

Moving Mountains

Magical Choices For Empowering
Your Life's Journey

Dr. Steve Frisch, Psy. D.

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For years I have been the collector of a wide variety of quotations.
Too often, however, I carelessly neglected to note sources. In prepar-
ing this book I have spent countless hours attempting, unsuccessfully,
to locate the origins of some of the quotations cited. If you know
the sources please contact me at the numbers listed in this book. My
apologies to the authors, and to the readers for the absence of credit.

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It is impossible to be a practitioner in the field of psychology without being influenced in both my thinking and development by the many great writers in our field. Their names are too numerous to mention, but suffice it to say, the ideas contained in this book have arisen out of the collective body of literature as it exists today. I have only given them a different form.

Lastly, I want to say a special thanks to the most important teachers I ever have had—all the people I have had the privilege to work with throughout the years. Your belief and trust in me has sustained me throughout all the highs and lows of our time together. I only hope that I was able to give you half as much as what you all have given to me. May your lives continue to be all that you have worked so hard to create for yourselves and more!

*D*edication

I dedicate this book to the loving memory of my brother-in-law, P. Phillips. You never got the credit, but you taught me what it meant to be a loving son to your parents and the world's best dad to your children.

About the Author

Dr. Frisch is a clinical psychologist in private practice in Chicago, Illinois. He is a graduate of the Adler School of Professional Psychology where he received his doctorate in clinical psychology. He received his masters Degree from National-Louis University where he specialized in addictions counseling. His undergraduate degree was awarded to him by the University of Cincinnati, where he graduated with honors.

Dr. Frisch received post-doctoral training in two specialties at the Adler School of Professional Psychology. He completed a certificate training program in clinical hypnosis at the Center For The Advanced Study Of Clinical Hypnosis. He also completed a certificate training program in Marriage and Family Counseling. He is licensed by the state of Illinois as a clinical psychologist. He was certified in Illinois by IAODAPCA as a certified drug and alcohol counselor in 1988.

Dr. Frisch's first book, *The Comparative Effectiveness of Group Therapy Versus Individual Therapy As Measured By Self-Concept, Interpersonal Orientation, and Degree of Emotional Adjustment* was an empirical investigation of the treatment modalities he utilizes in his private practice. This book was based on a study he conducted to demonstrate the effectiveness of his treatment protocols.

His treatment philosophy has grown out of his diverse clinical background in which he has worked with a variety of different clinical populations. From these diverse experiences, Dr. Frisch has assimilated a variety of assessment and treatment interventions into his integrated

treatment philosophy.

Dr. Frisch has worked on the staff of both inpatient and outpatient chemical dependency programs. This experience provided the foundation for his work with the issues that arise from the impact of chemical dependency on the individual, the family, and the workplace.

As a result of his work in the field of chemical dependency, Dr. Frisch founded the Adult Children Institute. This treatment clinic specialized in working with adults who were raised in families emotionally organized around the influences of drugs and alcohol, sexual and physical abuse, and emotional neglect.

The Adult Children Institute developed treatment interventions that enabled the program's participants to develop effective ways to heal from the aftereffects of trauma experienced in their earlier development. These aftereffects included substance abuse, depression, anxiety, low self esteem, shame, and relationship issues such as fear of emotional intimacy and commitment.

Dr. Frisch co-developed and was the coordinator of a mental health program for homeless adults who required treatment for substance abuse and emotional disorders. He developed an individualized assessment and treatment protocol that provided the impetus and support for each individual to rebuild their lives within their local communities.

The Pathfinders programs represent the integration of Dr. Frisch's ongoing research and work in the area of human growth and potential development. Program participants develop the necessary awareness and skills to create an empowered life that maximizes their full potential for both their interpersonal and professional lives.

Whether by individual consultation, group experi-

ences, workshops, or seminars, Dr. Frisch engages his audiences with a mixture of common sense and sound psychological principles of change that awakens and inspires his audiences to the possibility of what their lives can potentially become. He consults with individuals, couples, groups, and organizations that are seeking to implement the principles of development, change, and growth in their lives.

