






Leslie Rouder, LCSW, CHT

ADD Therapist and Coach

Help for adults with ADD

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About Leslie

I have enjoyed working with a wide variety of clients as a therapist and coach for the past 14 years providing services for individual, couples and groups. Although ADD has been my major area of focus, I also provide counseling to individuals experiencing depression, life transition issues as well as grief or loss.

As a Master Practitioner of Neuro-Linguistic Programming (NLP) and Certified Hypnotherapist, I have worked with individuals experiencing, post-traumatic stress disorder (PTSD), phobias, and anxiety and have also helped individuals with smoking cessation, as well as weight loss.

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Hi,

Lately I have been thinking a great deal about change and fear. I know I am supposed to be writing about ADD, but the thoughts and feelings around the idea of change and fear keep flowing into my mind; so I have decided to share some of my thoughts about this, knowing that change and fear is something that is universal to us all.

Change is the one universal thing that each of us experience daily in our lives. But the really big ones, which create tremendous fear, are the ones that have the most potential for our inner growth and transformation.

In today's featured article, *Change; Making Friends with Fear*, I will be sharing some of my own life's experiences around the areas of change of fear, and how you, too, can embrace them to propel you into new paths!

To your continued success,

Leslie Rouder
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I am also a certified practitioner of Integrative Breathwork and Soul Based Psychology and provide breath workshops several times a year.

In addition to my therapy and coaching work, I've conducted and hosted numerous workshops, trainings, and radio shows related to ADD.

In The Next Issue...

Look for *8 Attitude Changes to Save Your Marriage!*

Change; Making Friends with Fear

By Leslie Rouder, LCSW, CHt.

I can honestly say that I have lived a courageous life for the most part; having taken big leaps of faith when many would have taken an easier road, (having made major life decisions on my own most of my life, starting my own company at 27, moving to a new state to attend graduate school and start a new career at age 40, facing cancer and my own mortality at age 50) but I can also say that fear has also been a pervasive companion along the way, and a formidable one at that. And I have noted, as I have grown older that making changes has been increasingly difficult for me. Accepting change that I have no control over is a bit easier because I understand the dynamic of change and the cycles that exist in life in terms of death and re-birth. But the stepping out into the future creating the change (not just accepting it) seems to be the place that has been most difficult for me.

Having just resigned from my position of 11 years, this past July, as a director at a University, so that I might pursue my private practice full time, is the perfect example. I felt the rumblings of this fear, recognizing its arrival a couple of years back, when I first thought of creating a new life for myself. Anxiety and fear were the motivating energetic forces that moved me forward every day. In truth, I wished that I could just be OK with the status quo. After all, wasn't this the worst economic times in the history of my entire life? (Continue reading "[Change; Making Friends with Fear](#)")

Workshops and Events

Women's Support Group

There are only 2 spaces open in this support group, so if you are interested in joining, please contact Leslie at (561) 706-1274 for a free screening. The cost is \$80.00 per month paid in full at the first meeting of each month. Meets every other Wednesday from 7:00 – 8:30 PM. The next meeting is on November 2nd.

New ADD Support Group Coming Up

If you are an adult with ADD or know someone looking to join an Adult ADD Support Group, please contact Leslie at (561) 706-1274 for a free screening and details.

Feb 24 - 26, 2012 - Breath Workshop

Please join us for our annual weekend Breath Workshop with renowned author and founder of the Eupsychia Institute, Jacquelyn Small at the Bridge Hotel in Boca Raton.

A weekend Integrative Breathwork workshop in Boca Raton with Jacquelyn Small, Leslie Rouder and other Eupsychia Staff and Interns!

We hope you can make a mini-vacation from your visit to Boca. We've booked the Boca Raton Bridge Hotel again. It's right on the Intercostal Waterway with 2 restaurants, one casual, one more upscale.

To register:

[Call Eupychia Institute, Inc.](#)
[\(800\) 546-2795](#)

In Austin
[\(512\) 327-2795](#)

Guest Corner | Jacquelyn Small, LMSW



Life transitions and times of transformation are something that my friend and mentor, Jacquelyn Small, often refers to as "hanging in the dangle". I asked her if she would write a description of this concept for this newsletter, which is all about transformation. She graciously responded with the following article:

HANGING IN THE DANGLE BETWEEN THE OLD AND THE NEW

Transformation does not occur incrementally like skill building does, where we get better and better at something everyday.

Transformation is shifts in consciousness that happen through sequences of death and rebirth; we die to the old and awaken to a whole new way of being. And believe me: this is not always fun! When we die to some way we've always been, there nearly always follows a feeling of depression. (Continue reading "[Hanging In The Dangle Between The Old and The New](#)")

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