

# *Fear Me Out Podcast*

## Episode 68

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

### *Guest Speaker*

## *Jennifer Vogel, MA, LMFT*

Owner of the Janus Counseling Center - A Marriage and Family Therapy Group

Thu, Apr 06, 2023 10:17AM • 1:05:02

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

#### SUMMARY KEYWORDS

people, therapist, life, therapy, thinking, God, feel, church, lovely, bit, talking, knew, religion, music, realize, helped, intuition, lose, deep, Michael.

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Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self-Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experience emotions differently.

This week I'd like to welcome Jennifer Vogel, onto the podcast. I've known Jennifer for a long time, probably at least 15 years or more. And she is another mental health practitioner in Santa Barbara that I greatly admire and respect. And so I wanted her to come on the show and talk a bit about who she is and how she came to becoming a therapist.

#### **Dr. Dana Saperstein** 00:00

This week I'd like to welcome Jennifer Vogel, onto the podcast. I've known Jennifer for a long time, probably at least 15 years or more. And she is another mental health practitioner in Santa Barbara that I greatly admire and respect. And so, I wanted her to come on the show and talk a bit about who she is and how she came to becoming a therapist. And she's a co-owner of the Jetta's Counseling Center with her husband, Dr. Michael Vogel that I interviewed last week. And I just wanted everybody to know again what to look for in a therapist. And I think that Jennifer is a prime example of someone who's extremely kind, very maternal, and really talented as a psychotherapist. So, I'd like to welcome Jennifer to the show. I hope you guys enjoy her interview. There are two basic motivating forces, fear and love. When we're afraid we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

#### **Fear Me Out** 01:19

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self-Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experience emotions differently. Now, Dr. Dana Saffer Steen?

**Dr. Dana Saperstein 01:39**

Welcome to the Fear Me Out Podcast, I'd like to introduce Jennifer Vogel, who is a dear friend and valued colleague of mine. I'm continuing my series on mental health professionals that are respected and admire. That's a very short list. But Jennifer is easily qualified because she's a very lovely person. And I hope you guys enjoy the interview. So, Jennifer, welcome to the show. And can you tell me, you're quite welcome? Can you tell us a bit about yourself? And then I'll ask you a billion questions.

**Jennifer Vogel 02:09**

Sure. Yes. Yes, it's a general question. You know, it's hard to hone in on that. I know, somebody asked me who I, Chairwoman. Lots of years, I would say that if I was to describe myself or introduce myself to somebody else, I would say, this is me. And I have lived a life of compassion, and helping others and being aware of what others need oftentimes. And that's led me to many things in my life that have been in the realm of helper, you know, I've been a helper. In my family, I've been a helper in many, many capacities, and no ending kind of meeting as a therapist, which I fought the idea of being, but I am a therapist today. So I, you know, grew up in a home that was Peru, I very nice. I mean, I had a very supportive family. And I had a mom who was sort of single mom for a while before she married into the family I grew up with. And we were very close, and we are very close. She's also a therapist. And so I sort of was around that idea of, you know, being available and being compassionate, wanting to understand other people's language, wanting to understand other people's life lives. And that led me into a period of time where I was actually, we can talk about this if you want to, but in the Ministry for a while, I was actually ministering in churches and started churches and, and that led me to lots of things that were hard and were good. And yeah, I ended up in therapy myself and realizing that some of the giving and some of the maybe tending to be overreaching, in my giving, was something that I learned that I needed to balance. So in doing that, of course, I fell in love with the idea of being a therapist, and the story goes on. So I'm here today and I, I am a co-owner and co-director of Janus counseling center that in Santa Barbara, California, and I see many, many clients that I love dearly.

**Dr. Dana Saperstein 04:17**

Do you think that there are distinctive experiences you had as a child that eventually led you toward choosing a career in the mental health field?

**Jennifer Vogel 04:26**

Yeah, I think I think I was born a seeker. I think I was born a person who wanted to know more, and wanted to understand more, I always knew. I think that there were a couple things I always knew that there was something beyond me. That was sort of, I could lean on my that was running the show somehow.

**Dr. Dana Saperstein 04:47**

And you could feel that is a look at Oh, I could really so what was that experience? Like? I mean, I it's, it's unusual for certain for most of us to feel a deep connection on spiritual level. spiritual

**Jennifer Vogel** 05:00

level. Yeah, yeah, I think my parents, you know, they were my grandparents, I lived with my grandparents for a long time too. And that's sort of another story. But in doing that my grandmother was a choir director and a, the leader of the music at a large Presbyterian Church. And so, they, you know, I was there and around all of that. And they talked about spirituality all the time. So, I lived in a home where music was very spiritual to me. There was a, it was a kind of a deep resonance for me. Music people asked me today, they say, how do you? How do you feel? You know, what I call God? Right? Other people call their higher power, whatever, different things, but for me, it was God. And how did how do you feel? And when do you know that, you know, God is present, or that he's involved or she's involved, or they're involved? There was, there's a sense for me in music that has always penetrated from a deep level. And usually it sounds funny, but it's usually a large choir of children. Children's Choir is where God shows up every time for me, in a very deep way. So, and I think that's music for me has always been part of what I've been involved in, it's been around my life. All my family played instruments and music; we all sang. So that was a very deep, resonant idea. I felt like it was bigger than me.

**Dr. Dana Saperstein** 06:25

Did you belong to a children's choir when you were there? Oh, yeah, several. So, you do have like, red feather? Oh, sure. And this out, when you sort of felt that connection, the deepest was when you were singing in the choir,

**Jennifer Vogel** 06:35

I think watching my grandmother, lead the choir. So, I would sit while I was waiting to go to Sunday school and watch her warmup with her choir. And I would sit there every week, and just listen to all of the adults sing, and play. And she was also a piano teacher in a voice teacher at home. So, I would say to my playpen, I think as early as two and watch her, you know, teach her students voice, piano. And I just heard music all day long. So, there was sort of a connection, I'm sure from a familial sense to with my, just with family, you know, being around music and family. And that is why I'm talking about it. Now that might be the connection is knowing that that's part of all of our lives.

**Dr. Dana Saperstein** 07:23

That just develops throughout your childhood, and then become more pronounced as a teenager.

**Jennifer Vogel** 07:30

It did. Teenager, young child to teenage to high school, been involved with music, singing, dance, studied legit opera music for a while. Did lots of concerts. A teenager? That was early college? Oh, that Yeah. And in high school, I was the lead in the musical. So that was, that was fun. For me. There were lots of plays. I did a lot of theater too. So yeah, the arts have always been expressive. And it feels like to me it was kind of conducive to God being creator and creative. And I got to be that too. And so, there was a connection in that realm. For me.