About the *Pathfinders Programs*

“It has been said that a miracle is the result of causes with which we are unacquainted. Once these causes are discovered, we no longer have a miracle, but natural law.” This quote, by Robert Parish, has served as a guiding light for both my personal and professional growth. And it has been my privilege to share a very personal journey with people just like you who have discovered their own natural laws from which their own miracles have occurred.

The Pathfinders personal growth programs were born from the very simple proposition that our life’s journey is a miracle waiting to unfold. We merely need to discover our own natural laws as we develop the skills necessary to set us free. For our emotional and spiritual well-being evolves from our willingness to combine the truth of our own natural laws with the skills necessary to activate the seeds of the unused potential that lives within each and everyone of us.

There are but two premises you need embrace as you search for your own path on your life’s journey. The first premise was articulated over two thousand years ago by Aristotle who said, “People are able to change only by *practicing* the right actions.” Very simply, habits are powerful forces that cannot be let go of all at once; rather, shifts in our thinking, our behavior, our emotions and our lives happen through practice over time.

Pathfinders is an essential *living laboratory* where people safely practice the *right actions* that will enhance their emotional and spiritual well-being. The principles of the Pathfinders programs serve as a catalyst for

growth—growth created by our willingness to choose new ways of solving the problems we are experiencing in our lives.

But more than just a spark for change and growth, the Pathfinders series is a skills-based program. The primary focus of the Pathfinders series is mastering the skills necessary to enhance each participant’s emotional well-being by developing better relationships with themselves and the people in their lives.

The second premise is equally important. Our life’s journey is a process to be experienced; not a series of problems to be solved. The implications of this premise are profound for how we approach our journey as well as how we define ourselves.

Our journey is not a process of repairing who we are—for we are not broken. It is an ongoing process of creating a purpose in our lives through the relationships we establish with ourselves, the people in our lives and our own personal spiritual power.

Our life’s journey is an adventure. We are seeking to discover the essential truths about the essence of who we are, and as we piece together that tapestry, we are more able to live a life which honors ourselves.

We cannot define ourselves by the symptoms we experience, for we are not the sum total of our life’s problems. We are not dysfunctional souls drifting through life in search of the perfect cure that somebody else possesses, for all of our solutions live within ourselves.

You see, our desire for change evolves out of the same longings we all possess. We all are stirred by the same passions. And we begin to search for our path when those

strong stirrings from deep within are awakened.

These stirrings are the rumblings of something that has long been immobile and silent, cramped and almost dead to the touch. But our emerging hopefulness stimulates our life energy to flow in new and different directions.

When we discover our own natural laws by which we can mobilize our inner strengths and courage to experiment with new choices, we will have discovered the power that lives within each and every one of us. As we discover the means by which we can tap into our own personal power, we will start to see the challenges in our lives very differently.

We will begin to see the obstacles in our path as gifts that can set us free rather than as obstacles that imprison our spirit. Gifts that can teach us about ourselves as well as open our souls to the possibilities of what our lives can become.

As you acquaint yourself with the Pathfinders series, you will see yourself reflected within the pages of this book. The words on each page will take on a very personal meaning to you—a meaning meant to awaken your soul to the possibilities of what your life can be.

As the seeds of hope and potential that live within you are activated, be ready for what your life will become. For your life will become a wondrous mixture of hope and fear, growth and paralysis, excitement and discouragement.

And that's as it should be. But over time, the roller coaster ride will even out for you, of that you can be sure. And as it does, you will have trouble recognizing who is staring back at you as you look in the mirror everyday.

Let me share this one last thought with you as you

begin your journey. We have a saying that describes people's experience in the Pathfinders programs.

"You couldn't pay me a million dollars to do it again, but you couldn't pay me ten million dollars to have never done it at all."

It is with this spirit that I encourage you to launch your own search for the path that will [re]connect you to your life's journey.