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IMPRESSIONS

INSIGHTS FROM THE PRACTICE OF CLINICAL PSYCHOLOGY

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*is published by
Dr. Michelle Eabon
a clinical
psychologist in
practice in Fairfax,
Virginia and covers
topics which may
be of interest to
professionals
providing services
to children,
adolescents, adults
and their families.*

Midlife is regarded as that period of life when one reaches the goals set in young adulthood and achieves (or retires) youthful dreams. Certainly, midlife is a time to reap the benefits of one's labors, to experience satisfaction in work and relationships and to plan for retirement. But, is traditional retirement really the next phase?

Midlife is a time of appraisal, a time of grappling with the prospect of one's own mortality, of questioning one's relevance and self-worth and of recommitting to both work and relationships in a way which is more fulfilling. Midlife offers a chance to generate new goals

Midlife HARVEST

*Michelle F. Eabon, Ph.D.
Clinical Psychologist*

and revive youthful dreams. Many in mid-life are surprised to discover their careers have shorter shelf-lives than previously envisioned and embrace the opportunity to transition into a second career which will bring a different kind of satisfaction and a more bountiful personal harvest.

Midlife financial stability can also make possible the pursuit of a college education that was

deferred for those who did not have the means previously. Embarking upon a college degree in mid-life can be daunting and many decry the age they will be when the degree is finally awarded. We age anyway. One might as well reach life's finish line with a college degree, a second deeply satisfying career or a dream fulfilled. For further reflection:

Thinking About Tomorrow: Re-inventing Yourself at Midlife by Susan Crandell.

Midlife Myths and Realities: An Upbeat Approach to Enjoying the Transitions of the Middle Years by William H. Van Hoose.