**Dr. Dana Saperstein** 08:11

Well, I know that when I first met you, you were very active in the theatre community. Yes. Can you talk a bit about that?

**Jennifer Vogel** 08:18

Sure. I think anytime I've found myself in life doing my work, quote, unquote, work. And then I've, there's periods of time where it feels like, oh, I need to get in touch back again, with my creative side. I've always returned to those things have returned to the theater, and I've returned to music. But there was a period of time, I think when I before I met you, that I was very involved with the local theater, and went back to school to do more theater arts, studying acting, and some deep, deep, deep exercises that, you know, the actors, the teacher, the actors, actors, teachers, you know, put you through, really had me going inward, really had me focusing on who I was, what I felt slowing down. And a lot of life changes, things happened in that realm where those exercises were being done, and I recognized. In my own personal life, I wasn't on path. So those things just kind of opened up and illuminated the things I needed to know in order to make the next steps, but theater has always been my church. I've always called it my church. Okay. Yeah, I moved from the from the church, the official church, you know, from the Ministry of being in the ministry to going into much more theater arts, and I did local professional musical theater at the Granada Theater. I don't know if anybody remembers the civic light opera at the Granada Theater, but I did several shows there. And I remember saying this, this is my new church because the P pool is there. And the collective grouping of being creative together. There was such a love between us that it sort of, I sort of handed it over to the new kind of the new arena. For me, that was my theater, my church. So, I ended up directing a little bit. Pulling together people wanting to create little churches, I guess maybe it was my new way of pioneering churches was just to, to put up a show, and to help direct and help people through that and getting them ready, getting them excited. And then watching them create has always been something I've loved doing.

**Dr. Dana Saperstein** 10:37

So, what took you away from the formal church to the to the church of your singing career?

**Jennifer Vogel** 10:44

Good question. I think the formal church became something that I, you know, I was used to, but I stopped thinking. And I sort of was in this kind of impetus of just kind of going along with sort of a dogma perspective of what church was for me. And there was a, when I went back into the theater, which was interesting, you know, many of my lovely friends were gay. Many of my friends were in kind of an alternative relationship status. And I had to sort of look at that, and I could recognize how shocked I was by that, and I didn't like it. I didn't like the idea that I was.

**Dr. Dana Saperstein** 11:26

shocked that I was shocked by it. Okay, so mostly the people, you're shocked? Oh, no, no, no,

**Jennifer Vogel** 11:31

I was shocked at the fact that I had to, I had to acclimate myself in a way that I wasn't used to. And that bothered me a lot. And I remember thinking, oh, there's something incongruent for me going on, between my church life and the things I talk about in the way I think about things. And this new church

feels so warm and cozy and accepting, and godly. And I became very aware of judgmental folks, I became very aware of my own judgment, I became very aware of how easy it is to put things in a box and say things are black and white. And they're not. And I wanted to understand by sort of standing behind others and seeing their life through their eyes. I wanted to understand more of that. So the theater kind of gave me like, a lovely opportunity to have an array of people show up in my life and show me kind of more of myself really.

**Dr. Dana Saperstein** 12:32

Well, you were ostracized by your church community for being sort of more open minded and accepting of the people that you were starting to become friends with and to.

**Jennifer Vogel** 12:45

I don't, I think I was ostracized. Yes. I think there were Yes. And no, there were I think there was ostracizing not. Because of my new situation, I was warned heavily to be careful of being around people that might sway me. Does that make sense? So, there was awestruck, being ostracized, what's showing you in what regard? That being around, you know, these highly creative and maybe sinful people? J affects me. So, there was a lot of Healing and mourning going on,

**Dr. Dana Saperstein** 13:20

which felt that they assumed was going to happen to you that I would

**Jennifer Vogel** 13:23

fall away from the church. Oh, okay. Well, I guess they were right. Yeah, good reasons. Sort of keeping me you know, keeping me the same, keeping me in that box a little bit. Without understanding my heart, or even asking what those questions might be for me. I could, I could tell there was sort of a limit. And thinking going on here. And over here, there was sort of an expansiveness that I was walking into. That was new for me.

**Dr. Dana Saperstein** 13:51

And you were married at the time it was to your first husband was so do you mind talking a bit about what happened there? And was that all part of all of this?

**Jennifer Vogel** 14:00

Yeah, it all sort of dovetails together. My first husband and I were, you know, married and also serving in the church, we were both in the ministry, together, serving at church, and we've been married for several years. doing that. So, I think the marriage really centered around that the marriage was really about, you know, being in the ministry, which was a 24/7 thing. You know, that's a that's a life where you're available to everyone all the time. There are no boundaries, there's no container where you can say, Okay, I'm off now. I need my time. So that became sort of our life together. And when we were good at that, actually, we were good at that, that life together. But when that split happened for me, you know, I sort of walked in a different direction. He also was wrestling a little bit with this theology and did things a little bit with what does he believe in? And when we encountered that ostracization around that time, our marriage just went south, you know, that was all really who we were together. Oh, okay, so

**Dr. Dana Saperstein** 15:17

was that right?

**Jennifer Vogel** 15:19

container a little bit too, that you could kind of hold us together. And now we didn't have that. And it was like, what are we know, without that it became really hard to be together. And we tried, you know, we went to therapy to, um, really did all those things to make that work. And we have two sons, two boys together, which are the delight of my life. They're now in their late 30s. And well, actually, my oldest is 40. I take that back. Well, it's 40. I'll happen. I don't know. I blanked. I don't know. So yeah, the best thing that happened between us was those guys. So that's how kind of that happened. And we're still friends. Was it a hard relationship there?

**Dr. Dana Saperstein** 16:03

Was it hard when the marriage came apart? For good?

**Jennifer Vogel** 16:07

Yes. Yes. I think it was because we tried everything to stay together. And yes, I think divorce is never easy, even if it's the right thing, you know, for the couple.

**Dr. Dana Saperstein** 16:21

So, you're married now to somebody that you actually had a relationship with in high school? Oh,

**Jennifer Vogel** 16:25

my goodness, which is such a lovely storm. It's 50 years now.

**Dr. Dana Saperstein** 16:29

So how did that happen? I mean, how did it get? Because I know you guys went your separate ways. Yes. Both got married to different people, how'd you find each other again, after?

