

## Movie Reviews

by Abby Dawkins

### Slumdog Millionaire

This movie is extraordinary in so many ways. It is very hard to believe that the children in this story are actors. I wondered how they survived acting the horrors which were depicted as their lives. The slums of India when pictured and “felt” as they are here, are appalling, more so than just reading or hearing about them. The courageous young protagonist does not give up no matter what he suffers to speak his truth. It seemed to me that the theme of rising from the ashes is appropriate here. To watch this amazing film made me think about children of war everywhere. In many countries, a whole generation are left to raise themselves as best they can. The musical score enhances the action; the photography is quite amazing. This is a must-see movie; one which my teen-aged grandchildren would benefit from in terms of expanding awareness and appreciating what they have.

### Seven Pounds

Will Smith is wonderful to watch. The themes of grief, guilt, and remorse creep up on you as the story unfolds. This film is hard to describe without giving too much away. A 13-year-old client told me she “got it” right away. It took longer for me to completely catch on. This is stellar acting and a compelling film.

### Gran Torino

I can see why 78-year-old actor/director Clint Eastwood feels this may be his last film. It must have taken a lot of energy, both emotional and physical, to be the person he was in this film. It was written by a Minnesotan and depicts the Hmong culture with sensitivity and accuracy (according to Hmong spokespersons). The powerful depiction of the war-ravaged

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## Clinician's Corner

by Debi Lilligard

I begin to notice it last fall. In almost every session clients were talking about foreclosures, the stock market, bailouts and job cuts. The state of our economy is impacting all of us in one way or another. Most express feelings of worry, sadness and depression. They feel a loss of control in addition to all other issues they might be presenting with. People are not only grieving tangible losses—a job, a home, less money to cover more expenses, they are grieving in anticipation of what might happen next in this economy. Just as with any loss, individuals are likely to face a cascade of emotions.

Many who have cut back on spending due to the economy express anger over government bailouts of industries. It is frustrating to see your hard earned money disappear and then hear about corporate bail outs. Anger is understandable but needs to be managed appropriately. Anger and stress can cause some people to withdraw, rather than pooling their resources. It helps to focus what we do have such as family, friends, and health. It can also be helpful to find small ways to reach out to others whether is it helping an elderly neighbor or volunteering at a food shelf.

Taking action helps us to feel a situation is manageable. If the possibility of job loss may be in the future start preparations now. Conserve money, reduce spending where possible and look at potential resources. Financial counselors can be a good resource to help individuals create a budget and assist in eliminating emotional phone calls from creditors.

Fear can immobilize us. Our imaginations can be crueler than the reality of the present situation. We scare ourselves with our imagination and that can be increased by the joining of other people's imaginations. Unfortunately we also torture ourselves by the worst case scenario over and over, sometimes on a daily basis. It is important to be in the present moment. Relaxation and breathing techniques can be helpful.

The stress of our imagined future fears or anxiety may cause us to overindulge in food, alcohol, chemical substance, shopping, gambling or a host of other compulsive activities to numb us from our feelings. If we keep this up then we can make ourselves physically weaker from the stress. All this is unnecessary if we stay with the reality of the present.

While there are no easy answers, doing a realistic assessment of our current financial situation is important. Focus on what can be done, become pro-active and plan for the future without scaring yourself about the future. Look at job options, the second part time job to earn more money, and manage problems with your health and your prized relationships. Notice and name your projections into the future so that you begin to distinguish the present from future fears, and remember your own history of overcoming adversity, take stock of the wisdom of your life experience.

### ACHP-SW Credential

The National Association of Social Workers (NASW) and the National Hospice and Palliative Care Organization (NHPCO) are pleased to announce the creation of the Advanced Certified Hospice and Palliative Social Worker credential (ACHP-SW). This is the first national credential in hospice and palliative care tailored to recognize the specialized skills and knowledge of social workers in hospice and palliative care settings. Developed jointly by NASW and NHPCO, it became available from NASW as of November 1, 2008. More information at [www.credentailing@naswdc.org](http://www.credentailing@naswdc.org).