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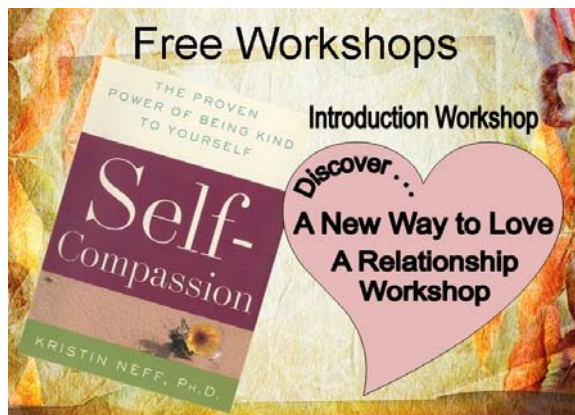
Fall Workshops & A Tribute to Robin Williams

A Tribute to Robin Williams

The following quotes and comments are my tribute to Robin Williams who died on August 11th. Here are some of the poignant comments made by a few of my Imago colleagues as well as from other sources. In all the many things that I have read there seems to be one aspect not mentioned and that is about **shame**. Robin was brilliant, kind-hearted, talented beyond belief, but troubled by addiction and depression throughout his career, probably even since childhood. For those of you who have struggled with depression and/or addiction or have someone of significance to you be challenged in that way, it may be easier for you to have compassion for Robin for taking his life. I personally have a lot of compassion and appreciation for Robin Williams.



Often those who struggle with depression and/or addiction feel very ashamed and helpless. My belief is that as brilliant as he was, he was no longer able to cope with the pain, fear, and shame of his life. At the time of his death, he was suffering from the early stages of Parkinson's disease which put another layer of challenge in his lap. His wife said that he had a continued commitment to sobriety and that was "intact" at the time of his death. *...please continue reading following workshops*



Self-Compassion Learning to Be Kind to Yourself

based on the book,
Self-Compassion, The Proven Power of Being Kind to
Yourself by Kristen Neff, PhD

Sun, Sept 14 | 2 - 4:30 pm

Crazy Wisdom Bookstore-114 South Main St, Ann Arbor

Come to this workshop and begin to replace your self-critical messages with self-compassion.

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**Intro to  
Imago Relationship Therapy**  
based on the book Getting the Love You Want  
by Harville Hendrix, PhD

### Discover a New Way to Love

a relationship  
weekend workshop  
for couples

 presented by  
**Carole Kirby, lmsw**



**Confused about where the love went?  
Afraid to get help and afraid not to get help?  
Thinking it's all your partner's fault?**

**Come sooner rather than later!**

**October 17-19, 2014**

Clarion Hotel - 2900 Jackson Ave, Ann Arbor, MI

**Fri. 7-10:30 pm | Sat. 8:30 am-8 pm  
Sun 8:30 am-6 pm**

Based on the best selling book, Getting the Love You Want, A Guide for Couples, by Harville Hendrix, PhD founder of Imago relationship therapy.

This intensive weekend for couples will help you discover what is getting in the way of a safe, loving relationship.

**Sun, Oct 5 | 2 - 4:30 pm**

Crazy Wisdom Bookstore-114 South Main St, Ann Arbor

- discover what's beneath your longstanding issues and what to do differently to enhance communication with your partner
- change reactive, ineffectual behaviors into a force for compassion, healing, & growth

Both are FREE, but please call or email to register.  
734-424-2797 or Carole777@aol.com

[www.therapy4couples.com](http://www.therapy4couples.com)

You will understand yourself and your partner better and develop an awareness of how to use your relationship for mutual healing and fulfillment. You will learn the importance of focusing on the needs of the relationship rather than your individual needs.

The workshop uses a variety of teaching modalities that couples do on their own, and group discussions. All group sharing is by choice.

Register:

734-424-2797 or Carole777@aol.com

[www.therapy4couples.com](http://www.therapy4couples.com)

## A Tribute to Robin Williams - Continued

I will list some comments made by others that had import to me and I hope for you. I will close with **A Beautiful Letter** by his daughter Zelda Williams. I hope you will read for the first time or even re-read his daughter's letter as it reveals something deeply personal about Robin and his private life.

