

Turning a New Leaf



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Imposter Syndrome: Don't Believe the Lie!

by Larry Deffendoll, MS, LMHCA

Why me?

It's a question that often follows a sudden loss or tragedy. For most people, a natural part of processing misfortune is wondering why it happened to *them*.

That undeserving feeling doesn't just accompany misfortune. It can crop up in times of success or good fortune too. Even when a positive situation comes after years of education, hard work and previous successes, a person's well-deserved confidence and self-validation can be replaced with internalized perceptions of self-doubt. *'Why me?' can taint a positive situation, causing a person to question if they're even entitled to celebrate their success - or if it's merely the result of good luck. It can be especially insistent in career accomplishments, where this feeling of self-doubt is known as 'Imposter Syndrome'.*

Originally discovered in the late 1970's, 'Imposter Syndrome' was found to primarily affect females who were highly educated and/or professionally recognized within their profession. The research of psychologists Pauline Rose Clance and Suzanne Imes discovered that despite the professional accolades these women earned, they were unable to feel pride in these accomplishments. Instead they felt like unworthy 'frauds' or 'imposters'. Since the 70's, Imposter Syndrome has become prevalent across all populations regardless of gender, race, sexual orientation, or ethnicity; affecting everyone from stay-at-home parents to medical doctors. While it is not recognized as a psychiatric disorder or mental illness, studies have shown that it has become a common occurrence with an estimated 82% of Americans having experienced symptoms.

Those affected have been reported to experience mental health distress and deterioration in the form of depression and anxiety, thereby increasing likelihood of professional burnout and both mental and physical exhaustion. The affected individual may encounter overwhelming emotions, that can cause them to adopt people pleasing behaviors, to unrealistically compare themselves to peers, or even to develop a lowered resiliency, rendering them unable to handle feedback of any kind.



Experiencing these kinds of effects after success can cause an individual to 'hit the pause button', and regress in their personal/professional development. Fearing they may fail, they're also likely to fear further advancement, and even avoid applying themselves as they previously had. Individual and group treatment options for Imposter Syndrome are available but limited at this time, though research is ongoing. In an individual setting a therapist may use a cognitive behavioral approach which encourages self-reflection and helps the individual learn to recognize damaging thoughts, examine the accuracy of those thoughts, and reframe them in a way that is more self-affirming.

Imposter syndrome can seem inescapable, but overcoming the lie that you are not good enough is a must. No one deserves to be a prisoner of their own thoughts, so if this is your struggle, don't be afraid to reach out for help and take back control.

Larry Deffendoll, MS, LMHCA
is based in our Crown Point Office,
call 708-895-7310 for appt.

References-

- Dean, E. (2023). How to deal with imposter syndrome
- Rivera, N., Feldman, E. A., Augustin, D. A., Caceres, W., Gans, H. A., & Blankenburg, R. (2021). Do I Belong Here? Confronting Imposter Syndrome at an Individual, Peer, and Institutional Level in Health Professionals.



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Greetings and blessings to you! Writing on a sunny day in mid-February, I find myself looking forward to Spring and all the newness and joy it brings. We've been so blessed by the mild Winter. I am also reflecting on 2023 and the wonderful generosity of our kind and faithful donors. On behalf of the New Leaf Resources staff and board, I want to thank each of you one more time for your help and care for this ministry and the clients we serve. Your gifts make all the difference and enable us to accomplish the goals set before us and help people who might otherwise not be able to afford care. We pray for you and ask that God bless and keep you.



While there are a lot of difficulties, challenges, and painful realities facing us in our lives, we have hope and security as we turn to Psalm 91, which encourages us to dwell in the shelter of the Most High and rest in the shadow of the Almighty (whose power no enemy can withstand). If you read further, you will understand all of the protections afforded to us when we abide and dwell in Him. It is really very incredible. This gives us hope, helps build our trust, and allows us let go of fear. At New Leaf we strive to touch people with this kind of peace and encouragement.

In this newsletter we're highlighting our new Recurring Giving Program. We are in the midst of giving the program a name. If you have some suggestions send them our way. At our annual dinner in June we will unveil the name chosen.

continued next page...

