

**The Psychology of Money, presented by Robin Barstow, Goodall Memorial Library, November 14, 6PM.**

Money influences how we see other people and how we see ourselves. The decisions we make about it may have more to do with emotions than with math. By talking about money on a personal level we can discover a better understanding of our psychological relationship with it and that can help us lead happy lives.

As a clinical social worker Robin Barstow uses Cognitive Behavioral Therapy (CBT) in her work. The premise of CBT is that our thoughts affect our actions. Robin has discovered that a great many people have never wondered about their personal understanding and relationship with money. So, they do not know their thoughts about money and how they may be affecting their actions with money. Money has extraordinary power over our minds. We invest in it the promise of so many things that we value. If we are to understand ourselves, and how money helps us to create the things we need and want, then we benefit by talking about it. Simple memories of what one learned as a child can be a gentle and fascinating place to begin. Please join in the dialogue with us.

Dr. Robin Barstow is a clinical social worker at Maine Behavioral Healthcare. She earned her BA from Sarah Lawrence College, her MS in physical anthropology from Columbia University, her PhD in evolutionary biology at Yale University, and her MSW from University of Maine.