**Jennifer Vogel** 16:39

Oh, so funny. You know, good old classmates.com is one of those things that, you know, offers us that opportunity to kind of, you know, find each other, you know, especially around reunion times that that was one of those sorts of reunion. We were coming up to a major, major reunion. I think it was probably the 30 Yes. And we, you know, we were all kind of out there. We knew we were in the ether and kind of talking. But I think for me, it wasn't really even classmates. I knew he was around classmates. When my divorce happened, I was contemplating, where am I going to live? What are we going to do? I have, you know, my youngest is special needs. He's an autistic, lovely autistic man, who I knew needed services and help. So, we were I was trying to figure out where am I gonna go? Am I going to go back to my hometown where I was from, you know, in high school, and actually, I was born there in Long Beach, California, or am I going to stay, and I didn't really know what I was going to do. But when I reached out, I reached out to his mother, my high school sweethearts, mother. Oh, and she worked in the school district. So, I wanted to see what services were out there for. And I knew her and so I reached out. And of course, she lit up and realized, you know, she heard my story and knew I was divorced and moving on in my life and trying to figure it out. And she, of course, called him and said,

she's available. And he had been single for maybe four years, right after breaking up with, you know, his former wife. So, he was set up and ready to probably meet somebody new after four years, I was, you know, recently divorced, but she wanted to find make sure that Michael knew that. And so the rest is history. But he wrote me a long letter. Yeah, wrote me a really long letter and told me all about him. It was like he assumed I would want to know what I did, because I looked for him at every reunion, by the way, even when I was married, and my husband knew that actually, he knew I was looking for him all the time. Yeah. And so, this long letter basically stated, you know, I'm retired at this point, and anything could happen, I could go anywhere, and I could do anything. And it was very clear to me that he was putting it out there putting the fleece right, you know, and, and I contemplated that I put it in my purse. It was my purse for a long time. Really? Yeah. I sat with that for a while but realized I needed some time. You know, I just kind of broken up from a long-standing marriage and was mixed about that. But I of course, was very excited about that, too, because I had missed him. He was great. He set the bar pretty high in the beginning. I do know, Michael. That's right. And he said he set the bar high. He was his love. You know, he was one of those people that I couldn't shake. Tried. Tried. Yeah. He could tell you know I probably still tried to shake him sometimes. It doesn't work. Isn't that stuck with me? He stuck with me, I

**Dr. Dana Saperstein** 19:44

think well, I mean, yeah, that's what the worst thing I could know. It's

**Jennifer Vogel** 19:47

I guess. Yeah. So yeah. So, we've been together. Now. He came out to Santa Barbara, and to Courtney, basically, to date me. And we did that for about five years before we I became engaged, did a little therapy ourselves to kind of get strengthened in that regard and then got married. And we've been married now 14 years this last week.

**Dr. Dana Saperstein** 20:10

Wow. I remember being at your wedding. I know.

**Jennifer Vogel** 20:13

I remember you dancing. And it was so much fun. You and your beautiful wife.

**Dr. Dana Saperstein** 20:18

It was really lovely. So

**Jennifer Vogel** 20:19

cute.

**Dr. Dana Saperstein** 20:20

Well, and it was so nice to see. I mean, it was just so nice to see how much you guys loved each other. And it just seemed like it fit. It was great.

**Jennifer Vogel** 20:28



It was right. Yeah. Well, one of the one of the you know, the phrases or the things read at our wedding, too, was about you know, it's kind of like to everything turned turn. Yeah, there's a season for things. And I know that the timing was right. I mean, I look at that. And, you know, there's times where he'll say, couldn't you have like, couldn't you have like, come like, come to it, like relationship with God, and then taking me on that journey with? Oh, you know, yeah, yeah, I could have. You know, I really think about that. And I go, Yeah, I could have, but I think the timing was right. We were ready for each other. Yeah, years later.

**Dr. Dana Saperstein 21:04**

No, you weren't a therapist yet at that time. What were you doing for a living at that time?

**Jennifer Vogel 21:11**

When I met Michael, I was actually in software. I was a marketer for a software company.

**Dr. Dana Saperstein 21:16**

I do remember that. Yes. Very, very different than being a psychotherapist. For sure.

**Jennifer Vogel 21:20**

Yeah. Not really. No. Well, yes, it depends. Yes, no, you're right. So, it's the story of

**Dr. Dana Saperstein 21:27**

taking care of people on the job.

**Jennifer Vogel 21:29**

I, was, yeah, I was a client sort of a relate client relationship. Marketer. Okay. So, my job was to love on our clients, and to make sure that we heard good things about what we were doing for them. And I would interview them, like you're interviewing me about sort of their experience and how we've helped them and how can we help them more and sort of, you know, doing a lot of that, and I did that a lot on the road, we'd go to market, you know, we'd market things right. Out there, you know, all around the United States and travel, I traveled a lot. But we would meet with clients, I would meet with clients. And that's what I would do. So talk with them and find out how we can help them and if they could speak for us and tell us? Well, I know scientists,

**Dr. Dana Saperstein 22:10**

some of your colleagues, you refer to me at the time. You were counseling them to that's, well, you were born therapists without maybe necessarily realizing you at the time.

**Jennifer Vogel 22:22**

Yeah. I think that's why I said it was kind of similar people would come in my office, Dana, remember, oh, my goodness, they would walk, they would walk into my office, and they'd say, hey, Jen, do you have a few minutes? And I remember thinking, I really don't, I really don't, I am so busy. But I'd say come on in for a couple minutes. So, they come in, and they'd sit and all of a sudden, you know, 510



minutes later, we're talking about deep, deep things. And so, you know, later we would have our coffee or wine or whatever. And we would go in haven't talked, but they would come in and feel comfortable enough to say, I really need someone to listen to me. And then there came that point where I like, I may as well do this for a living. This is like silly. I mean, I'm already this thing. Yes. Now I've got to go through all of the training and the schooling to do that, because I hadn't finished my own undergrad. Okay.

**Dr. Dana Saperstein 23:14**

I do remember that. Yeah,

**Jennifer Vogel 23:15**

here I was 50 something years old and thinking, wow, what do you do at 50? Something years old, when you want to be a therapist? You go back to school, and you, do it? Exactly. So yeah.

**Dr. Dana Saperstein 23:25**

So, what was your school experience? Like? Did you immediately know that you're in the right place? Or

**Jennifer Vogel 23:29**

totally, totally, I, you know, I finished my undergrad first, which was a lot of just required classes. And I did some business stuff in there. And I did, of course, psychology. And I did communications as well. So I was a dual major. I was a communications media and psychology major. Loved it. Oh, for sure. And I went to a school is very, you know, social justice oriented, which felt good. And yeah, did that and then went on to Pacifica Graduate Institute for my master's program. And that program really resonated for me from a real personal standpoint, there was such a spirituality in that, and it's like going home, it's like coming back to myself. Oh, yeah. I didn't

**Dr. Dana Saperstein 24:23**

realize that there was a spiritual component to that educational institution. Oh,

**Jennifer Vogel 24:27**

a lot. Much. And it you know, from a, from a collective standpoint, it's not about a particular religion at all it was about spirituality and where we're at and how that's part of a really big part of the impetus for a lot of things we do, you know, from sort of a motivational standpoint. And, and the point by which we understand that we're held at some level by things that went before us that have had spiritual dynamics.

