



Fall 2021

Newsletter by Shadow Backus

Issue 1 August 1st

Seasonal 5-week Group:

What Those who are Committed to Spiritual Growth and Up to a lot of Stuff, Need:

- an assistant
- to be Heard
- have time to put into Practice what we are intending for ourselves
- space to connect with our Higher Selves
- Practice making new thought grooves in our brains so that the anxiety-depression, trauma-reactionary, and inner critic tracks in our brains can rest and heal

We may speak of: body image, stress management, and relationship communication in addition to the above ideas.

What do you need and how can we prioritize that?



We will be meeting on **Sundays at 3:15 - for an hour.**

Sept 26 - Oct 24 (5 weeks). Price is \$35 sign-up 4 days or more in advance, or \$150 for all 5 weeks.

Location: CLARITY, 2415 Parview Road, Suite 1, Middleton, WI 53562

Please contact me with questions and/or let me know if you would like to attend.

Next “CLARITY 101” Workshop:

August 7 and 8: 11 a.m. - 4 p.m. on both Saturday and Sunday

Claim your inherent wisdom and knowing

Learn ways to support yourself and others

Access the energetics of awakening

Release long-standing misperceptions

Invite Spirit into all areas of your life

Trust, listen, surrender

You-re you, own it!

Co-lead with Michaela Torcaso. In this class, there is an opportunity to recognize and strengthen the muscle of choosing to pause. One of the ways this is accomplished is by putting the ego aside; observing patterns, beliefs, and misperceptions; and surrendering that which no longer serves. Participants often share that they experience more clarity, self-love, and peace.

https://clients.mindbodyonline.com/ASP/main_enroll.asp

If you'd like an example of this class, you can first sign up for an “Intro to CLARITY” class that is 1.5 hours.

[I offer \$5-\$10 off my regular session price as a sliding fee scale rate for clients who participate in the 101 class. The reason I do this is because when you have the root concepts of what it takes to energetically move forward in your personal growth, our therapeutic work together is accelerated.]

Mental Health Tip for the Season:

Observe how you experience life and show up in the world as often as you remember to do so. Notice your experiences *while* consciously observing yourself. Witness your thought patterns, behaviors, habits, negative self-talk, how you handle interactions with others, and your reactions or triggers with certain others or in certain situations. **Get really, really, really, good at seeing yourself and your behaviors without judgement!**

You will notice transformation of your experience of life, the choices you make, and how you perceive yourself and others.



Some of my education and professional experiences and how they help you:

To earn the honor of supporting you in revealing your authentic-self more consistently, I have dedicated my professional life to standing for what you need in session. Claiming my stand for you and what you want started with my education. Prior to 1997—when I tested for my licenses—were two Bachelor's degrees, two minors (in Criminal Justice and Women's Studies) and an educator certificate to work in the schools, a Master of Science in Social Work, and 2 years post-grad supervised hours for clinical work. Clinical work is what I do in one-on-one sessions with you.

The supervised clinical hours were spent at OASIS with clients who experienced child sexual abuse, at an organization called Parents of Murdered Children, and conducting groups called Alternatives to Aggression (court-ordered groups for men charged with domestic violence). The employment around and after this was with "runaways", sensitive crimes in the Dane County District Attorney's Office (sexual assault, child and sexual abuse, and neglect), residential treatment for adolescents who were abused or neglected and had mental health concerns in Kansas City, Child and Family Therapy with mothers who were incarcerated and in AODA treatment, and School Social Work and AODA Program Coordination k-12 in Phoenix, AZ and WI, and in an eating disorder clinic. I've witnessed much and because of this I want you to know that you can tell me anything that plagues you, whether it be small or large.

In fact, darkness is where I shine (my parents must have intuited my journey when they named me Shadow-Lyte). I find much value in exploring the crevasses of "ugly" to show you that you are amazing because of your experiences not despite them. This is delicate work though, and I am conscious of how we look-at and pull-out secrets you may not know you are keeping. That is, sometimes our work may seem basic or slow, and sometimes it may feel intense and overwhelming after a session. However, no Truth will be revealed in a session that is not appropriate for you to see. You guide the pace of your healing and empowerment, and I will maintain safety.

To this safe end, I keep current for you by maintaining 36 hours of mental health education every two years. (Other therapists/counselors as well as psychiatrists/medical doctors must have 30 hours of CEUs every two years, and psychologists must have 40 hours every two years in Wisconsin.) In addition, the massage license I maintain requires 24 additional credits every two years. I think this license plus the Yoga Teacher and Personal Training certificates are vital for me to be aware of the energetics that make up your entire mental-physical being (as well as your emotional and spiritual awareness via the alternative and mental health and energy classes I choose to take). Thus, I make time for 60 CEUs every two years. My most recent endeavor has earned me a 2nd level in Complex Trauma clinical treatment certificate.

I do all of this so that I am not only qualified to a high and vast degree, but so that I can be aware of new research being done and its conclusions. As well, I am able to confidently teach you psycho-education when you are interested in what we are doing in session. I love my work and deeply appreciate that you trust me with supporting yours.

Thank you for your commitment to personal work. Your spiritual-emotional-mental growth facilitates others' experience of wholeness, peace, and integrity just by being in the presence of the Truth of Who You Are.