



Xenia

Monthly Newsletter



January

Welcome to another year and another issue!

DBT Skill

DBT (Dialectical Behavioral Therapy) is a type of therapy designed to help people with regulating emotions and behaviors. We want to provide a monthly skill to help you with practicing Mindfulness and recognizing emotions.

Distract with "Wise Mind ACCEPTS":

A-Activities: DO something

C-Contributing: Contribute/do something nice for someone

C-Compare yourself: Compare yourself to those less fortunate or to when you've have a harder time

E-Emotions: Create DIFFERENT emotions. Do something to change your emotional state

P- Pushing Away: Push the painful situation out of your mind temporarily

T-Thoughts: Replace your thoughts

S-Sensations: Intensify OTHER sensations

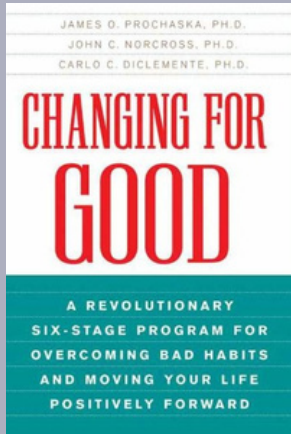
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January's Book of the Month is...

Changing for Good



Book of the Month

by James O Prochaska, Ph.D.
John C. Norcross, PhD.
Carlo C. Diclemente, Ph.D

Who wants to succeed in changing? I think we all like the idea of having "personal growth" be a thing we can actually accomplish. One of the biggest issues we encounter when people are making goals, or looking back and recounting how they did with past goals, is that we quickly realize that the person who felt they were gung-ho to making change were ACTUALLY in a place of still contemplating what change would really mean for them.

This book is not written for practitioners, it's written for anyone trying to understand the concept of Change. I love being able to help people understand Stages of Change and this book is an amazing support for that.

-Hailey Maire, LCSW

Therapy Insight

In this section we want to help our clients understand the different therapy types out there!

This month's therapy insight is on:

Exposure Therapy

We focus on a new type to help you understand

- (1) what your therapist is talking about and*
- (2) if you find a type you're interested in, you can bring it up to your therapist to try out next session!*

Everyone struggles with anxiety or fear. Exposure Therapy is one of the most effective approaches to dealing with anxiety and fear in therapy. With exposure we start small, only thinking about what causes anxiety and using a coping skill that has been practiced beforehand. When that no longer triggers anxiety we move on to pictures of videos of the trigger or talking about doing the triggering event and using the coping skill. Next we watch the therapist or a trusted loved one or friend do the trigger and use a coping skill until the trigger is no longer stressful. Finally the client does the trigger themselves with coping skills repeatedly until the trigger no longer sparks fear and anxiety.

Personally I used to have a fear of heights and went through exposure to heights until I was comfortable. I went through the rest of my youth happily rock climbing and repelling without issue. I strongly recommend asking about Exposure Therapy!



Therapist Book Choice

We are trying something a little different, we are having
out therapists share some of their favorite
non-therapy book!

Taylor's choice is:



Children of Time by Adrian Tchiakovsky



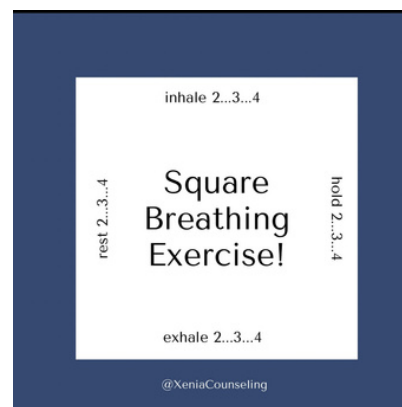
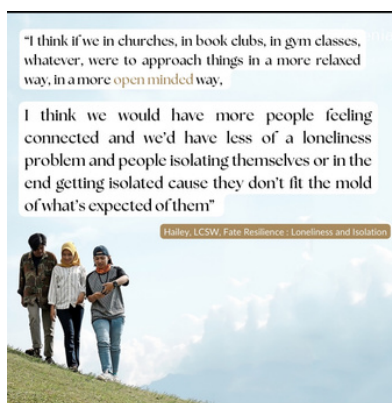
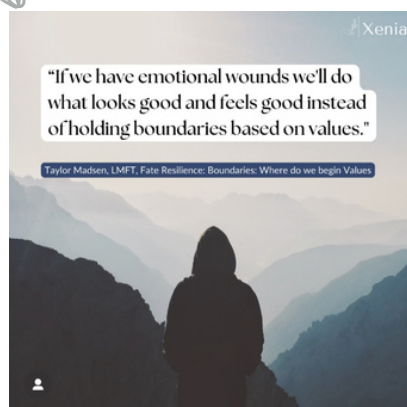
Children of Time is a sci-fi book set in Earth's distant future where humans have terraformed worlds but met disaster; civilization has collapsed. Thousands of years later the last few humans left scrounge up enough to build a few arcs and escape to the stars to see if a few of the worlds they read about can support a new home. One of these arcs spends centuries searching for a new home while the ship breaks down around them and the other arcs are presumed lost.

