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About Us

Front Range Psychological Associates, LLC is a mental health practice dedicated to promoting and providing mental health care to children, adolescents, adults, seniors, families, and couples. We provide counseling services as well as psychological testing. We work with insurance carriers and also accept fee-for-service payment.

Dr. Bridget Engel and Dr. Stephanie Smith are both licensed clinical psychologists in Colorado, and have extensive experience working with clients in improving psychological health.

It's Official!!

We are now (sort of) settled into our new office in Erie and are really enjoying our new space. We are located in historic, downtown Erie at 526 Briggs St. Come check us out – and while you are here, stop by some of the great locally-owned restaurants, shops, and other businesses nearby. Erie is a great place to work and we hope to be a part of the community for many years.

We continue to have flexible office hours in both our Westminster and Erie locations, including evenings and weekends.

New Years Resolutions

Ring in the New Year gives us an opportunity to reflect on 2006, and to prepare for making ourselves healthier and better in 2007. With our busy lives and stressful schedules, it is often hard to stick to those new goals. In fact, research indicates that 25% of New Year's resolutions will be abandoned in the first 15 weeks and the average number of times a New Years Resolution is made is ten.

Here are some things to do to increase your success rate:

1. Analyze last year's goal to determine what didn't work
2. Set expectations which are reasonable and not too high to attain
3. Break goals down into small steps
4. Phrase resolutions positively so you know what you are going to do, instead of what you're not going to do

Contact Us

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If you would like to be removed from our email list, please send a note to:

drsmith@frontrangepychology.com

Pass It On!

Please feel free to forward this newsletter to your co-workers, friends, or family members.

5. Focus on measurable results so you know when you've succeeded
6. Limit the number of resolutions you make to avoid being overwhelmed
7. Create a buddy system so that you can work as a team
8. Make sure your goals are truly meaningful to you
9. Instead of beating yourself up, have a back-up plan for those days that you skip the gym or start to feel unmotivated
10. Reward yourself when you enjoy success

Common New Years Resolutions

Spend more time with family

Exercise more & lose weight

Quit smoking

Enjoy the little things in life

Alleviate debt

Phobias

Many people in the United States suffer from some type of phobia. While many of us have fears that only surface occasionally (i.e., seeing a snake in our yard), others suffer daily anguish as we live with phobias that are more difficult to avoid (i.e., fear of other people).

The Rocky Mountain News ran an article on phobias on Monday January 1, 2007 which included comments and suggestions by Dr. Smith. Please go to the link below to read the full story:

http://www.rockymountainnews.com/drmn/other_spotlight/article/0,2777,DRMN_23960_5249062,00.html

Listed below are some common, and some not-so-common phobias:

Agoraphobia – Fear of open spaces and crowds
Amaxophobia – Fear of riding in cars
Atychiphobia – Fear of failure
Aviophobia – Fear of flying
Chionophobia – Fear of snow (we all might have this one now!)
Clautophobia – Fear of elevators
Claustrophobia – Fear of confined spaces
Coulorophobia – Fear of clowns
Cynophobia – Fear of dogs
Gamophobia – Fear of marriage
Glossophobia – Fear of public speaking
Iatrophobia – Fear of doctors
Ombrophobia – Fear of rain
Ophidiophobia – Fear of snakes
Pophyrophobia – Fear of the color purple
Trypanophobia – Fear of injections
Verminophobia – Fear of germs

Feedback

Please let us know what you think about our newsletter! And also feel free to email or call us with questions, or for more information about the information presented in this newsletter, or about the services provided by FRPA.

We are happy to answer your questions, and take pride in responding quickly and thoroughly to our clients' needs.