



NOVEMBER

2019

Happy November! The weather is now feeling like Fall, and Thanksgiving is around the corner. Enjoy this newsletter for some seasonal information and 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 had a few changes in October:

- ★ **We have hired one more part-time clinician** and will be hiring one more. **Tracey Pauls, LCPC**, is an integrative specialist with experience in working with adolescents and leading groups.

CLINICIANS CORNER

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

Kate Duncan, LCPC-S, is a full-time clinician as well as supervisor of interns and graduate level clinicians. She specializes in working with clients who have complex trauma and/or complex mental health disorder diagnoses. She currently supervises one intern and two LGPC clinicians. Using Tri-phasic Trauma Therapy techniques, she aims to establish a flexible atmosphere for clients to feel safe and supported. She has a strong interest in animal-assisted therapy techniques to further integrating healing.

INTERNS CORNER

We remain at full capacity with 15 interns at our agency! Their progress is rapid and most already have a full caseload of clients. They are learning theoretical models and determining which theory and methods match their individual beliefs and style. They have written and presented case consultations in team meetings and many are now planning, recruiting, and co-leading groups on various topics.

CLINICAL TOOLS AND TIPS

Daylight Savings Time - with this time change comes shorter days and, for many, an increase in depressive symptoms. This is called



Seasonal Affective Disorder, because people will have these depressive symptoms only during Fall and Winter. The symptoms have been linked to people receiving less sunlight - the weather keeps them inside more and the extra clothing layers prevent them from absorbing the sunlight. One way to cope is daily use of a bright light lamp, which simulates sunlight. Maintaining exercise, a healthy diet, and continuing to go outside also counteract the desire to be less active or isolate. Continue to talk to and see friends, who are also valuable in counteracting your negative thoughts.

GROUPS

The Couples and Family Institute will be offering its second part of the 3-part series workshop on parenting. The upcoming date is 11/2/19, from 9:30 - 11:00 am, and will be held at our Columbia office. The last workshop in the series will be offered on 12/7/19. A few groups will be starting this month, including the LGBTQ teen support group, the adult anxiety support group, the group for guardians of adopted or foster children, and an adult substance abuse treatment group. They will all be held at the Columbia branch. Interested persons should call the office at (410) 730-2385 to obtain details.

QUOTE OF THE MONTH



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