Need for mental health resources is at an all-time high. The importance of our mission is too.

When someone reaches out for help
and has to be put on a waitlist, we feel called to do more.
And we have! We added therapists, and we're not done.

We can't stop at the '1 therapist for 1 hour' model.
Our mental health professionals are now developing classes,
workshops and resources to address needs in the community
- before a clinical need arises.

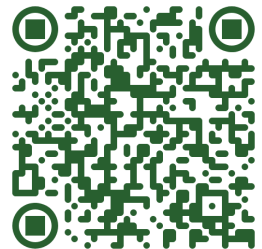
New Leaf is asking for your monthly support

Receiving monthly support takes the risk out of planning.
Donors giving at any level help us maintain
services no matter what gets thrown at us.

Please consider a recurring monthly donation.
You can set one up at:
www.newleafresources.org/partner/rdp.cfm

**What will
these events cover?**

- Marriage Health
- Parenting
- Mental health skills
- Art Therapy
- Workplace Management



Executive Director's Note continued

Recurring giving can be helpful in many ways; to you, to the ministry, and to our clients. It's pretty easy to set up and you have total control over how often you give and the amount. You can make changes at any time, turn it off and on, as well as give other one-time gifts in between. You'll get regular monthly receipts as well as an end of year reconciliation from New Leaf Resources. I hope you take some time to learn about this way of giving and consider it.

Thank you again, and we continue to pray for you and the one's you love.

God Bless You,

Steve

Sample of Recurring Donor Form Online:

The screenshot shows the 'New Leaf Resources' recurring donor form. At the top, there is a 'View My Giving' button. Below it, a progress bar indicates the steps: 1. Donation, 2. Donor, 3. Payment, and 4. Confirmation. The main section asks 'How much would you like to donate?' with radio buttons for \$5, \$10, \$25 (selected), \$50, and \$100. A green callout bubble says 'Choose the amount you prefer'. Below this is a text input field for the amount, currently showing '\$ 25.00'. The next question is 'Where would you like this donation to go?' with a dropdown menu. Under 'Funds', the 'General Fund/Recurring Donor Program' is selected, with a note: 'Donations given to the Recurring Donor Program will be used towards the greater mission of our ministry & held in our General Fund Acco'. Under 'Appeals', it says 'No options available.' A green callout bubble says 'Choose the first Fund'. There is a '+ Add Another Donation' button. The final question is 'How often would you like to donate?' with radio buttons for 'One-Time' and 'Recurring' (selected). Below this are three dropdown menus: 'Frequency' (Monthly), 'Total Occurrences' (Unlimited), and 'Start Date' (Today). A green callout bubble says 'Set 'Recurring' & Term Length. (Change Anytime)'. At the bottom left is a green 'Next' button, and at the bottom right is a 'Privacy Terms' link.

Click 'Next' to enter your donor info, then payment info, then press 'Donate'. You're all set up!

Return to the same page to make changes, or contact us and we'll help!



Welcoming our two new therapists!

Jessica Gipp MA, LMHCA, NCC



Crown Point

Jessica specializes in working with teens and young adults. Her areas of interest include: family issues, trauma, stress, anxiety, depression, addictions, self-esteem issues, women's issues, spirituality issues, and life transitions.

Jessica has experience working with teens at the Lake County Juvenile Center in Crown Point. She has been leading an online support group for Adult Children of Family Dysfunction for 8 years.

BA in Psychology, Purdue University Northwest |
MA in Education and Counseling, Purdue University Northwest

Larry Deffendoll MA, LMHCA



Crown Point, Wheatfield

Larry has experience working in both individual and group clinical settings with a diverse range of clients. He has walked with clients through an array of mental health journeys including addiction and trauma. He serves clients ranging from adolescents, up through individuals in later stages of life.

As a veteran of the United States Armed Forces, Larry understands the very specific needs of our clients who serve or have served to defend our country.

BS in Behavioral Science, Bellevue University
MS in Clinical Mental Health Counseling, Bellevue University

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**Need for mental health resources
is at an all-time high.
The importance of our mission is too.**

See inside this newsletter to read about
our new monthly donor program!
It helps us expand our professional
offerings to hundreds in the community
-before a clinical need arises



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