How does this land with you? When you think about your relationship with your father, do/did you feel he was attentive? Was he affectionate with you in an appropriate, nurturing way with hugs, kisses, or even a pat on the back? Was he appreciative of you, your feelings and your unique gifts, talents and efforts? And was he accepting of you with all your foibles, mistakes and so-called shortcomings? That's real love, huh?

We all know that no parent is perfect and even those of us who are parents ourselves get to realize life's cruel joke: we often become like our parents or at least learn to appreciate how hard it must have been to them to raise us!

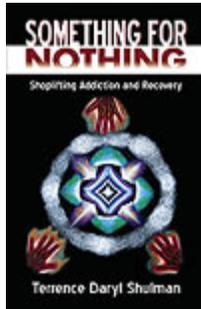
As we grow up (and, hopefully, we do) we learn to differentiate from our parents, need them less (emotionally, financially, etc) and develop compassion for them (they did the best they knew how to do given how they likely were raised). But this doesn't mean it's easy. We are taught to honor thy parents but that doesn't mean we don't speak our minds or share our hearts.

Ideally, we often look to our parents to be a safe space to share our pain and our opinions (even if it hurts them). It doesn't mean they don't share their own pain and opinions back but, I believe, a primary role of a parent is to be strong and mature enough to absorb their child's expressions, to model this even, and to be secure enough even in their imperfections to listen, try to understand, and try to see the gift in their child's courageous, if imprecise, offering of their pain, their perspective. This is the ideal and, of course, it's painful when we don't get this from parents.

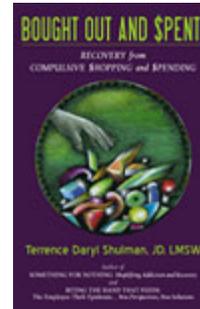
In this context, wouldn't it be great if--this Father's Day--instead of cards and ties, we could give the gift of honesty, our father could receive it lovingly, and we would return the favor?

Books by Terrence Shulman

[Click here to order!](#)

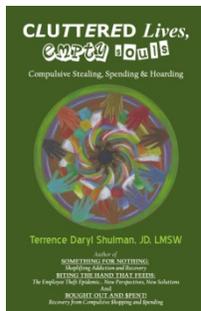


SOMETHING FOR NOTHING:
Shoplifting Addiction & Recovery

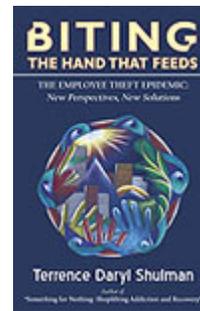


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Compulsive Shopping and Spending

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CLUTTERED LIVES, EMPTY SOULS
Compulsive Stealing, Spending Hoarding



BITING THE HAND THAT FEEDS
The Employee Theft Epidemic

SPOTLIGHTS
OTHER ASSOCIATES ARE DOING GREAT WORK, TOO!

Younique Wellness for Body, Mind and Spirit
<http://youniquewellness.net>

Think Beyond Belief Publishing
<http://kevinalexander.com>
<http://zantimekoqwanzi.com>

Joshua Becker: Minimalist Activist and Author
<http://www.becomingminimalist.com>

Alabama Court Referral Program
S.T.E.P.: Stop Theft Education Program

3rd Millenium STOPLifting Online Education Course
www.3rdmilclassrooms.com

[UnSTEAL.org--A Non-Profit Corporation](http://unsteal.org)
<http://unsteal.org>

[Getting Out From Going Under \(Debt\)](http://gettingoutfromgoingunder.com)
<http://gettingoutfromgoingunder.com>

[April Benson, PhD and Stopping Overshopping](http://www.shopaholicnomore.com/text-program)
<http://www.shopaholicnomore.com/text-program>

[Surviving Suicide with Heart and Humor](http://writeonmymind.com)
<http://writeonmymind.com>

[Jack L. Hayes, International, Inc. Loss Prevention](http://hayesinternational.com)
<http://hayesinternational.com>

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