

Mental Health

Lin Marshall Brummels

“In any case, therapy is an art.”

Federico Carmona

Counseling Today

Driving to my counseling office

I think of Carl Jung’s insight –

There’s no recipe for living

that suit all cases

His advice rings true of my clients

one leaves therapy claiming understanding

another only talks when she’s anxious

a third too stressed to leave home cancels

After work I unwind gator-cruising –

wind through the half-windshield

blows away others’ issues cools my hot face

reminds me therapy is art

opens my eyes to nature’s healing

notice sycamore tree is debarking

upper branches already pearly-white

trunk’s rough brown tweed covers deep roots