

EXPRESSIONS

The official newsletter of Maumee Valley Guidance Center



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MVGC Bringing New Evidenced Based Treatment to The Four County Area

The clinical staff at Maumee Valley Guidance Center took part in an intensive training program to learn EMDR to bring it to clients in the area. All the full-time therapists were trained in each office to make this treatment modality available to all who would benefit from it. EMDR is evidence based for trauma, anxiety, and depression. It can also help with adjustment issues, grief and loss, and unexpected life events. EMDR can help clients find a more positive way at looking at a negative event or negative image of themselves. It does not erase memories, but rather lessens the intensity of feelings toward those negative events. The result is the client is no longer reacting to the past while going through life. EMDR can be used with adults and children.

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What is EMDR?

EMDR (Eye Movement Desensitization and Reprocessing), as with most therapy approaches, focuses on the individual's present concerns. EMDR's approach, however, considers past experiences are being activated by present or future anticipated experiences.

What is different about EMDR?

EMDR's focus is on the brain's ability to constantly learn, taking past experiences and updating them with the present situation. This is referred to as "The Adaptive Information Processing Hypothesis." Adaptive learning is constantly updating memory network systems (reconsolidation). EMDR's focus is the person's inability to update experiences.

EMDR therapy uses a set of procedures to organize these negative and positive networks and then uses bilateral stimulation, i.e., eye movements, alternative tapping, etc. as the catalyst to effectively integrate the past experiences with the present adaptive learning. Much like eating, we digest food, keeping the nutrients necessary of health, letting go of the waste, we keep what is necessary for adaptive learning. And let go of unnecessary information.

What does EMDR look like in treatment?

Clients come to treatment expressing concerns. The clinician will help the client understand the dynamics of the present concerns and how to adaptively manage them. An overall treatment plan will be developed that will accomplish the client goals. Within that treatment plan, EMDR therapy, along with other therapy approaches, will be used to accomplish treatment goals.

EMDR Procedures

The client will be instructed, through a set of questions, to access and activate the negative experience and the desired adaptive resolution. Sets of rapid eye movement (or other forms of bilateral stimulation) will be applied. The client is encouraged to just "free associate" and allow the brain to work through the experience. Sets of eye movements will be alternated with brief client reports of what is being experienced. EMDR processing will continue until the past experience has been updated to an adaptive present perspective. With long standing issues, this process may take multiple sessions.

Once the disturbing experiences have been processed, the client and clinician work together to integrate these new insights and perspectives into their daily life. It is NOT necessary to tell the clinician all the details of an experience in order for it to be processed. Full disclosure of the experience is not necessary for the experience to be processed.

Emotions and sensations may come up during processing, although the client will be prepared and safely managed by the clinician during processing. EMDR is not hypnosis. During EMDR processing, the client is present and fully in control of the experience. EMDR therapy, as with all treatment approaches, will help clients accomplish their treatment goals. The length of time that it takes is dependent upon the client's complexity. Frequently EMDR therapy is only one of several treatment interventions used to accomplish the client's treatment goals.

MVGC Receives Donation Through Keller Logistics Group, OPERATION K.A.V.I.C.

Maumee Valley Guidance Center was recently given a donation from Keller Logistics Group, OPERATION K.A.V.I.C. for local military and veterans to be used for financial assistance with their mental health treatment.

OPERATION K.A.V.I.C (Keller Assists Veterans in Crisis) was created to prevent local military and veterans from enduring financial hardship. These funds provide Active Duty, Veterans, Reservists, & National Guard members with financial assistance where their veteran benefits may have gaps.

Here at Maumee Valley Guidance Center, we strive to find ways to better serve our clients. Some of outpatient therapists have completed training through Star Behavioral Health Providers to be able to better serve our military connected clients. The process to become a Star Behavioral Health Provider begins with a one-day training about military culture and the special needs for those connected with the military, including the basics on Post-Traumatic Stress Disorder (PTSD).



The next step is completing a two-day training on assessment and treatment of mental health concerns for the military and civilian populations, including sleep disorders, PTSD, and suicidality. The last step to becoming a Star Behavioral Health Provider is to complete a two-day course on an evidence-based treatment for a topic of their choice including trauma, insomnia, pain, suicidality, and depression. Upon completion of all three tiers, a provider is listed on the Star Behavioral Health Provider website as a civilian professional with military sensitivity.



Staff Anniversaries

November

Kim Grimes (4)
Karen Lause (4)
Shannon Ries (4)
Anna Williams (7)
Rachelle McDonald (17)
Connie Planson (32)

December

Thelma Esterline (3)

January

Kym Whitenburg (2)
Michael Knox (3)
Janine Tonjes (4)
Mattea Gilbert (7)

February

Alysha Valdez (2)
Michale Wilson (3)
Sherri Ward (9)

March

Elvia Ceballos (1)

April

Betty Tingley (4)

*Thank you for being an essential
part of our success!*

Coping Through Holiday Stress

As the song goes, "It's the most wonderful time of the year," right? Not for everyone. From planning family gatherings (especially during a pandemic), traveling, shopping, school parties, or missing a loved one, the holiday season can be very stressful. Here are some tips to help us manage the holiday stress:

Lists: We all know when it comes to shopping whether it be for food, clothes, and presents making a list can be helpful. When we arrive at the stores, or when we go to shop online, we will have a game plan on what we need to buy, and staying within budget.

Plan Ahead: We are all busy every day with work, school, raising a family, taking care of others, and keeping up with the loads of laundry. If we are able to plan ahead of time, we will be better able to avoid last minute stressors. This is especially true this year with expected shipping delays.

Many events to attend: During the holiday season we catch ourselves having many events to attend whether it be holiday concerts, family gatherings, parties, fundraisers, etc. We may feel overwhelmed with all the things we have planned. Understand, it is okay to say no. Even if it means missing an event or two. Self-care is important; take the time for yourself and have a day or so to yourself to relax and take a breath.

Feeling like you are alone: We know when it comes to the holiday season it can be difficult for some more than others. There may not be that "family connection" that you see everyone else have. Or maybe we have lost loved ones that it makes the holidays harder for us. What we can focus on is the people that are here for us in our lives and the ones we can reach out to. Whether it be friends, significant others, teachers, co-workers, or a support line, you are not alone. It is okay to reach out for support.

Missing a loved one: Holidays after the loss of a loved one can be difficult. It's okay to communicate your needs to those around you. Keep meaningful traditions if it feels right to you, or start new ones. If attending an event seems too overwhelming, opt out and take time for self-care. Reach out to your support system or contact a support line to talk.

Having Trouble Coping? It's important to know when to ask for help:

- Changes in eating or sleeping
- Pulling away from people or things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Feeling confused, forgetful, on edge, angry, worried, or scared
- Fighting with family and friends
- Unable to get rid of troubling thoughts and memories
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks

from the National Suicide Prevention Lifeline

Support Lines:

Crisis Text Line: Text "4hope" to 741-741
Suicide Prevention hotline: 1-800-273-8255
Ohio Carline: 800-720-9616