**Dr. Dana Saperstein 24:58**

Could you explain that a bit? Yeah, it's

**Jennifer Vogel 25:01**

a big one. I, so one of the things that the light went on, for me in my program was, there was a study of Maria Gan Buddhists, who was a an archaeologist who studied, you know, like, ancient ruins of many

cultures, and she would dig up, you know, artifacts that would explain sort of the belief system of those, you know, communities, and kind of put things together in sort of a mapping form and realize that, you know, back in the, you know, bronze era, you know, there were queens, and Gods goddesses that actually led countries, and they were highly revered. And it went from a sort of feminine leadership to more of a masculine leadership based on sort of weapons, you know, having this bronze finding metals and, and things. And so she goes into this whole idea of just what they, you know, what they worshipped, and what they, and so then you're thinking, Oh, wait, there's a lot of like, talk about artifacts, artifacts of history, whereby people have gone from culture to culture, and have relied on things that are very similar, but different, if that makes sense. Sure, we just shift our you know, we shift our focus and what we worship, to whatever kind of comes up collectively in the day. And it's, we bring all that with us. Right, all of those ideas and thoughts are collective. So I think Pacifica is, because it's, you know, it's young, in, in, you know, focus, Carl Jung, his spirituality was very all over the place, you know, he, he was always in that search, always, from Christianity to, you know, later sort of having, like a break, and psychotic break, and finding and creativity, you know, God showed up in a different way for him in many of his drawings and prints and, and then sort of circling back to his Christianity, too. So, there's, there's this path by which we have to, like navigate all of it, and you don't throw any of it out, really, when you, you know, think about it, we've, there's so much that we can't even contain. So it's that search for something that we can't nail down. And when I sit across from a client, I know that all of that exists in them. There's a collective sort of, there's been a lot of input already. And I'm always trying to find what that is, with somebody. Where are they coming from? Where what's the input for them? How can I meet them there? How can I kind of touch where they're at? and translate them maybe to a new way of talking about it? If that makes sense?

**Dr. Dana Saperstein 27:54**

Could you give an example with that with Is that a possibility?

**Jennifer Vogel 27:59**

Yeah, I think when people come into the room, they come in with lots of things in the room, we're not just in there with that individual or that couple. We're in there with their parents, their grandparents, their grandparents, grandparents. And, you know, we're stuffed in that room with lots of things that we can't see. And so that from a spiritual standpoint, there's a lot I can't see when a person walks in my office. And so I stay curious. And my ideas, I get to, I get to understand more of what's in this room besides them, along with what they're sharing with their words. And sometimes they can't even find the words, right. So I'm trying to help them find the words and maybe find what's going on inside of them. That's been informed by so many others. There's an epigenetic epigenetics. That's sort of a new idea that we carry our parents and our grandparents and their grandparents' stuff. Right. Right. And we're sort of sitting with that all the time. And then we can unpack that as we understand it more and more. So as a therapist, I feel like it's my honor, and my privilege to see somebody walk in my office that I know nothing about. I actually love that. You like that feeling I do. I really do. And sort of waiting to see what comes up and being able to poke around a little bit in that and say, you know, that's, yeah, you just said something interesting. I liked like, just like you're doing with me right now. You just tell me more about that. So, it's neat what comes up? It's not always what's obvious. It's not about making them better. No, it's just kind of landing on what they are and who they are and accepting that part of them.

**Dr. Dana Saperstein 29:48**

So, one of the reasons why I respect you so much is that what you just said is the cornerstone of what I think is the downfall of a lot of therapy which is of Atholl Gize people. If somebody comes into your office, they believe that there's something wrong with them. And that if you accept the traditional model of therapy, your job is to come up with a diagnosis and to increase their feelings of something, being wrong with them, and treat them as though you know, they're broken in some way. And then your job is to come up with a treatment plan to fix weeks. Right? And to me, that's so incredibly disrespectful to encourage somebody to feel bad when they already do as a way of helping. That's right, instead of being curious, like what you're talking about, right? And understanding maybe that their symptoms are a form of communication, rather than a sign of pathology. That's right. So, I Soter and you and I are very much on the same page. That's where it's kind of weird that I only respect people that see the world the way I do.

**Jennifer Vogel 30:48**

Well, it's hard not to see it's hard not to see the world the way we do when we do right. Yes. And then to think that somebody can't sometimes it's pretty.

**Dr. Dana Saperstein 30:58**

stunning. Yeah, head scratching. Yes. But I will say that my wife constantly says to me, you know, maybe she gets off your high horse every once in a while to realize that people do not see the world the way they do. Yes. So, it's a good reminder, you know?

**Jennifer Vogel 31:10**

Yes. Well, and again, you know, it goes back. That's it just so right, it goes back to, if a person comes in and expects to be pathologized, first of all, and then expects to be fixed. Or like, maybe just the idea of relief, right? People sometimes just say I need relief, which is I get it. You need relief. Give me homework, tell me the five steps to do that. Right. It's really tricky. For somebody who knows that there's a lot more going on than that, to hand them that exercise and to say, Okay, go do it. I have done that. Right. Where, if that's what people want? Yeah, I can do that. Right. It's really hard to see more or to know that there's more, and I want them to want to know that there's surer. And they might not. Well, you meet them there. No,

**Dr. Dana Saperstein 32:04**

Have you not noticed that most people have come to assume that nobody's ever really listened to them before? Like really listen to them, rather than coming up with an answer halfway through what they're saying? Yeah. And then giving them the subtle message that what they're saying doesn't matter, because you've already formulated your response. Before they're, they're done. Right. So, I think that most people don't feel really adequately loved and cared for. Not because the people around them are bad. It's just that we don't sit quietly and listen, sometimes space. And I think that listening is a form of showing somebody what love looks like, maybe sometimes for the first time in their life.

**Jennifer Vogel 32:43**

That's right. And you know, that goes full circle to your first question. Okay, that idea of knowing that I'm held by another. Right? Yes. So that becomes sort of the spiritual connection for me, is that why would never say, oh, my God, ever, but I have the capacity because I have felt a sense of spirituality or sense of other. Right, that I can be that, if that makes sense. I've had a relationship with that in my life.

