

Old Forge: Three-day workshops to help folks improve personal and professional relationships

by Marianne Christy
The Weekly Adirondack
Old Forge, NY

Two highly acclaimed leaders in the field of psychology will be coming to Old Forge this fall to conduct two weekend workshops titled, *Jump-Starting Your Life*. In the three-day workshops, Gary Gemmill, Ph.D and George Kraus, Ph.D. will help participants better understand their own inner selves, which will help them with their personal and professional relationships.

The pair will draw from techniques described in their book, *A View from the Cosmic Mirror: Reflections of the Self in Everyday Life*. The book examines how our self-perception affects how we see and treat others—and how others see and treat us. “We all must learn how to see ourselves more clearly in the reflections that surround us,” Gemmill said. “It is the reflections—what we call the cosmic mirror—that reveal a more complete view of ourselves,” he said.

The local workshops will take place at 165 Park Ave. in Old Forge. The first will be held from Friday through Sunday October 29 to 31, and the second from November 5 to 7. Those wanting more information or to register can call (315) 369-3451.

Gemmill said he receives much positive feedback from those taking part in his workshops. “Life-changing” is how many describe the experience, he said. “Much of the work we’ll be doing will be helping people to get in touch with the positive part of themselves—the part that stays hidden because of fear,” Gemmill said. “People are fearful going into uncertainty, but fears are very important in the sense that they are just imagination and they stop us from taking reasonable risks,” he added.

The workshops are limited to 10 participants. The cost is \$125 for those who register by October 15, and \$175 after the deadline.

Gemmill, who has been a psychology professor at Syracuse University’s Whitman School of Management for 44 years, first met Kraus decades ago when Kraus was a Ph.D student of his. While studying Social Psychology, Kraus became a teaching assistant to Gemmill. He became increasingly interested in the personal growth programs Gemmill was conducting with not only MBA students, but also the public in general. He soon began helping with those too. After earning his Ph.D at Syracuse, Kraus went on to earn another Ph.D in Clinical Psychology at the University of Cincinnati. He spent five years in earning recognition as a “Diplomat in Psychology.” Kraus is currently in private practice as a clinical and consulting psychologist, and is an adjunct professor at University of Cincinnati. He is author of one of the leading books on Alzheimer’s disease, *At Wit’s End: Plain Talk on Alzheimer’s for Families and Clinicians*. This book examines the disease’s impact on those who suffer from it and on their families and caregivers.

Throughout the years, Gemmill continued his in- and out-of-classroom personal growth instruction. He eventually decided to document his work in book form, but needed help. Due to their common professional interests, Gemmill called upon Kraus to collaborate with him on the book, *A View from the Cosmic Mirror*, which had its first printing in 2009. Gemmill said a newly expanded edition of the book will be released later this month. He hopes they will be available prior to the local workshops.

To learn more about Gemmill and Kraus' book, *A View from the Cosmic Mirror*, people can go online to www.TheCosmicMirror.org.