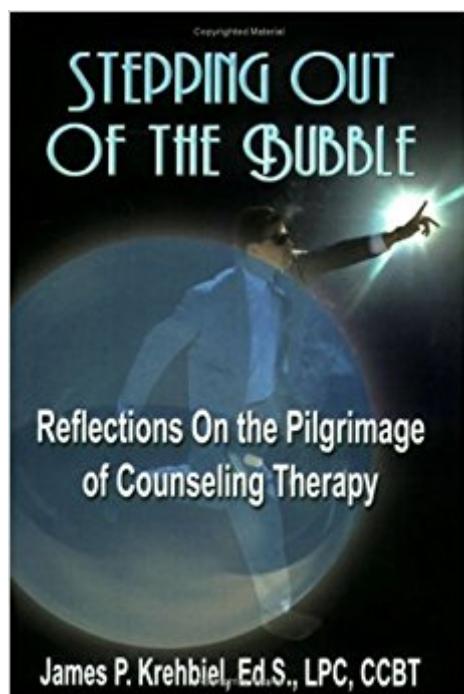


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# **STEPPING OUT OF THE BUBBLE: Reflections On The Pilgrimage Of Counseling Therapy**



## **Synopsis**

This is a story of risk and courage taken by those who seek to better their lives. The author, through professional experience and examples from his patients, assists the reader in the journey toward personal growth and development.

## **Book Information**

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## **Customer Reviews**

Several years ago I had some time on my hands. I was trapped in working in a mental health agency that was dysfunctional. I was merely one of many therapist's trying to make a living - but I was unhappy. The overall business environment was struggling and I was a part of it. Since I was a part-time provider, I began to think of ways that I could manage my time between patients. I remembered that my uncle Eddie had written a manuscript, but never had it published. I recall my parents talking about "the dream that never materialized." I always loved to write, and as long as I can recall (like Eddie) I had a desire to write a book. I felt that it was a "calling", a passion, and a part of my legacy to accomplish the publication of a book. So, in those lonely moments in my office that I despised, I started writing. This was a journey of self-discovery. I wrote about the nature of what I do best - helping people manage their problems. Not only did I write about others' problems, I chose to write about my own. I felt that it was only fair that my patients and readers knew the "real me." My writing was a pilgrimage that took me through the wilderness of human suffering and healing. I tapped into the resources of my clinical expertise, and wrote about how life looked for those who struggled and confronted everyday challenges. I wrote about the courage, the risk, and the passion that is necessary for personal growth and development to occur. Redeeming my time

was important to me. I began to build confidence in my writing and sensed the emergence of a manuscript. I put the finishing touches on my work and submitted it for self-publication rather than endure the long wait for a traditional publisher. I am so thankful that this aspect of my legacy is now complete. *Stepping Out of the Bubble: Reflections on the Pilgrimage of Counseling Therapy* is finally a reality.

James P. Krehbiel is a Licensed Professional Counselor and Nationally Certified Cognitive-Behavioral Therapist practicing in Scottsdale, Arizona. James has worked in the field of education, counselor training, and therapy for more than thirty years. He has taught graduate level courses for Chapman University of California. He is an active member of the American Mental Health Counselors Association and the National Association of Cognitive-Behavioral Therapists. In his private practice, James works with children, adolescents, adults, families and social skills groups. He employs a cognitive-behavioral treatment approach to dealing with anxiety and depressive disorders. James is published in the Illinois Counseling Journal on the topic of "The application of cognitive therapy to the treatment of anorexia nervosa". He is a contributing writer to the Independent Newspapers of Scottsdale, Paradise Valley and Northeast Phoenix. He is also a contributing writer to familyresource.com, an online family website which provides support to parents. He has written for the Arizona Health Magazine with articles including, "The Art of Parenting", and most recently, "Talk Therapy's Response to Pain Management". His first book, "Stepping Out of the Bubble: Reflections of the Pilgrimage of Counseling Therapy" is now available.