**Dr. Dana Saperstein 33:16**

Well, I mean, again, that begs the question, sorry to interrupt. But that begs the question of how much you use your intuition, in the context of not just your personal life, but your professional life? Yes. All the time. And do you? I mean, again, one of the notions that Kim and I have talked a lot about in the past is that my view is your intuition is the voice of God inside of you. So, people all people often say to me, you know, I pray or ask all the time, but I never get an answer. Because we're taught to make things super complicated. And that can't be that simple. That can't be as simple as the answer calmness in your intuition. And that if you look at it as something that's really sacred, and you surrender to it, not in a helpless way, but in a loving way, then most of the answers that you're looking for can come to you. As long as you can distinguish between the answers that come out of fear and the answers that come out of intuition. Yes, I like that because that's a really hard thing to distinguish for most people. They

**Dr. Dana Saperstein**

say to me, well, how do I how can I tell whether it's, you know, coming up with an answer, because I'm scared, or whether it's my intuition telling me what's important? Yes. So, I'm assuming that because you have such a lovely connection to your version of God that that your intuition probably speaks to really clearly and correct to assume that you are married to it and don't doubt it?

**Jennifer Vogel 34:43**

Definitely. Oh, definitely. That intuition. fears me very big. Fear is fear just in an image imaginal way. takes up a lot of space. Yeah. I think intuition Is that smaller? It's, it's you have to be very quiet in order to sort of hear it. If that makes sense, you need to allow give it the space, right? So that you can hear it because it's pretty quiet sometimes.

**Dr. Dana Saperstein 35:14**

Um, yes, I do believe that it always starts with a quiet voice. Yes. But I also believe that if you don't listen to the quiet voice that stalks you in a normal voice. And if you don't listen to that a wax over the head,

**Jennifer Vogel 35:25**

and it will, it will get bigger. Yeah. So, you're saying, Yeah, because I like that. I mean,

**Dr. Dana Saperstein 35:29**

if you believe in evolution as a notion that if you live in the first world like we do, that our evolution is not about finding food and shelter. But it's about emotional and spiritual development. Yes. And that there is a force in the universe, I don't care whether you call it God, or whatever you want to call it, that's always there trying to help you heal and move forward. Yes. The problem is that it's hard for us to believe that we deserve that one, because why would God care enough about us to help us heal? And number two, it often involves having to deal with some really uncomfortable situation. Right, there's no seamless way to go through life without having to deal with conflict and intensity and being honest with

yourself and honest with the people around you. And, and, and to shift the focus, I guess, from the outside, which is where most of us look to determine our value to the inside where the truth of who we are lives. That's a really difficult thing sometimes, because we've been so brainwashed into believing that performance is where we are on the

**Jennifer Vogel** 36:29

outside of us. Yes. So, something outside of us must know. Right? Right. And so I'll look to all look to yeah, I'll look to my friends, I'll look to my, my tic tock, I'll look to my, you know, my social media, I'll look to religion, I'll look to all of those things for something that really you're right, is sort of resides, it's really a little gift that we don't often know we have.

**Dr. Dana Saperstein** 36:56

And I'm so glad to hear that it's something that you're very much in tune with in the know, do you with some people that are open to it do encourage them to develop a deeper spiritual connection as part of their healing process?

**Jennifer Vogel** 37:08

Oh, for sure. For sure. And, and that, and I like I like how you said that it's like people who can do that there's people are at different places with that, you know, the Yes, fun work, you know, for me often is the ones who are curious themselves, right? So there's that curiosity, we share curiosity, it's a lot easier, it makes it so much easier for them and for the work just to be able to sort of go there. But I do see a lot of people who want to be curious, but you're right, there's fear, that sort of stands in the way of that, right. More and more, I'm getting more, I'm getting more clientele. And Dana, you've told me this before, it's interesting how people will come to you in certain situations, and you'll get like little packs of people that come you know, maybe you'll have some marital distress, you have a lot of couples that'll show up, right? You work through some things to get in, you're like, this is interesting that I'm working with a lot of couples, and then all of a sudden, I'm working with a lot of developmental delay, folks, I have a special needs son. So I will have this sort of infusion of referrals from you know, Tri County Regional Center, they'll come in families are struggling around diagnosis, and I'll have a lot of that. And then sometimes I'll have people that come in, and they're just seeking God, really. And I've had more of that lately, of looking for their spiritual life. And I've had a ton of that lately, and I'm thinking must be fun. I had so much fun, so much fun and have a lot of kids too. So. But that said, I think the spiritual seeking, the people are just seeking what, what does reside in them, right, going back to the original place, just like I hear a children's choir, I go back to something. Right, I go back to family, right, I go back to music, I go back to God, I go back to all of that, that resides in me. And it all sort of bears witness to that. So, it's finding those things that resonate for people sure to find that thing in them.

**Dr. Dana Saperstein** 39:06

I remember when I was doing really intense therapy, the therapist I was working with was such a lovely person, I really believe he saved my life and was instrumental. He convinced me to become a therapist and all of that stuff. The biggest failure in that therapy was that he knew that I needed a spiritual connection. But because we were both Jewish, he thought that that would be the path for me. Oh, interesting. Yeah. And so he tried over and over and over. He tried, because he just figured that it's the quickest path for me because I was brought up right in the Jewish might be.

**Jennifer Vogel** 39:41

something that did resonate.

**Dr. Dana Saperstein** 39:42

Yeah. And I used to tell them all the time, you know, sometimes I even feel like I'm anti symmetric because when I was brought out, because it was so horrible and so traumatic,

**Jennifer Vogel** 39:52

that's the complicated, that's the gang of everything. Yeah, right.

**Dr. Dana Saperstein** 39:56

And I kept saying to him, you know, it's not going to work for me. I actually agreed to go to temple one day for him, that was probably the first time in a long time, a long time. Because I vowed never to step inside the, you know, temple again. And sadly, the night that I went to the Friday night service, it was the rabbi was giving a sermon on why the Jewish people are the chosen people and special and better than everybody else. Oh. And I sat there in the audience, and I was thinking to myself, this is why I hate this fucking place. Because it's so divisive. Once again, you're separating me from you're trying to convince me I'm special because I'm Jewish. Like whether I'm special or not, that's not the issue. That's, that's not the reason I'm special. Right?

**Jennifer Vogel** 40:46

Right. It's sort of like, yeah, thank you. But no, thank you. It just

**Dr. Dana Saperstein** 40:49

was so awful. I remember getting up and leaving and thinking, this is not going to work. I don't want this. Yeah, it just was. So, I just don't like that idea, like the experience that you sort of briefly described that. If you don't believe the, you know, the, whatever it is they're trying to convince you of, then you're not a card-carrying member of the of the

**Jennifer Vogel** 41:10

word, we're gonna lose you. Right, like, you're not gonna lose me. God's not gonna lose me or whoever it is that I'm, you know, yeah, whoever's holding me, or whatever's holding me is not going to lose me, right? Because I go, and I do some plays with the theater. Right? Well,

**Dr. Dana Saperstein** 41:25

the church may lose you, but the oftentimes there's a confusion between God and religion. That's right. Not that religion is bad. And I know that for some people, it works really, really well.

