

# OK TF-CBT TIDBITS

Official Newsletter from Oklahoma TF-CBT



## Summer Trends in Child Abuse and Neglect Reporting

Nation-wide trends show a significant reduction in reports made to state Child Abuse and Neglect Hotlines once schools break for summer. Unfortunately, however, this does not mean that youth are experiencing less maltreatment between May and September. This phenomenon is well known by state and national leaders in child abuse and neglect and something of significant importance. During summer months, children and teenagers are no longer with teachers and other school staff. These important adults in the lives of our country's youth are typically with students for more waking hours than their primary caregivers AND are mandated reporters of child abuse and neglect. Consistent data from across the country show that child abuse and neglect hotline reports reduce between 19-25% in the summer months (California Department of Children and Families; Colorado Department of Human Services) when young people are not seeing school staff on a weekly basis. As such, our role as trauma-informed mental health clinicians is more important than ever to screen for trauma experiences both at first contact with families and throughout treatment with previously established clients. In addition, including primary caregivers in treatment to support healthy parenting practices and coping, particular around transitional times such as schools ending for summer can provide protective factors for the youth and families we serve.



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## Diversity and Inclusion: Person-First vs. Identity First Language

As mental health providers, we strive to serve our clients with unconditional positive regard from how we talk TO our clients down to how we talk ABOUT our clients. Historically, the field of mental health promoted person-first language (e.g., a person suffering from addiction, a person with anxiety) to put the person before the disability or condition as better and more respectful because it separates someone's diagnosis from their personhood. The alternative view is identity-first language (e.g., a drug addict, an anxious person). The American Psychological Association has developed a [Guideline for Inclusive Language](#) that explores the nuances of person-first versus identity-first language across different conditions, communities, and settings. In the literature, "authors are encouraged to use terms and descriptions that both honor and explain person-first and identity first-perspectives." Ultimately, when working with individuals who have a diagnosis or condition, asking their preference and experience and following their lead is preferred.

The Autism community in particular has demonstrated a shift by individuals and autistic self-advocates to use identity first language as the default. Autistic folks who prefer this type of language report that this description better fits their lived experience. As some put it, autism "is not with me. it is me." To read more on this preference from the perspective of an autistic self-advocate, read [here](#).

In addition to the APA Inclusive Language Guidelines, the Center for Disease Control additionally developed a resource on [Preferred Terms for Select Populations](#) for further exploration of best-practice language to honor those we serve.

*The words we use to describe disability and individuals with disabilities matter. Our word choices reflect our beliefs and signal to the world around us what we value.*  
**- Laura Berry**





## Therapist Spotlight: Braiden Green, LPC

BRAIDEN RECEIVED HER MASTER'S IN COUNSELING PSYCHOLOGY FROM SOUTHERN NAZARENE UNIVERSITY. SHE CURRENTLY OWNS HER OWN PRIVATE PRACTICE, ANCHORED SOUL LLC. IN SHAWNEE, OKLAHOMA. OUTSIDE OF WORK, BRAIDEN AND HER HUSBAND ENJOY SPENDING TIME WITH HER TWO CHILDREN AND DOGS. BRAIDEN LOVES CAMPING, COFFEE, SINGING, AND PLAYING THE PIANO.

### **If you could give one message to kids or families as they begin TF-CBT, what would it be?**

"You deserve a peaceful life and one that is free from suffering. The courage and bravery to cultivate healing is already within you. As trained TF-CBT therapists, we are equipped to guide you in the direction towards these goals. Showing up with a willingness to do the work, at a therapeutic and individually tailored pace, is an act of tapping into that brave part of yourself. Although that action may come with fears, you do not have to go through it alone. We are in it with you and will see you through to the other side. In my experience, most clients begin with some level of fear but by the end of treatment, they are walking out of the door with confidence, relief and having conquered the fears with which they entered."

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

"I create and maintain healthy and firm boundaries within my workspace to protect myself from burnout (ex: leaving the work phone at the office after hours, adjusting my schedule so that I am home with my family after school, etc.). I also try to make time to do the things I enjoy, such as hiking and exploring, as often as possible."

"The most rewarding thing about TF-CBT is the symptom reduction present in every single case. To watch the client and family transition from a state of suffering to a state of healing and relief is such a beautiful journey. It is truly an honor to be a part of this with them."





This year's  
Advanced TF-CBT  
Conference will be  
held virtually. We  
can't wait until our  
next in-person  
trainings with our  
wonderful OKTFCBT  
Therapists!



# Upcoming OKTFCBT Trainings

Advanced TF-CBT Training: May 18 and 19th

Topics Include:

Clinician Wellness + Reducing  
Rumination

Increasing Cultural Sensitivity and  
Inclusivity into Assessments

TF-CBT with LGBTQ+ Youth

TF-CBT for Youth with ASD & IDD

Supporting Posttraumatic Growth

Incorporation of Caregivers

Advanced Trauma Narration  
Techniques

Creativity within TF-CBT Fidelity

To register for the Advanced TF-CBT Conference, visit:

<https://oklahomatfcbt.org/events/advanced-tf-cbt-training-virtual-2022/>

Everyone has a  
mountain to climb and  
autism has not been my  
mountain, it has been  
my opportunity for  
victory.  
-Rachel Barcellona