



CENTUS
COUNSELING · CONSULTING · EDUCATION
MIND · BODY · SPIRIT · COMMUNITY
RESILIENCE AND STRENGTH-BASED THERAPY
By Dr. Susan Shamos, CENTUS Therapist

“That which is to give light must endure burning.” Victor Frankl

How do some people recover from overwhelming trauma and suffering? Why are some people overcome by obstacles while others thrive in the worst of circumstances? The field of psychology has pondered such questions, and has provided a body of research about resilient people. Therapists endeavor to apply this broad knowledge with their clients, as they venture beyond problem-solving approaches.

CENTUS counselors, throughout the Denver metro area, have a 26 year history of offering therapy, help and healing that draws from professional training in psychology, social work, and pastoral counseling as well the resources of religion, spirituality and wisdom traditions. This broad approach takes into account not only psychopathology and vulnerability but also optimism, strength and transcendence.

In 1996, the Association for Marriage and Family Therapy held a panel discussion of how three world religions, Judaism, Christianity, and Buddhism, approached resilience. Each tradition speaks powerfully to providing individuals and communities with a sense of overcoming and optimism in the face of discouragement and loss. Sybil Wolin pointed out that the Jewish teaching on resilience comes from the Exodus, the Jew’s liberation from slavery in Egypt and their journey to Sinai. It is the journey from a slave mentality to the divine revelation of a blue print for living with justice and compassion. Fred Taylor, from a Christian point of view, focused on the personification of resilience in Jesus, who suffered dreadful pain, isolation, betrayal and abandonment, but never lost his capacity to love others. Christianity helps us to understand that we all have this capacity to prevail in overpowering conditions. Wayne Muller spoke of the Buddha nature in every person, which is a nameless quality of wholeness that can bear all that is given.

A Buddhist parable states that if you take a tablespoon full of salt and put it into a glass of water, stir it and drink it, the water will taste bitter because of the salt. But if you take the same tablespoon of salt and stir it into a large clear mountain lake and then take a handful of that water you will not taste the salt at all. From this we learn that suffering is not caused by the salt but by the smallness of the container. The great wisdom traditions help us to understand that everything we do in healing should help make the container larger. This is our mission at CENTUS Counseling, Consulting and Education.

CENTUS clinicians can help you heal into greater joy and resilience in life. Find a therapist who best fits you at 303-639-5240.