

# HOROSCOPES

## Monthly Forecast for September 2009

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BY DR. PREM KUMAR SHARMA



**ARIES:** Unexpected things going in your favor will immensely boost your confidence at professional front. There are indications that you are likely to be entrusted with an important responsibility at the beginning of the month. But the good news is that you would be highly benefited by shouldering a variety of assignments spanning across various fields.



**TAURUS:** You can expect good results on putting-in sincere efforts at work. Indications that your communications skills would help in giving an edge over competitors and enable to work harmoniously and efficiently with others. However at the same time there are chances of suffering from some arguments with senior officers especially in mid of the month. Students trying to go abroad for higher studies will have to wait a little longer for desired efforts.



**GEMINI:** You are likely to meet a professional making a big difference in your professional life. It would be in your interest not to forget devoting time on acquiring new technical skills to enhance career prospects. A sudden eruption of crisis in mid of the month would require your immediate intervention. For some chances are that overconfidence might come in the way of success.



**CANCER:** Your far-sighted approach gives a competitive edge at professional front. There are indications that a focused attention would remove all hurdles. However don't get surprised if some of you find it difficult to concentrate especially in later half. The month in particular promises success for theatre personalities whose artistic disposition would help them, as they are heading for one of the best periods of their life.



**LEO:** Professionally you will be highly benefited by being a livewire and making the fullest use of communications skills to your benefit. There are also chances that some disappointing results in first half of the month could dishearten. However the later half in particular promises success. For some transfer chances could come their way.



**VIRGO:** Professional life doesn't promise encouraging results to begin with. However let these not dishearten you because the month promises success on putting-in sincere efforts. But while assigning a new task to subordinates make sure you discuss with them about how they plan to accomplish it. At the same time maintain a distance from senior dubious officers.



**LIBRA:** You are likely to achieve some promising results on finding solutions to many pending professional problems. Indications that your patience & analytical skills would work to your advantage. However be very careful while taking important decisions especially in later half of the month. Graphic designers and CA in particular get opportunities to exhibit their talent.



**SCORPIO:** Your communication skills coupled with positive attitude brighten chances at work. It is high time to make the fullest use of your aspirations, supportive nature and open mindedness to your benefit. At the same time there are chances that some of you could slip into self-sabotage under the delusion that you are intelligently self-activating.



**SAGITTARIUS:** Like love life you could also face some professional problems especially at the beginning and end of the month to be precise. Chances that poor implementation skills are likely to come in the way of executing important projects. However mid of the month is the period when things are likely to go your way. This is time when some of you might get promoted.



**CAPRICORN:** At professional front despite a promising beginning, you could face unexpected problems due to others' unfulfilled promises. However the good news is that colleagues' timely help would enable to sort-out long-pending problems by mid of the month. Students in particular are likely to face a tough competition in exams. Professionals engaged in IT and banking sectors could find it a little tough to change their job.



**AQUARIUS:** Professional life promises success on putting-in sincere & hard working efforts. Keeping business interests in mind would help in making promising agreements. In mid of the month you are likely to be assigned an important responsibility. Success is also on the card for people aspiring to join interior designing course. However bank and architect professionals in particular are likely to face a tough competition in later half of the month.



**PISCES:** You are likely to get promising opportunities at work. Hiring motivational people would also work to your advantage. At the same time colleagues' guidance will act like a guiding lamp. Professionals engaged in the field of teaching and accounting fields in particular find many of their dreams coming true. Don't get surprised if some of you face test of ability to handle pressurised situations on being entrusted with special assignments in later half of the month.

## Your First Therapy Session



AQSA ZAREEN FAROOQUI

The first part of this series discussed the stigmas of therapy and whether therapy is an option for you. This month's column will focus more on the logistics of what happens in the first session.

There are several ways you may be referred to a therapist/counselor. A friend, co-worker, spouse or family member may refer you or you may decide

to find someone on your own. If you are contemplating therapy/counseling, the simplest way to find a therapist is to search for one on the internet. Additionally, there are specific sites for therapists such as [psychologytoday.com](http://psychologytoday.com) or [goodtherapy.org](http://goodtherapy.org). Each therapist will have a personal statement describing their approach and experience in providing therapy. Also, ask your PCP to refer you to someone who would work for you. Lastly, you can call your insurance company.

During the initial phone call the therapist will assess your situation and inform you about their style of therapy, hours, fees etc. Most therapists offer a free 15-20 minute consultation. Please ask as many questions as possible. For example, ask about their theoretical orientation i.e. do they work from a family perspective, cognitive-behavioral perspective (thoughts/feelings) etc. They will be more than happy to explain their style to you. Also, ask about their areas of expertise. For example, if you decide to pursue career counseling, ask them if they have helped others find the right career and what tools/tests they use. The majority of thera-

pists will refer you out if they know of someone who is better able to assist you.

Ask questions about the therapist's fees, (e.g. reduced fees based on your income or insurance). Most major insurance companies will reimburse you for counseling. However, several therapists do not take insurance because of limitations of confidentiality and problems with reimbursement. However, they may give you a reduced rate that could work for you or refer you to someone who takes your insurance.

Before the first session (an hour to an hour and a half), the therapist will ask you to complete and sign a disclosure form (to discuss confidentiality, HIPAA regulations, cancellation policies etc) and a counseling assessment to discuss your previous career, social, medical, relationship and substance abuse history. The therapist will discuss your goals e.g. effective communication, assertiveness, better relationship etc. Also, the therapist will give you an opportunity to discuss your most pressing concerns in a confidential environment. If you feel comfortable, relaxed and open in the session

it's a good idea to make another appointment. Don't expect a miracle solution in the first session. Usually the first three vis-

its are for developing a relationship with the therapist. If you feel very uncomfortable in the session, do let your therapist know. They may choose to refer or find a different approach to working with you. Most therapists are happy receiving feedback about the services they are providing!

*\*\*Aqsa is an author, counselor, public speaker, blogger, relationship coach, playwright and filmmaker. The advice may be helpful but is not intended as a substitute for professional care. To send her a comment or a question, email her at [info@deepessence.com](mailto:info@deepessence.com). Call her at (404) 312-4950 for a free phone consultation. Check out her website: [www.deepessence.com](http://www.deepessence.com) and her blog at [www.relationshipofmydreams.blogspot.com](http://www.relationshipofmydreams.blogspot.com). \*\**

### Dear Deep Essence

## SuDoku Challenge

**Rules:** 1. The 3 x 3 sub grids are called **regions**  
2. Numbers already filled in the grid are called **givens**  
3. The goal of the player is to fill the blank grids of

- Every row
- Every column and
- Every 3 x 3 box
- With the numbers 1,2,3,4,5,6,7,8,9

**However:** All rows and columns and regions (3 x 3) should contain numbers 1 to 9 without being repeated.

### SuDoku Solutions

8	4	2	5	1	6	3	9	7
9	5	3	4	2	7	6	8	1
6	7	1	8	9	3	5	2	4
2	6	4	1	5	9	8	7	3
7	9	8	3	4	2	1	5	6
3	1	5	7	6	8	2	4	9
1	8	6	2	7	4	9	3	5
4	3	9	6	8	5	7	1	2
5	2	7	9	3	1	4	6	8

8					6	7	2	
	1			8		6	3	
5			4					1
				9			1	3
		1				8		
3	7			5				
4					8			9
	8	9		2			5	
	6	3	9					8

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