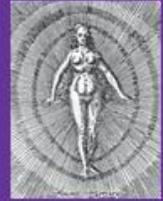


CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



Father's Day — June 2019 by Charlyne Gelt, Ph.D.

*“My father gave me the greatest gift
anyone could give another person:
He believed in me.”*

— Jim Valvano



Currently, a hunger for the masculine father figure exists in crisis proportion in the American family – a hunger for someone who presents as a steadfast, focused, goal-directed and compassionate guide for young males. Parents have become increasingly removed – both emotionally and physically – from their family’s emotional needs due to the pressures of work, home, heavy mortgages, and in many cases, the conflicting demands of divorce, re-marriage and step-parenting.



“I’m the glue. My role has been to hold everything together.” Lenny

The developing child needs to build a solid sense of self!

Although more couples must work to meet the family’s basic needs, the crisis I speak of is about feeling pressured to attain “the wants,” for material gratification that lies outside the family system. This drive for monetary gain has increased the absence of the emotional presence of a father figure in the home. A lack of communication and coping skills to effectively deal with demanding, competitive and changing societal

expectations has led to a deterioration of a solid male role model to serve as an influential guide, protector and provider for the family.

Often, a missing link within a broken family system is the partnering of a strong male protector and guide who functions alongside the strength of a nurturing, devoted, achievement oriented maternal figure. This masculine energy molds and influences a son (and a daughter) through affection, direction, structure and involvement. Sadly, through his absence and disregard, a father can also mold and influence his son negatively. Acting out their anger and hostility, it seems “normal” to turn to gangs for a sense of family and identity, to drugs and alcohol to fulfill an emotional hunger, and even to suicide for peace.

Unconsciously, we carry our historical family role model, parenting style, our issues, and a lot of baggage into parental and marital relationships. We can change old negative behaviors. Healing historical emotional wounds is beneficial to the relationship, and it has a multi-generational trickle-down effect. In our more psychologically aware society, we are given an opportunity to emphasize the importance of both personal autonomy and family. We can help today’s fathers balance their important role of being emotionally available for their child to experience them as a strong presence alongside the need to compete in the workplace. The conflicting need of the *I* and a *We(belonging)*, if balanced, can walk hand in hand. **For an appointment, call Charlyne Gelt, Ph.D.818.501.4123 www.drgelt.com.**

Schedule an appointment to work on your own struggles in individual, couples, or group therapy. Please call: Charlyne Gelt, Ph.D.; www.drgelt.com; 818.501.4123

Thank you for your support!
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