**Jennifer Vogel** 41:35

And there, and there are many, many, many places that do it very well, right. So, I want to I want to,

**Dr. Dana Saperstein** 41:41

I just never had that experience, right. I would sit in Hebrew school. And if I even showed up, because most of the time when my parents dropped me off, my friend, and I would go to the candy store and then go play on the freeway that was being constructed. And my parents would, or his parents would pick us up and they look at us like, God, you guys are filthy, what are you doing and here was cool. We were digging on the freeway. Kids and had Kenny smears all over I love it. That's awesome. Because I just That's awesome. I couldn't stand it. It was so horrible. But it ruined me for religion it did. I've never been able to get over how it did or an awful and sad because this was like a decade after World War Two came to an end. So, all the people that represented the religion were so bitter and so destroyed by obviously, I mean, I lost probably 90% of my history, to the Holocaust, and all of that. And so everybody was there was nothing spiritually enlightening or pleasant about it at all was all super sad and really dreary.

**Jennifer Vogel** 42:45

What's interesting is that the people that are around, it's interesting thinking of little guys growing up little girls kidlets growing up in the church or get growing up in any spiritual, you know, setting is that the people that are in their life are the ones that represent that thing. So, you're only as good as yours and none of us are perfect. So, when you think about it, you go okay, so there's no religion. When you think about it, that was brainwashing. Right. Right. I mean, it is without knowing it. Right. I think people meanwhile, yeah. Do I think they I don't think they mean to do that. I don't think they mean to put you through that. Or, you know, but they do. And that's, that's because they're not staying curious. Right? To they're the gift in them. Right? That actually is the thing that would keep them more on track, right? It's people losing their way I really do. I think it's not about religion. It's not about dogma. Its people are losing their way with their intuition.

**Dr. Dana Saperstein** 43:44

Well, and it's not a great model to have my father constantly talk about how important it was to be Jewish and how you know that Jewish people are superior to everybody else. And then we went to temple and fall asleep and snow No, and that he didn't snore quietly. So, we would be sitting in temple.

**Jennifer Vogel** 44:02

important this was this experience,

**Dr. Dana Saperstein** 44:05

right? Everybody in the whole place is looking at my dad as he's just got his head, my snoring at the top of his lungs, and I'm thinking, I'm so embarrassed. This is so awful. Why can I just go play baseball? It was so much more joyful, the smell of grass on the field and all that stuff. So, I just got lucky when I was in my 30s to find a different path toward a relationship with God that was a religious Yes, because it wasn't gonna happen in a religious way.

**Jennifer Vogel** 44:31

Can you mind me asking you a question? Sure. Go ahead. So maybe you've shared this on your podcast before but yeah, have in terms of that experience?

**Dr. Dana Saperstein** 44:39



Well, I had an experience where, again, I was having horrible nightmares, after millions of years and hours of therapy and, and I sort of figured I'd taken care of every ounce of my trauma and all that stuff. But when my daughter turned four, I started having horrible nightmares the same one night after night. After night, wow. And I had met someone at a New Year's Eve party sitting down on the couch next to her. And within a very short period of time, she picked up a piece of paper and started writing furiously. And then she handed me the paper. And it was actually a note from God that told me exactly what I was having my nightmares. Wow. And I have known her for 15 minutes of my life. The story that came to me was why I was having the neighbors because I was sexually abused when I was in the hospital as a four-year-old. And I was threatened with death. If I told anybody, so when they wheeled me in for surgery, the guy that abused me was the guy wheeling me in on the gurney. And so, when they were putting me under anesthesia, I thought they were killing me because I was losing consciousness. So I went into anesthesia, screaming, I won't tell I won't. So, I buried that experience so deeply. That had only started to come back to my consciousness. When I was in when my daughter turned four, yeah, was four years old. And this woman synchronistic wrote me a note from God, that disk, and as soon as I started reading the beginning of it, the whole memory just came right back to me. So, I woke up the next morning, both relieved from my trauma. And because I'm a hard sell, I needed to have something so dramatic wake me up to the existence of God that even at that moment, I couldn't deny it. And that really changed my life. Because I started to understand that God and religion were not the same thing. In my that's right definition.

**Jennifer Vogel 46:31**

But look at that lovely picture of what it is whatever it is that sees you. Yeah, that's all for you. Yeah. remembers that. And it Newhouse covers that with you. Yeah. That's pretty neat. I mean, that's a really like, you know, it's like, how did he know that she could know that.

**Dr. Dana Saperstein 46:48**

there was no way. Yeah. So, it was a very enlightening experience, and that I was able to look back on my life and realize that, despite all the horrible things that happened, there were very key moments that God was there helping me keep one foot in front of the other. And again, before I even knew any of this, I had a magical experience where I met my wife on a really remote beach in Hawaii. How's that happen? Wow, it was so amazing the series of events that took place in order to get me to leave where I was going to move to Hawaii, and then all of a sudden end up meeting the person I've spent the last 50 years with. That's amazing. So, I have all kinds of reference points I can look back on now, but that he didn't really realize before,

**Jennifer Vogel 47:28**

right? And it's like in the planning, you don't always know what you're planning.

**Dr. Dana Saperstein 47:31**

No, no,

**Jennifer Vogel 47:32**

go, you just did you went to Hawaii must have been something of an impetus for some reason, well, to go surfing to go surfing. It wasn't even the reason I

**Dr. Dana Saperstein 47:40**

didn't know who was to be my wife. Yeah,

**Jennifer Vogel 47:42**

whatever God had planned was bigger than what you thought. Right. Right. Yes, that feels great. Yeah. You know,

**Dr. Dana Saperstein 47:48**

so, I know, we've gotten a little bit off the track of you as a therapist, but I think that again, what we're talking about is important, because in therapy school, you will maybe in the program you were with, there was some notion that spirituality might be important in a person's healing process for sure. Not in my program. Not in your program. Oh, my God, it was I mean, you all scientific, were you guys' data driven? Well, there was no such thing as a psychology program in the 80s that did anything but traditional medical model the theories and yeah, there was no systems and yeah, there was no idea that it was actually frowned upon the, you know, as Freudian idea that religion is the drug of the masses or something, right? Sure. So, all the negativity I had was reinforced in my educational process. Oh,

**Jennifer Vogel 48:38**

That's interesting. Yeah. So, for you that light with that light going on to would have been a very different, it almost feels outside of your program, to some extent was and you've merged those things within your own, like practice

**Dr. Dana Saperstein 48:51**

was understood in my life, not just my practice, but but I also had a dream once where God came to me and told me it's his or her its purpose in my life in a very clear way. And one of the purposes was, it helped me in my work to help as many people as possible, while I do what I do, so I don't have to be afraid when anybody comes to see me. But everything I need is going to be provided to me. Even if I'm delusional, it seems to have paid off and it works. Well, I mean, I can't prove