The first comment below is from TIME magazine, 8/25/14. Here are two of the comments from the interview TIME had with Robin in March 2011 that were not shared back then.

### ***We see a lot of celebrities with substance-abuse issues. Why?***

*I think celebrity itself is a drug. There's that whole thing - it comes and goes. And now with tweeting and Facebook, it's like cybercrack. Withdrawing from celebrity is an interesting thing. You see people going, "I'm not as famous. Oh, man, what am I gonna do?" "Steal some jewelry, Lindsay. That helps."*

### ***Is addiction the price of fame, or is it the price of talent?***

*It's the price of drugs, actually. Most of the time with drugs, if you're famous, they give them to you. It's good for business to say that they get you high.*

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Robin's father was an auto executive and wasn't very available to Robin as a young boy. With both parents often absent, Robin was a lonely child playing with his enormous collection of toys, the family maids were his main minders and first audience. When Robin told his father that he wanted to be in theater or a comedian, his father retorted that he better learn how to weld because he wouldn't make any money in that field. We can only imagine how lonely Robin was as a child with an absent father and mother who weren't able to delight in their son's interests and talent. Source TIME magazine article, 8/25/14

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*"What a versatile and gifted actor whose essence shimmers across the Neptunian silver screen - a mirror reflecting back to us the complexity, the pain, the magnificence of our humanness."*

Nedra Fetterman, Imago faculty member & talented clinical trainer

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"Whether he was dealing with the press or anyone else, Robin Williams treated people with the utmost respect while also treating them to surreal glimpses of his genius via his manic rifts on everyone and everything."

Kenneth Chanko, 8/13/14

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An airline stewardess mentioned that Robin was really **first class** as he was very respectful and kind as a first class passenger.

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"Robin Williams lives so large in our collective psyches, and Damian, I echo your description of him as a "brilliant light" and it was also his tenderness that knocked my socks off. He gave us so many wonderful portrayals of a man capable of integrating powerlessness and vulnerability with the strength and courage of an authentic humanity." One of many Imago colleagues who paid tribute to Robin Williams on our list serve

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*"It occurs to me that even a few years ago people would be blaming him for the suicide, but something HAS shifted. There is a rising awareness that mental health is a true condition and a*

tough one and that there are many brave people who bear it day after day."

Linda Carroll, Imago colleague

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"One of my definitions of Dialogue is that Dialogue is the structuring of interpersonal process for the purpose of making genuine contact ... being fully present with another. Perhaps this was Robin Williams' gift ... he was able to reach in and truly, deeply touch us In crazy, zany, vulnerable, truth-telling, transparent, tender ways ..he made contact as the therapist in Good Will Hunting. He made contact with Will when no one else was able to. They were talking about intimacy when they were actually creating the very intimacy they were talking about with one another."

Nedra Fetterman, Imago faculty member & talented clinical trainer

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"I am visioning that somewhere, somehow Robin William's spirit is now finally able to receive the flooding from so many of us who loved and welcomed him into our lives, opening us to so many selves and moments of joyful aliveness."

Maryrita Wieners

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A Beautiful Letter

by Zelda Williams, Robin Williams' daughter

"My family has always been private about our time spent together. It was our way of keeping one thing that was ours, with a man we shared with an entire world. But now that's gone, and I feel stripped bare. My last day with him was his birthday, and I will be forever grateful that my brothers and I got to spend that time alone with him, sharing gifts and laughter. He was always warm, even in his darkest moments. While I'll never, ever understand how he could be loved so deeply and not find it in his heart to stay, there's minor comfort in knowing our grief and loss, in some small way, is shared with millions. It doesn't help the pain, but at least it's a burden countless others now know we carry, and so many have offered to help lighten the load. Thank you for that.

To those he touched who are sending kind words, know that one of his favorite things in the world was to make you all laugh. As for those who are sending negativity, know that some small, giggling part of him is sending a flock of pigeons to your house to poop on your car right after you've had it washed. After all, he loved to laugh too...

Dad was, is and always will be one of the kindest, most generous, gentlest souls I've ever known, and while there are few things I know for certain right now, one of them is that not just my world, but the entire world is forever a little darker, less colorful and less full of laughter in his absence. We'll just have to work twice as hard to fill it back up again."