Meanwhile on one of the potential new worlds that humanity transformed to support life for an experiment a new sentient species is flourishing. We watch their civilization grow from wandering hunters, to city builders, to developing religion and reaching out to the stars.

The book shifts between the human crew on the arc ship who go in and out of sleep to last through the millenia looking for a home and the new species as they advance. There's a confrontation for the paradise the new species has and my favorite thing, among the many things I love, is that the aliens have developed a way to communicate empathy so perfectly that they plan to confront humanity with empathy alone. Will understanding be enough to win a war?

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then what are you doing?!
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Social Media Highlight

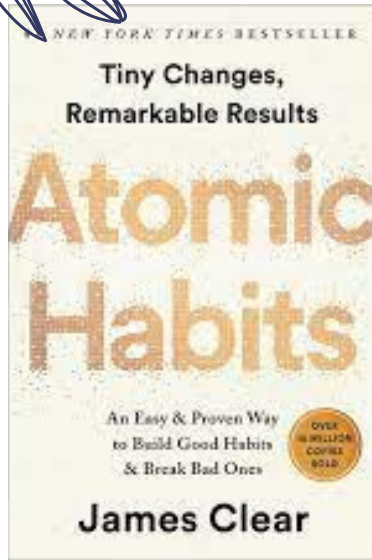


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December Book Review



Atomic Habits by James Clear

"Conventional wisdom holds that motivation is the key to habit change. Maybe if you really wanted it, you'd actually do it. But the truth is, our real motivation is to be lazy and to do what is convenient. And despite what the latest productivity best seller will tell you, this is a smart strategy, not a dumb one."

This book is not trying to sell you on the "best" way to: get skinny, rich, influencer status or have more friends, it is really refreshing to have someone understand our basic needs and how we go about getting those met. James Clear has quickly become one of my favorites because of his work with changing behavior for good. Ha has a less shame, more curiosity approach to learning what makes us want to succeed.

"The ultimate form of intrinsic motivation is when a habit becomes part of your identity. It's one thing to say I'm the type of person who wants this. It's something very different to say I'm the type of person who is this."

One of the main differences in this book compared to other "How to" books is the emphasis on becoming the person who is able to achieve the goals you have. If you want to be someone who goes to the gym, what would a "gym goer" do, and how do I start embodying that person? If you are quitting smoking, I'm not someone who used to smoke: I'm a non-smoker. By changing how I label myself, I allow myself to grow into the person I am striving to be.

"Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity. This is one reason why meaningful change does not require radical change. Small habits can make a meaningful difference by providing evidence of a new identity. And if a change is meaningful, it is actually big. That's the paradox of making small improvements."

It is a relief that one action will not ultimately transform who I want to be. When we are able to make multiple attempts to be the person we want to be, we are creating a detailed catalog of "proof" we have what it takes. Relying on one action to determine who we are, and what we stand for is impractical. We don't do that in other areas of assessment. Do we look at one dish to determine if a restaurant is any good? Do we look at the weather for a place for one day to determine if it is a nice location? No we look at a variety of these things in order to determine the quality. However, as individuals we like to make quick assessments of ourselves and this leads to the feeling that change is out of our grasp.

Decide what you want your identification to be this year. Are you a gym-goer, a hiker, a healthy eater, a mindful person? Then look at what would a _____ person do in the situations of life you encounter? What would a mindful person do when work is overwhelming them? Would they take 5 min and breathe before giving up on a task? What would a gym-goer do when they are unable to drive to the gym? Would they find a ride, or even work out at home? When we make enough of these decisions, we start building a foundation to show we CAN be those people.

Instead of labels being harmful, use them for your benefit to make the decision to live in a healthier way!

-HAILEY MAIRE, LCSW