**Jennifer Vogel 49:21**

that. Sure. Right. It's all but that's what's worked. Yeah. That's what's shown up for you. It's all experiential. Yes, yes,

**Dr. Dana Saperstein 49:28**

for sure. For sure. And I know I remember as soon as I met you that I thought I've had this feeling like Oh, my God, this woman, so capable of being present, and, and has such a healing energy about her that I knew if you decided you wanted to be a therapist said that you had what it took, if you know what I mean. Yes,

**Jennifer Vogel 49:49**

yes. Yes. I think at the time when I met you, too, that there was a lot of meat, very present. For a lot of people. I learned that I wasn't as present for myself, right. Which is my own work right? So, the program

that I'm from is was also a place that made us do our own internal work. And in that process, holy moly, 90% of it was, who am I in the room? Right? What's going on? For me in the room? It's really not about them, like, you're either a good therapist or not, I think, I don't think they can train you that.

**Dr. Dana Saperstein** 50:25

way. Or they can teach you to be a good therapist.

**Jennifer Vogel** 50:28

It's like, are you able to look inside and see where your issues are coming up? Are you able to sort of get through all of that and, and get real about that? I mean, really real. Yeah. And it gets dirty and gross. It gets yucky. You know, there's stuff that I've worked through and dealt with and still do. I mean, there's times we're in the room, somebody will come in, and it'll activate something in me, that's personal. And I have to be really aware of that. Right. And so that's sort of what I got in my program was, you know, how to continue to check in a little bit. Sure. And make space for me? Yes. Which has helped me externally as well in my life, right, a little bit more.

**Dr. Dana Saperstein** 51:04

So can you tell us a bit about your practice and, sure, the types of issues that you'd like to deal with? And,

**Jennifer Vogel** 51:11

yeah, so we're, you know, I like again, I work at Janus Counseling Center, my husband and I, Michael started that together. He's a therapist, also. Which you alluded to his second career; he's doing that. And together, you know, he, he so bright, he's so smart. He's such as Smarty Pants is.

**Dr. Dana Saperstein** 51:31

a very smart guy. He's intimidating sometimes by how smart he is. Yeah, he's very.

**Jennifer Vogel** 51:35

just, he knows a lot about everything. And so, it's really annoying and very, very impressive.

**Dr. Dana Saperstein** 51:40

And what he doesn't know about, he can speak about intelligently. Anyway,

**Jennifer Vogel** 51:44

He's so impressive. And his clients love him. Right? Right. Yes. So, we work together, we get to wave to each other across the room, sometimes in between our clients, but I work a lot. I love couples, love them. Do a lot of work with couples do a lot of work with kid's families.

**Dr. Dana Saperstein** 52:06

And how young? Can you? Would you like Kid kids?

**Jennifer Vogel** 52:11

Yeah, I work with a lot of, it's interesting, they've come to me so I you know, I can work with younger I can work with older but it I tend to work a lot with boys between the ages of eight and 12. Really. And there's a lot going on with those guys. Absolutely. A lot. So that's a lot of bullying, a lot of trying to make, you know, with the pandemic, I think there's there was a lot of isolation, and so they kind of lost traction a little bit with who they are. So, I've been doing a lot of work with them in the room, and I really enjoy doing that. You know, and that's through play and talk and they teach me things I'll have them come in, they'll actually teach me out, say, I want you to come teach me something. Right. And so, I can learn a lot about them when that happens. And it provides the open doors for me to continue to sort of help dig into where they're at with things and so good rapport with them. Yeah, and I in terms of how I do therapy, I will use CBT sometimes, you know, which is cognitive behavioral therapy, if I need to. And that's really about sort of knowing how to connect your thoughts, your feelings, and you know, your body sensations. Sure, I do a lot of somatic work, I do a lot of what's happening in the body, because there's a lot of things that are stored and kind of hanging out in our memories within the body. And so, we'll work on I do EMDR. So that's you know, Eye Movement Desensitization process where you're processing kind of bilaterally, between the right and left side of your brain. And that seems to be really relieving for some doesn't work for everybody. But it does work for a lot of people too. Yeah, so I do a lot of that I do a lot of women in transition a lot of women at different ages, starting with college, if I had a lot of UCSB students that are under a lot of pressure. And you know, who am I as a woman who I might, what is this career idea thing about? And how do I know what I want to be? So, lots and lots of folks?

**Dr. Dana Saperstein** 54:13

Yeah. And you guys are starting a new part of your counseling center? Yes. Would you be comfortable talking about that?

**Jennifer Vogel** 54:20

Sure. We realized that we have a waiting list of maybe, you know, when I hate to say this, but there's probably 40 People in our waiting list. And in trying to resolve that, but you know, one of the things that we realize is that people who don't have insurance, it makes it really hard to seek therapy and find support. We wanted to open a second sort of center, which is a nonprofit side of our work now that will allow and invite graduate students to come in and work with the public at low cost, being supervised getting their hours because it's a 3000 hour minimum, you know, to get your license. It's a lot A lot of hours a lot of time. And putting two and two together, you know, doesn't make sense to not connect those things that the community needs a lot of help right now. And so we want to provide that. So we have a new office next door to our office that's now sort of being renovated as we speak, and getting things kind of put together. But we're looking at sort of a, probably a soft launch in March, but probably a real launch in the summer that will have everything in place, and ready to sort of take on, you know, people that want to come.

**Dr. Dana Saperstein** 55:31

And these are people that you will see regardless of their financial ability to That's right. Yeah,

**Jennifer Vogel** 55:37

yep. So slight kind of sliding their scale, based on their needs. And, you know, visiting that whenever we need to, and, yeah, but but providing a way to do that for a period of time, and then like, kind of figure out what they need next.

**Dr. Dana Saperstein 55:53**

And it also helps people that are trying to get their training, license and all that. And plus, they're going to be supervised by mostly you and Michael,

**Jennifer Vogel 56:02**

mostly Michael and I, we have a couple others that are going to also be, you know, kind of kicking in, hopefully, we would invite you to Dana, if you ever would like to do that. Your supervisor, he's done supervision. So

**Dr. Dana Saperstein 56:13**

he's got that in the past, which I always appreciate.

**Jennifer Vogel 56:15**

Yeah. So well, you know, that's the kind of thing and we'll have groupings, where people are getting supervised in groups, so that that'll be neat. There's ways to sort of whatever the school is deeming important, each school requires different things like being observed, you know, going back and sort of unpacking a session to find out what helped and what didn't help and what they could have maybe thought through, maybe they missed something, maybe they were checked inside their own person, you know, on something. So, we're able to kind of point that out and help them through and be their biggest fan.

