



October

2019

After a brief hiatus, the newsletter is back. According to the calendar, it is now Fall, although the weather remains warm. Read on for wonderful updates. We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide integrative services for those clients who struggle with alcohol or drug addiction, as well as ongoing group therapy to meet the varied needs of the clients.

PROGRAM UPDATES

MPB Group has had some major changes in the past months:

- ★ **Our site is now CEU approved** and onsite trainings will begin this month. Initial topics, led by MPB staff, will be on understanding and treating trauma, accurate diagnosing, and the multiple effects of adoption. Trainings open to the public should begin in early 2020.
- ★ **We have hired three part-time and one full-time clinician** who we are excited to introduce. Derek Cooper is an integrative specialist, Gesireth Mariscal is a bi-lingual therapist (Spanish), Emily Sander specializes in womens' issues and partner violence, and Amy Weishampel, a former intern, specializes in LGBTQ issues.

★ **CLINICIANS CORNER**

This section will highlight the various tasks, skills, and specialties that the MPB employees provide to assist MPB Group in its mission.

Naomi Weller, Operations Manager of Training and Group Development, is licensed as an LCSW-C. She recruits and oversees all the interns, providing training and supervision, as well as coordinates groups based on client needs. She thrives on assisting interns hone their clinical interests and treatment theories, as well as providing collaboration between clinicians and interns.

INTERNS CORNER

We are at full capacity with 15 interns currently at our agency for the current school year! They



will have the opportunity to provide therapy, do intake assessments, participate in consultations, and co-lead groups. They are a wonderful addition to our clinical team.

CLINICAL TOOLS AND TIPS

Strength-based therapy is a type of positive counseling that focuses on the clients' internal strengths and resilience rather than on their weaknesses or failures. This focus sets up a positive mindset that helps the clients build on their qualities and strengths, and leads them to have a more positive outlook on their life events. This form of therapy guides the clients to re-examine their personal history of traumas and emotional pain to offer positive perspectives on how they overcame these experiences. The goal is for clients to recognize that they already have the skills and strength to survive and can extrapolate those coping skills to current and future stressors.

GROUPS

The Couples and Family Institute will be offering a 3-part series workshop on parenting. The dates are 10/5, 11/2, and 12/7/19. Please see fliers sent via social media for details. More groups are starting later this month, including drug addiction treatment groups, support groups for adolescent males, and LGBTQ support groups.

QUOTE OF THE MONTH



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