

OK TF-CBT TIDBITS

Official Newsletter from Oklahoma TF-CBT



New Year, Same Goals

Welcome to our first OK TF-CBT Newsletter of 2022. As we step into a new year full of opportunities, it's important to also acknowledge the inequities and hardships faced by many individuals and communities, which have only been exacerbated by the surge of the COVID-19 pandemic. In the face of this impact, our team continues to be energized to meet our goals of education, expansion of our training and clinical program's reach, and improvement of our expertise to serve families of all backgrounds across our state. Among these efforts, we plan to increase our active participation in local events, and we hope you will join us! Below are a list of resources and upcoming events for Black History Month this February:

List of local events curated by MetroFamily Magazine:

<https://www.metrofamilymagazine.com/black-history-month-events-in-okc/>

Conversation Workshops - A collection of articles, films, books, & podcasts:

<https://www.conversationworkshopsok.com/resources>

Be on the lookout for resources regarding Women's History Month (March) and Celebrate Diversity Month (April).

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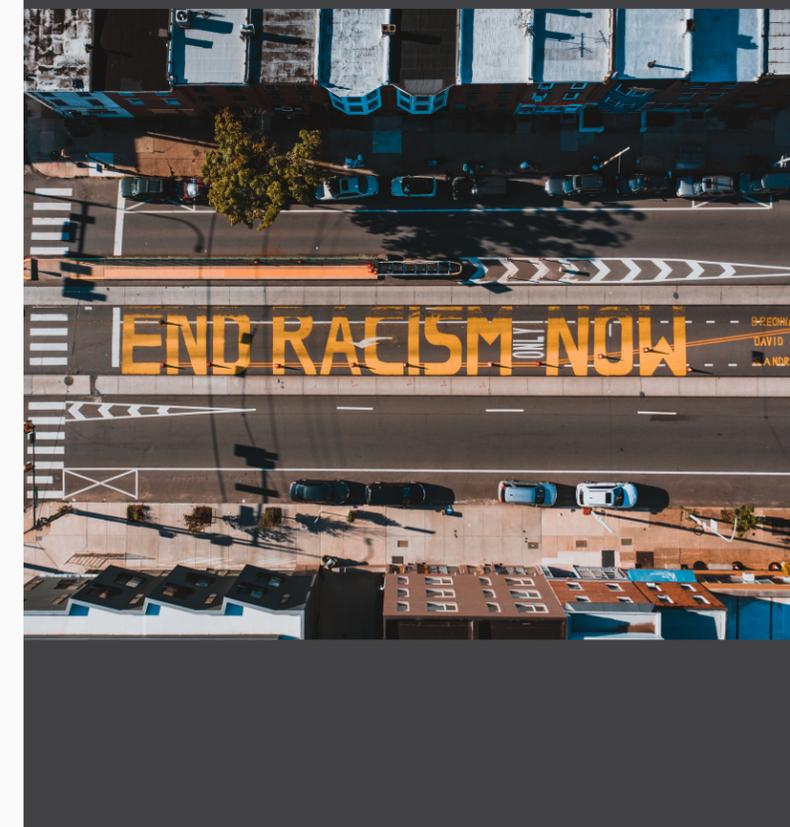
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Diversity and Inclusion: TF-CBT with Black Youth

Compared to their peers, Black youth are more likely to be exposed to trauma and more likely to experience negative mental health impacts from trauma exposure. Stress related to racism and discrimination is an important contributing factor to the disproportionate negative outcomes experienced among Black youth. Further, traditional therapy approaches developed by and for the majority culture are less likely to integrate culturally-specific engagement, coping, and protective processes. Therapeutic approaches that feel discordant with a family's background and values may result in lower engagement. To ensure equity in initial access to and receipt of quality, evidence-based trauma services, experts in the field recommend integrating *racial socialization* into TF-CBT. Racial socialization is the process of communication of values and culture that help families cope with racial stressors, such as messages of racial pride, equity, and barriers, religion, and appreciation of extended family involvement. These concepts fit well within the TF-CBT PRACTICE framework and examples of how to integrate racial socialization are provided in a 2020 article by Metzger and colleagues titled, *Healing Interpersonal and Racial Trauma: Integrating Racial Socialization Into Trauma-Focused Cognitive Behavioral Therapy for African American Youth*. Inclusion of such concepts has been linked to overall resilience in Black youth, including increased self-esteem, use of coping skills, and parent-child communication as well as decreased depression and behavioral concerns.

*When I dare to be
powerful, to use my
strength in the
service of my vision,
then it becomes less
and less important
whether I am afraid.
- Audre Lorde*





Therapist Spotlight: Shakeria Jackson, LPC

SHAKERIA IS A LICENSED PROFESSIONAL COUNSELOR AND MANAGES A PRIVATE PRACTICE, NATRUWELL, LLC. AND IS A MENTAL HEALTH COORDINATOR FOR THE BRIDGE IMPACT CENTER, A PROJECT OF URBAN BRIDGE IN NORTHEAST OKC.

