



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

We hope you are enjoying your summer. Our wish for you is that you have found time to spend with family and friends as well as to take some special moments with your partner. Summer always reminds us of young love and the excitement of meeting new people outside the normal school contacts. How about you? Is there a favorite summer memory that takes you back, reminds you of that carefree, adventurous soul you once were? Why not put on some music from a fond remembered time and bask in a little nostalgia? The sweet vibrations will warm your memory and maybe provide a spark of happiness. We hope so!

This Thought is very personal and one that we hope will help you to understand what may be going on in your own life or that of a loved one or friend. Depression is a real and prevalent issue in the daily lives of many, and often it is misunderstood. I hope this is of interest to you. Keep in communication---we WANT to hear from you!

As always, if you need us, just call.

Donna and David

AUGUST: "Sometimes You Need a Pill"



Have I got your attention? Yes, I'm saying sometimes a pill is needed to make a person's life better. I'm talking about depression, the debilitating and mysterious mental illness that strikes anyone of any age, class, or faith. It's one thing I have in common with Peter Tchaikovsky, Abraham

Lincoln, and Winston Churchill.

Please, understand. I'm not talking about feeling blue for a few days. I'm talking about a biochemical shift in the brain which severely disrupts the proper flow of substances that create calmness, ordered thinking, life energy, and pleasant feelings.

Our natural state is to be relaxed and joyful. Our precious granddaughter, Abby, is six months old. She is relaxed and joyful. We are meant to experience life in that way. Things can happen in life to cause depression; a birth or a death, or loss of a job, or an illness. In addition, depression can be "inherited", meaning we have a genetic propensity to the neurotransmitter irregularities. Whether depression is "situational" or "endogenous" it still can require chemical treatment if the mood problem is severe enough or persistent enough.

I was trained to first address depression through talk therapy alone. If, after several months, there was not improvement, then consider medication. Now we know that the combination of therapy and medication provides the best result. With the advent of such new and wonderfully effective drugs, I tell people there's no reason they need to keep suffering. Drugs are not without problems, however. All have potential side effects and, of course, there are situations where medication is used when not warranted. Proper referral, expertise, and monitoring are essential.

My Thought this month is in support of those people who don't know they are depressed and/or think they should just "soldier on." I will tell you that once the chemical imbalance occurs, no diet, no amount of exercise and no amount of talk therapy alone will be able to do what a properly prescribed anti-depressant can do as quickly or as well. The effect is dramatic for many.

So, I invite you to take a second look at your sleep problems, your anxiety symptoms, your overwhelmed, discouraged feelings, your somatic (body) symptoms, and your exhaustion then consider that you might be depressed. ("Join the club!") Life is hard enough and we all deserve to remove any factors in our control that may be making life harder.

Listen to those people who love you who mean well when they think you might be depressed.

Call Donna or me for a referral or find someone who has been down the road and see who helped them.

As always, please send your feedback, especially if you don't agree or have questions.

David (and Donna)

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES
COMING UP!**

***Be sure to watch this space or check our web
site for future opportunities.***

Getting the Love You Want Workshops

September 7-9, Rehoboth Beach, DE

**September 21-23, Rehoboth Beach, DE,
Same Sex Workshop**

Gender to Gender: What Men and Women Need to Know

September 15, Frederick, MD

Parenting Workshop

October 13-14, Frederick, MD

QUOTES OF THE MONTH

**"Rest is not idleness, and to lie sometimes on the grass
under the trees on a summer's day, listening to the
murmur of water, or watching the clouds float across the
sky, is by no means a waste of time" John Lubbock**

**"All we need is the truth in our hand. Someone to call a
friend. Never fear the darkness. All we need is just the
sun in the sky. And the hope of a summer to come with
the meaning of love." Anonymous**

**I hope your summer is just like a little box filled with
surprises. Unknown**

**Someone asked me what book I read of the summer. I
replied with, "Facebook." Unknown**

**"Summer is the time when one sheds one's tensions with
one's clothes, and the right kind of day is jeweled balm
for the battered spirit. A few of those days and you can
become drunk with the belief that all's right with the
world." Ada Louise Huxtable**

**Summer is the season when a man thinks he can cook
better on an outdoor grill than his wife can on an indoor
stove. Unknown**

**"I know I am but summer to your heart, and not the full
four seasons of the year." Edna St. Vincent Millay**

"Summer afternoon, summer afternoon: to me those

**"Summer afternoon, summer afternoon, to me these
have always been the two most beautiful words in the
English language" Henry James**

**"Warm summer sun, shine kindly here. Warm southern
wind, blow softly here. Green sod above, lie light, lie
light. Good night, dear Heart, Good night, good night."
Mark Twain**

**Summer meant watching cartoons all morning, roaming
the neighborhood all day and going back home when the
streetlights turned on. Unknown.**

**"Summer bachelors, like summer breezes, are never as
cool as they pretend to be." Nora Ephron**

**"In summer, the song sings itself." William Carlos
Williams**

**"Deep summer is when laziness finds respectability"
Sam Keen**

**"Summer makes me drowsy. Autumn makes me sing.
Winter's pretty lousy, but I hate Spring." Dorothy
Parker**

**He was in love with life as an ant on a summer blade of
grass" Ben Hecht**

**"Being a child at home alone in the summer is a high-
risk occupation. If you call your mother at work thirteen
times an hour, she can hurt you." Erma Bombeck**

**It's almost Summer! Time to find out what my friends
with swimming pools have been up to since last
summer... Unknown**

**That awkward moment when you write a super long,
heartfelt note in someones yearbook and they write
'Have a Great Summer!!' Unknown**

We are on this journey with you. Keep in touch!

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**

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