



## **THE ABSENCE OF SICKNESS IS NOT THE PRESENCE OF HEALTH**

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A little over a century ago, the formal discipline of psychology was founded. That fledgling field was mostly started by medical doctors curious about how to treat problems that seemed more mental. Not surprisingly, they brought the medical model in which they were trained with them. They formed procedures for how to assess, diagnose, and treat psychological problems in the same way that they did for broken arms.

They had made an assumption that counselors at SCA no longer share: solving psychological problems would make people healthy in the same way that antibiotics could clear up an infection and restore functioning. We are all for helping you solve your psychological problems. Anxiety, depression, relationship issues – we have lots of tools to help you with your issues and feel it is our privilege to work with you to use them effectively.

But we also know that there is more to it. What does living a life of joy and purpose look like? If you learn to manage your anxiety, but don't have these things, you won't be healthy. That's why we won't stop at fixing problems. We want to be a part of helping people cultivate a full and vibrant life.

And the interesting thing that we have learned – something those early founders of the field didn't know – is that living an engaged and meaningful life is not something that inevitably happens after you have "fixed" your problems. Instead, learning to live this way in the middle of the hardship actually turns out to be one of the ways to manage those terrible psychological problems.