Many people attend therapy for years but make no appreciable changes for the better in their lives. Those who actually participate in therapy and, as Krehbiel states, "step out of the bubble", demonstrate incredible courage. It is a challenging undertaking to come face to face with the psychic pain that has been repressed and denied, and move towards living in a functional, adaptive, genuine, and authentic manner. Krehbiel notes that the skillful therapist searches for "hot buttons" and attempts to poke a hole in the client's bubble, but the traumatized client can be equally skillful in evading visibility. The client who steps out of the bubble becomes courageous, decisive, assertive, authentic, rational, and connected. They adapt to and manage injustice, anxiety, and uncertainty, to name a few of the daily challenges of being human. For anyone considering therapy, or for those who "attend" therapy but have yet to truly participate, this book is a must-read. Ellen M. Diana, Ph.D. Psychologist and Author *CHARGE Up Your Life: Conquer the 6 Barriers to Love, Happiness and Success* *CHARGE Up Your Life Workbook: Over 100 Tools to Explore and Discover the Real*

## YouCharge Up Your Life Journal: Guided Daily Writings

I just finished "Stepping Out of the Bubble" and I think it is an outstanding book for anyone who wants to understand the tangle of emotions that bubble up and drive our actions, often leading us to self-destructive behavior. James Krehbiel tackles and exposes these hidden motivators by utilizing his years of first-hand experience, knowledge and skills as a psychologist and counselor. His book is very readable - thought provoking, beautifully organized and written with precision and clarity. Krehbiel is clearly a professional and a deep thinker who utilizes his intellect as well as his deep compassion to help his patients and readers realize their highest personal goals. I recommend it without reservation!

For me, "Stepping Out Of The Bubble" was reminiscent of the renowned books of author, M. Scott Peck, in the style of presenting profound insights into sensible, easy-to-understand language and clear ideas an average person can relate to. Practicing Licensed Professional Counselor and Nationally Certified Cognitive-Behavioral Therapist and author of "Stepping Out Of The Bubble", James Krehbiel proficiently shares a portion of his expertise, condensing great weight into accessible and workable solutions for a more fulfilling life's plan. The "bubble" represents our security and comfort zone, but it is also the inner place where we store the pain of our past experiences and the unpleasant reality of that not being made conscious which keeps us bound in unhealthy and self-defeating patterns. Staying within this bubble limits our emotional responsiveness as we numb ourselves to the coexistence even as unresolved issues unconsciously filter forth. To step outside of the bubble is to courageously examine the contents in all honesty and to face life's reality outside of the bubble. Once outside the bubble, one can move forward to experience life in more emotional depth, fullness and passion. "Being a fully functioning individual is about being true to whom you are and letting things be the way they are," explains author, James Krehbiel. With brilliant and compassionate understanding, Mr. Krehbiel briefly details methods used and pertinent case examples within his therapy practice. "Self-regulation is a goal of therapy. I educate people in the fact that all the answers are ultimately within." "Stepping Out Of The Bubble" strives to do the same, by giving information on how we become trapped in the bubble and how beneficial the making of conscious choices to leave, can be. Some of the many topics included within this book are: being assertive, characteristics of an "authentic" person, the integration of each of our different personality parts, the difference between true guilt and false guilt, setting boundaries, addictions and addictions to "manic" relationships, awareness (staying in the moment or

mindfulness), grounding, honoring one's inner voice, panic attacks, OCD and mood disorders. The section regarding kids and parenting was exceptional, in my opinion, and I found many points about discipline that made much sense. Also appreciated was the section relating to religion (dogma) versus faith (spiritual) as well as what needed to be said about pop culture. I enjoyed reading "Stepping Out Of The Bubble" and would recommend it to anyone. It is enriching and inspirational.

James P. Krehbiel's Stepping Out of the Bubble was a fascinating read. I found myself underlining various passages. His explanation of how we get stuck in the bubble (comfort zone), and how we find our way out is powerful. It provided me with hope as I move through my own personal journey. I found myself experiencing an emotional reaction to many of the case examples and concepts he explored. He definitely hit some "hot buttons" in my life. But Mr. Krehbiel also provided specific guidelines and tools for stepping out of the bubble. At one point he says, "Courage can be defined by those who live outside the bubble as opposed to those who live in it. I like to compare stepping out of the bubble to wading into the water." His chapter which includes ideas on multidimensional thinking is appropriate in today's political climate. He indicates that true dialogue takes into consideration the appreciation for differences in opinions. He makes some profound statements about pop culture's affect on the lives of today's children. He also gives parents tools and resources for assisting their children in bettering their behavior. The book ends with a resounding "yes" to life with a hopeful, powerful way of perceiving and reframing life's problems. This was an excellent book!

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