



THE THERAPY CORNER

Fireside chats with local therapists about mental health topics. Have a topic you want to hear more about? Email us at info@mfpinstitute.com and let's chat more!

To Be in Relation

by Paul Hoang, LCSW

From philosophy to psychology and spirituality, relationships have been one of the primary elements for happiness or unhappiness. Establishing connections with oneself, others, and the world around us forms the foundation of a fulfilling life. The key to building relationships lies in self-awareness and self-care. Developing a relationship with oneself involves reflecting, understanding values, and accepting both strengths and weaknesses. This process of self-discovery fosters confidence and resilience, setting the stage for connections with others.

Strong interpersonal relationships thrive on communication, empathy and mutual respect. Nurturing connections with friends, family members and colleagues require listening, open dialogue, and a willingness to embrace perspectives. Empathy strengthens these bonds and creates a support system that enhances personal well-being like a positive feedback loop.

Equally important is our relationship with the environment. Recognizing the interconnectedness between humans and nature is crucial for living. Being mindful of our impact by practicing conservation measures and promoting stewardship contributes to a healthier planet for future generations.

One of the primary goals we integrate into mental health therapy practice is working with clients to repair and enhance the relationships they have with themselves, others, and the environment. One of the first experiences a person has after developing a mental illness is a disconnection with their own selves—due to the confusion, anger, shame, guilt, and fear of not being accepted, loved, or treated well by their family, friends, and others around them. This often leads to self-isolation through emotional and physical cut-off from others. In essence, building relationships encompasses a 3 area approach. By cultivating a connection with ourselves while fostering connections with others and showing respect for our environment, we contribute to a harmonious existence that enriches personal well-being as well as the world at large.