**Dr. Dana Saperstein 56:49**

One of the things that I'm asked all the time, especially by people who don't live in Santa Barbara, because so far, actually our podcast is listened to in a lot of different places. I was shocked, actually, at how many different countries out there are, oh, my goodness, people that and so people have always said, well, where do I find a therapist where I live? And so, do you have sort of an idea of what's the best way for people to find someone that sure is capable?

**Jennifer Vogel 57:17**

Well, in that, you know, remember in the state of like in each state, if you're licensed in each state, so in California, if you're licensed therapist in California, that you can see anybody in California, and that could include telehealth, that can include doing that on Zoom, it's not the same, it's a little different. But it works. And it can be a really helpful thing. So, any California therapist can see anybody in California anywhere, in terms of seeking out and finding referrals around statewide and then other countries. Psychology Today ai.com, I think, is probably the most popular and the most resourceful. Yeah, because you can, you can filter down sort of one area, you can filter, you know where you are exactly, you can filter down on cost, you can filter down on insurance, if you have insurance. And so, it sort of pulls out of all of your filters, it pulls the right people out that you can at least read their bio and figure out does this person feel like somebody I would want to call? So, you don't even have to call them unless you read all this stuff about him first. Right? Which is nice. Yes. You know,

**Dr. Dana Saperstein 58:19**

and what about asking people who are in therapy, whether they're benefiting from the person they're seeing? Because I'm assuming you get a lot of referrals from satisfied customers?

**Jennifer Vogel 58:31**

We do sometimes we don't know where people come from. But we've heard them referred to from someone, you know, it might be a client that we already have, or it might be a professional that we know. Yeah, so if people are feeling like it's, they're in therapy, and it's not working, or they feel like they want to explore something different, most certainly they can call us, we can help either refer them or find a way into maybe our new grouping that we have. And you know, I don't want to be an ad here. I don't want to advertise just ours. But I'll tell you, I think if you're if you're if this has resonated, I think from a from a deeper level. And it's the kind of therapy you are interested in, the kind of therapist you're interested in. We're going to be training our therapists to think this way. Okay, too. So, when you think about that, we're hoping that we send baby birds out of our nest that are aware of sort of these kind of deeper concepts.

**Dr. Dana Saperstein 59:27**

Well, and I wanted you all to feel comfortable talking about your center, because I believe in it. And I think that all the people referred to you guys have been very, very happy with the services that they've received so far. Wonderful. And again, when Michael was here, I'm just talking about the fact that I did some EMDR with him, after having medical trauma that I wasn't able to sleep afterward. And it really helped me so no summarily modality that I do myself. But I thought it was quite interesting. Yeah,

**Jennifer Vogel 59:55**

it is interesting. Because it's very you when you talk about that that's it's very STEM based, it's a very scientific sort of processing, you know, from a body standpoint, which is lovely, you know. But you know, in to reiterate, you know, our center where Michael and I are working primarily is, you know, individual therapists is Janice Counseling Center, which is you can find that right now by looking at up. The center is now Janice community. I'm sorry, Janice, community counseling services, okay, which is a different thing. But when you walk into our lobby, you'll see Janice is just there, right? With the two doors that will allow right either way, you're coming in and as Jn you. That's correct. Yeah, that's right. The God of transitions, yes, portals and new beginnings.

**Dr. Dana Saperstein 1:00:47**

We're coming toward the end of our visit, would you think is important that you haven't mentioned yet about your life as a, as a professional person in the field of mental health?

**Jennifer Vogel 1:00:57**

I don't know. How's that? For honesty? hard

**Dr. Dana Saperstein 1:01:00**

question to answer.

**Jennifer Vogel** 1:01:01

That's a hard one. What more would I say? What do

**Dr. Dana Saperstein** 1:01:05

you think the most people don't really understand that would be really good for them to start to think about in the preparation of maybe doing some therapy?

**Jennifer Vogel** 1:01:14

Sure. I think, by and large, I think we, we need to kind of get to a point where we understand that in the, in the counsel of many, there is wisdom, that there is a need for others to join our life. And I think we all know that innately. But we don't always recognize that going to therapy is one way of doing that. And that therapy has a stigma, you know, we're still sort of battling a stigma of, I'm not sick. I'm not, I'm not like, neurotic. I'm not this, you know, I don't need therapy. That feels it feels big for some people. But it's actually something that, I think it doesn't have to be a long period of time. But it can be something that just having someone come alongside your life, sort of shining a little light somewhere. And going have you looked here, have you looked here can be super helpful. And we can't do everything alone, guys, we just can't. Right, we need each other. And a lot of people have good friends and family that listen and process things with them. That's lovely. But I think it sometimes comes down to I need to be in a room with somebody who doesn't know all of my baggage. Right? So we can start from here. You know, we might go into the baggage, but we don't have to. It's really about sort of starting over sometimes. Yeah. So, I love helping people do that. And I think as you know, I don't think of myself as I don't, I don't like the terminology. I don't like I don't like labeling me. I don't like the word therapist all the time. Because I really think about that word, and I go, oh, that's like someone treating me right. And I'm just joining, I'm just joining, I'm just I'm in I'm in the room with you, we're talking through things, it's hopefully it's helping to unlock the, the river of what needs to come forward for you. And, and just holding that with you. Like that's

**Dr. Dana Saperstein** 1:03:18

so that that kind of brings us back to the subject we were talking about earlier, which is that if someone comes to see you, you're not going to agree with them that there's something wrong with them, that you're not looking to agree with their notions that they're followed you walking on what I

**Jennifer Vogel** 1:03:33

know, I probably won't agree with them. But I probably will for a minute just so that they'll listen to me. If that makes sense to join them where they are. It's sort of get, you know, going over to the bridge wherever they are. And kind of going in there and going yeah, this sucks. This is terrible. Oh yeah, you're broken. You're this, you're that. And you kind of have to start somewhere. Right. And then gently walking across the bridge. Sure, and maybe make themselves faster for some. Yeah, it's not so fast for others.

**Dr. Dana Saperstein** 1:04:01

Well, Jennifer, it's been really lovely to have you here. Thanks for having me. All of my feelings about you have just been confirmed all over. Ah, nice. So, I hope that everybody enjoyed the episode and,



and looks forward to more mental health professionals that I respect and admire. It's a kind of short list, but still,

**Jennifer Vogel** 1:04:19

Hopefully we'll get some trained ones that will come out of hopefully our center a little bit and maybe you'll be able to talk to them someday.

**Dr. Dana Saperstein** 1:04:26

Absolutely. Great. So again, thank you very much. Yeah, appreciate it. Right. Bye. Bye.

**Fear Me Out** 1:04:32

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