



NOVEMBER

2020



Well, October zipped by and November snuck in. Leaves are turning colors, the weather is inconsistent, and the holiday season is whispering from afar. There are two months left in what has been a challenging year in so many ways. Please remember to stay in tune with your body, your supports, and your treatment of others. 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.

We remain available for all offered services, which continue to be provided via telemedicine tools.

PROGRAM UPDATES

This has been a month for learning and honing our clinical skills. Dr. Traci Ganaway, our Program Director, provided trainings to all agency staff and interns on how to effectively perform a **Mental Status Exam**, as well as better understanding **Defense Mechanisms** and their role in the therapy process.

Scheduled meetings on **Race Relations** also continue to occur. Staff proposes topic questions that are discussed in team meetings to evaluate our own views and how to better respond to our clients' needs.

INTERNS CORNER

All the new interns for Fall semester have begun. They represent 10-12 different universities, and growing! Last month, in addition to the agency-wide trainings, they attended group supervision and learned about the effects of childhood sexual abuse. This month they are learning about the Motivational Interviewing method to facilitate positive change in their clients.

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CLINICAL TOOLS AND TIPS

This month marks our first holiday, Thanksgiving. But how can we celebrate while COVID still threatens our health? In this time of uncertainty, holidays can be calming because they are predictable, with certain traditions and routines. Even if you are unable to celebrate with all the usual guests, traditions can still be honored. If weather permits, you can have the dinner outdoors. You can Zoom with family members to simulate the family dinner. If watching football or a particular movie is traditional, technology allows you to virtually watch the movie together. The celebration may be different this year, but it can still provide the respite from our daily lives to connect with family and remember our gritudes.

GROUPS

All groups are offered via teletherapy. The COVID weekly topics will end in one week. In addition to our ongoing groups, two more groups are starting this month. We have the Middle School Students Support Group, as well as the LGBTQ Adolescent Support Group. 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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