



Geoffrey Bullock, LCSW

---

Bullock Counseling and Consultation is pleased to offer presentations free of charge to non-profit, civic, educational, and similar groups in Asheville and Buncombe County. The topics described below are being highlighted this spring; however other subjects related to parenting, child and adolescent development, relationships, men's issues, and midlife concerns are also available. Presentations typically take 45-60 minutes with time for questions; although most can be adapted to fit shorter times with some reduction of content. Bullock Counseling and Consultation also provides seminars, workshops, and in-service trainings on these and other topics.

Geoffrey Bullock, LCSW has been working in the counseling and mental health services field since 1974. He is a Licensed Clinical Social Worker and has also been credentialed in North Carolina as an Early Intervention Specialist and a Privileged Infant Specialist. His diverse professional background includes work in community mental health, residential treatment settings, adolescent group homes, therapeutic wilderness programs, psychiatric facilities, and educational programs. He has experience working in direct care, supervisory, management, and administrative positions. Since 1994 he has been providing psychotherapy and consulting services in the Asheville area through his private practice.

---

## Featured Presentations – Spring 2009

### **Managing Anxiety in Times of Financial Uncertainty**

The state of the economy has affected almost everyone, not only financially, but also emotionally. Concerns about financial security are felt in the core of our being and can often cause an increase in anxiety. While anxiety is a normal reaction to unpredictable situations, it has the potential to seriously disrupt one's daily functioning and to make a difficult situation even worse. This presentation offers insight about what triggers anxiety, why it is important to keep anxiety in check, practical steps for managing anxiety, and guidance for knowing when it's time to seek professional assistance.

[This presentation addresses mental health issues and does not provide guidance or advice specific to financial concerns.]

### **Discussing Family Finances with Children**

Many families are facing significant changes in their household finances. Most children, and even many of their parents, have never experienced a recession that required making major adjustments in the family's spending. This presentation offers guidance to parents for talking with their children about changes in the family's finances, including how to bring up the subject, what information is appropriate to share, what to say to children of different ages, and how to stay reassuring while being realistic.

### **Can You Love Your Kids Too Much?**

*A discussion of unintended consequences from loving acts.*

The simple answer is "No, you cannot love your kids too much." A more complete answer is that some choices made by parents out of love may lead children to have unrealistic beliefs and expectations about how they will or should be treated by others. This can lead to difficulties with peers, teachers, and neighbors, and may lead to challenges with employment, relationships, and friendships later in life. This presentation covers some of the subtle pitfalls that may ensnare parents, despite their best intentions. It also identifies basic guidelines for helping parents think through and make choices that will prepare their children for future success, while still being able to fully express their love to their children.



Geoffrey Bullock, LCSW

---

## Featured Presentations – Spring 2009 (cont.)

### **Drowning In-Decisions**

#### *Taming the Deluge of Daily Decisions*

The combination of technological advances and general affluence in recent years has given us more options and choices than ever before. While this certainly can enhance life, it has also increased the number of decisions that we must make each day. We generally like having choices, but our psyches do have a limited capacity and can become overwhelmed by facing so many decisions. This can lead to increased stress, disruptive moods, procrastination, decreased self-control, and may even result in using poor judgment on important decisions. This presentation discusses the benefits of developing a personal plan for dealing with this ever increasing number of choices and provides some basic strategies and tools for managing choices and decisions more effectively.

[The minimum time required for this presentation is 30 minutes.]

### **Men at Midlife**

#### *Crisis Optional?*

If the changes encountered during middle age happen to all men, why do some seem to have a “crisis” and others make the transition smoothly? Does a “midlife crisis” actually exist or is it just an excuse for bad behavior? This presentation considers some of the common challenges faced by men at middle age, why this transition is different from those encountered earlier in life, how the same traits that have helped men be successful may actually set them up for difficulty at midlife, and what can be done to avoid a “crisis”. In addition to benefiting middle-aged men, this presentation may be useful to men still approaching midlife and to women who wish to better understand their middle-aged companions.

### **Becoming a Couple in Midlife**

#### *Venturing on New Paths - without Maps*

New relationships are being started at midlife in ever greater numbers. Creating a relationship at this stage of life often allows couples great flexibility to decide what form of relationship best suits them; but there are also fewer reliable models or guiding principles available to them. The desire to have companionship and intimacy with a partner is a common theme for couples at any age. But, many of the expectations, priorities, and aspirations that are part of relationships in young adulthood don't easily transfer or fit with couples in their middle years. This presentation identifies some of the unique opportunities and challenges that accompany relationships being formed in middle age and offers guidance and considerations for midlife couples as they develop and define their relationship.

### **Retirement? What Retirement?**

#### *Finding a Balance between Chicken Little and the Ostrich*

The average 401(k) account lost 27% of its value in 2008, putting many people's plans for retirement into chaos and leaving them feeling angry, fearful, anxious, or depressed. This presentation offers guidance for addressing the emotional challenges that often occur with this kind of setback. It also identifies important steps to prepare oneself for effectively reassessing and adjusting retirement plans, in order to find the best way forward.

[This presentation addresses mental health issues and does not provide guidance or advice specific to financial concerns.]