SHAKERIA HAS BEEN A TF-CBT PROVIDER FOR 5 YEARS.

What is the most rewarding part of your work?

The most rewarding thing I have experienced as a TF-CBT provider is witnessing the breakthrough and healing that many of the participants have experienced. Seeing my clients heal gives me hope to continue even when the work is challenging.

How do you engage in wellness to manage the impact of this work?

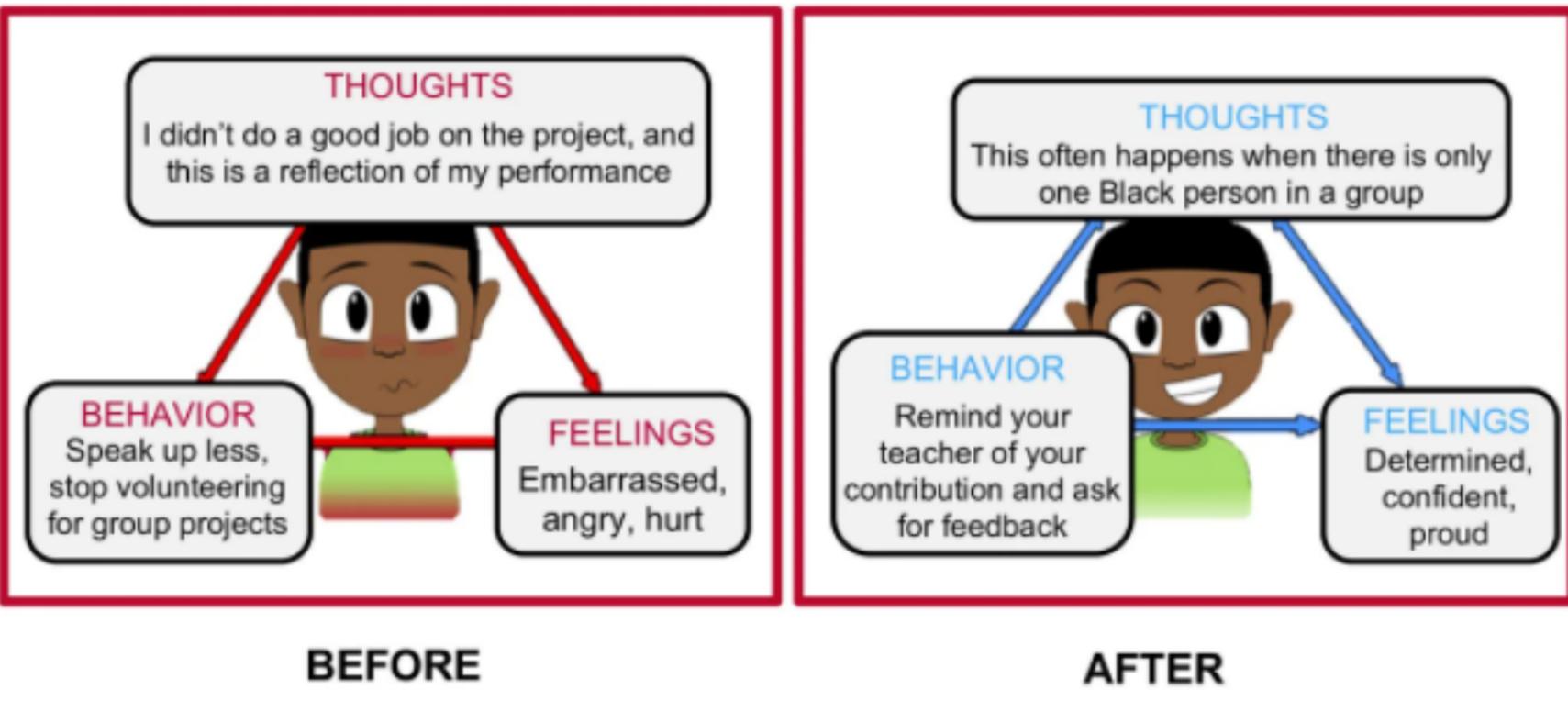
I have a network of supporters that hold me accountable. These people check in on me weekly to ensure that I have taken some time out to care for myself. My therapist is a part of that network. In this work we must BE well in order to DO well. Another part of wellness that I am working on is being present and mindful in every moment. At work, at home, with friends, with family, in each space I am choosing to show up and engage fully, and that has enhanced my overall well-being.

"Seeing my clients heal gives me hope to continue even when the work is challenging."



