



OCTOBER

2020



October has arrived. While it's hard to say good-bye to summer, this month brings excitement as we feel the slight chill in the air. Let's embrace this month with a deep breath of anticipation.

Welcome to our monthly newsletter. We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide medication management, 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.

While our agency continues to follow guidelines for safety, we remain available for all offered services. Services continue to be provided via telemedicine tools.

PROGRAM UPDATES

The Executive Team continues to attend monthly Leadership Trainings - last month was addressing How to Supervise Employees with Different Personality Styles, and this month will be on Communicating Effectively.

Congratulations goes to **Renee Clark, MFT**, who earned her Certified Clinical Trauma Specialist - Family certificate. She was an MFT intern last year and joined our agency as a clinician this year. Her accomplishment exemplifies our agency attitude of continuing to grow and challenge ourselves.

INTERNS CORNER

Two more interns have joined our exuberant training group. They are both Marriage and Family Therapy interns, so they will be working with couples and families to help them change dynamics and heal as a unit. Interns are an integral part of our clinical team.

This month, two interns saw significant improvement in their client's mood and activity. One intern collaborated with a parent to provide an incentive for the young client to change his behavior, and another intern helped a client understand the effects of their diagnosis and find ways to cope with the symptoms rather than feel inferior to others.

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CLINICAL TOOLS AND TIPS

Sometimes we can get overly focused and frustrated with the negative events that are going on - COVID, racial tension, weather - that we forget about the positives. Yet research has shown that "giving gratitude" has many physical and emotional benefits. People report feeling healthier, happier, more empathic towards others, and more resilient in recovering from trauma. Here are a few gratitude exercises:

- 1) Gratitude journal: each day, write a few good things that happened that day
- 2) Write a letter: to someone that you appreciate
- 3) Say thank you: be more aware of others and thank them for their efforts
- 4) Take a walk: go for a walk and focus on your senses to enjoy what you experience

GROUPS

All groups are offered via teletherapy. We are halfway through our 12 week series on topics related to coping with the COVID restrictions. In addition to our ongoing groups, we have started the ADA group to help elementary and middle school students cope with online schooling and doing homework. In addition, a Parenting Group has also begun. Please refer to the MPB website, under the heading "Services" to find the "Groups" tab with more information on meeting days and times. You can email us at group@mpbgroupinc.com or call MPB Group to inquire about joining a group.

QUOTE OF THE MONTH



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