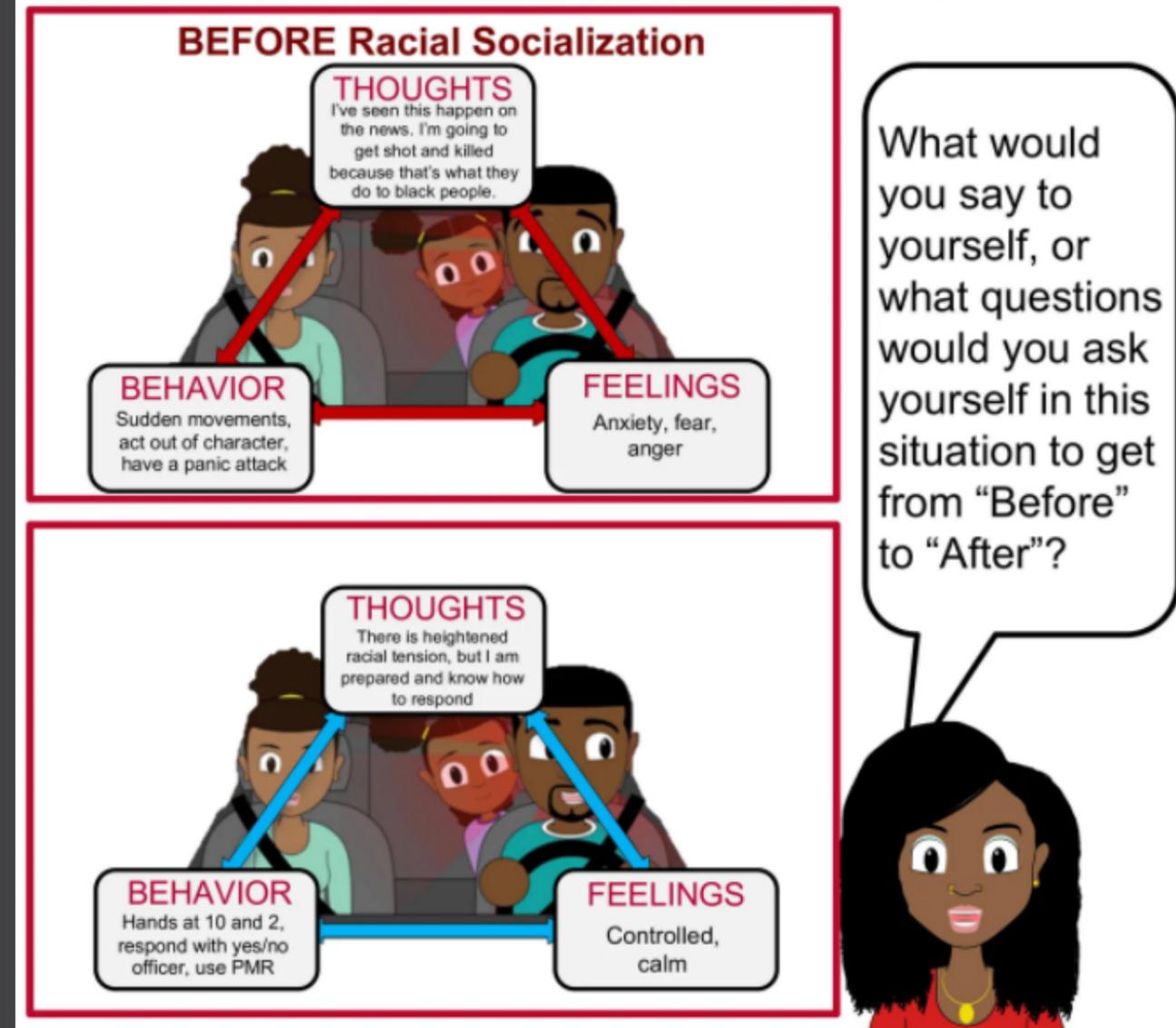
Images below are pulled directly from the C.A.R.E. Package for Racial Healing, created by Dr. Isha Metzger. This resource can be used and shared freely - available at <https://www.drishametzger.com/care-package-for-racial-healing>

Triggering Event: You finish a group project and your teacher acknowledges everyone on your team but you



If you'd like your creativity and ingenuity featured on our Creativity Corner, please email natalie-e-gallo@ouhsc.edu

Triggering Event: The driver of your car gets pulled over by the police



OK TF-CBT is proud of our role in training clinicians across the state of Oklahoma in TF-CBT services. However, we recognize that the majority of our trainees are White (~75%). While this is correlated with larger societal issues (e.g., pipeline challenges stemming from the underrepresentation of people of color in graduate counseling programs), it is our mission to continue to increase our reach to more diverse communities of therapists to best support historically underserved populations.



OK TF-CBT Training

Quarter in Review: November 2021-January 2022

- 2 ODMHSAS Webinars
 - Including Caregivers with LGBTQ+ Youth (Part 1), Natalie Gallo, LPC
 - Including Caregivers with LGBTQ+ Youth (Part 2), Natalie Gallo, LPC

To access webinar recordings and slide decks, visit: <https://oklahomatfcbt.org/webinar-resources/>

Upcoming Quarter: February 2022-April 2022

- 3 ODMHSAS Webinars
 - Increasing Protective Factors and Resiliency following Abuse and Neglect- February 10th, 12-1pm
 - Supporting Biological Parents in Child Welfare Cases (Part 1 & 2)- March 10th & April 21st 12-1pm

To register for upcoming webinars, visit: <https://oklahomatfcbt.org/training/webinars/webinar-registration/>

History has shown
that courage can be
contagious, and hope
can take on a life of
its own.

-Michelle Obama