

OK TF-CBT TIDBITS

Official Newsletter from Oklahoma TF-CBT



Welcome to our Newsletter!

BY NATALIE GALLO, LPC (SHE/HER/HERS)

Welcome to the first issue of OK TF-CBT's Quarterly Newsletter! We are excited to offer an additional means of engaging with the TF-CBT therapists in our community who are committed to supporting the healing of families affected by trauma. The goals of this newsletter include:

- Increasing efforts in education related to diversity and inclusion within the field of child maltreatment and trauma therapy;
- Highlighting individuals (AKA you!) in our community who are serving our trauma impacted families and attending to your own wellness;
- Connecting families to therapeutic and community resources, particularly creative ways to incorporate novelty into sessions;
- Providing an overview of past and upcoming training opportunities through OK TF-CBT.

We look forward to this next step in our collaboration with the incredible providers across the great state of Oklahoma.

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Diversity and Inclusion: When a Name is More than a Name

THE IMPACT OF RESPECTING AND VALIDATING NAMES AND PRONOUNS AMONG TRANSGENDER, NONBINARY, AND GENDER EXPANSIVE YOUTH.

Recent Gallup Poll data from 2020 indicates that younger generations are demonstrating higher levels of LGBTQ+ identification than ever before, citing that 15.9% of Generation Z youth (born between 1997-2002) identify as LGBT. Thus, there is an ever-increasing need to develop spaces and practices that are inclusive of youth who are transgender, nonbinary, and gender-expansive. One of the most simple, yet profound ways to demonstrate acceptance of these individuals is to ask about, respect, and utilize the names and pronouns youth share with us. Proper use of pronouns is shown to be a major protective factor against suicide risk and can reduce depression. Equally critical, is being intentional to ask about with whom and where we can share these pronouns (e.g., with caregivers, in formal documentation, with other providers, etc.). This supports harm-reduction and potential prevention from trauma on a different level for our clients. For more information, check out: <https://www.mypronouns.org/>

"It is revolutionary for any trans person to choose to be seen and visible in a world that tells us we should not exist."
-Laverne Cox





"[Trauma therapy] is not easy, but I always promise that I would never make a client do something I wouldn't do myself because doing that hard thing is going to be worth it." -Haley



Therapist Spotlight: Haley Langford (Korff), LPC

HALEY IS A LICENSED PROFESSIONAL COUNSELOR WORKING AT PANACEA THERAPY GROUP. HALEY WAS RECENTLY MARRIED, LOVES A SPOOKY MOVIE, WRITING, AND HER RESCUE PITBULL, MOONY.

How long have you been providing TF-CBT services to families in Oklahoma?

Haley: 3 Years

What is the most rewarding part of your work?

Haley: Seeing the relief of my clients and comparing notes from early sessions and highlighting the work they have done and helping them see their progress.

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

Haley: I see my own therapist and put a lot of work into things that aren't therapy related. I give myself permission to use energy on hobbies and to be honest with myself about how my job affects me.

Creativity Corner

Oh, Minecraft, the game of the decade it seems. So many youth that come through our doors report loving this game, and there are so many fun ways to incorporate this interest into your TF-CBT work! In Minecraft's "Survival Mode" the player's character works to win and find different sets of armor. Each set of armor they gain is more protective than the last. To incorporate into TF-CBT, therapists can print out each piece of armor (like from the image to the right) and the client can earn a piece of armor for their progress through gradual exposure! This demonstrates such a perfect metaphor for our goals through trauma narration: Each time someone faces their fears, the stronger and more protected they become. Additionally, what a wonderful reminder for us as clinicians as well, that our clients *can* handle each next step into gradual exposure because they are ever-growing in their strength and resilience as we guide them through this work.

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



Image courtesy of a screen grab from the following youtube video: <https://www.youtube.com/watch?v=E1ygvST99q4>

The most notable protective factors for youth with problematic sexual behaviors include caregiver engagement in treatment, modeling of supportive, healthy boundaries, sex education, improved supervision and guidance, open communication with trusted adults, development of coping skills and impulse-control strategies, the use of language that supports a strengths based approach, and prosocial peer interactions.



OKTFGBT Training Recap

Quarter in Review: July 2021-September 2021

- 1 Intro to TF-CBT Training (28 participants)
- 1 CE-CERT Training (30 participants)
- 2 ODMHSAS Webinars
 - Healthy Sexual Development for School Age Youth, Amanda Mitten LPC (55 participants)
 - Healthy Sexual Development for Adolescents, Natalie Gallo, LPC (67 participants)

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

Current Quarter: October 2021-December 2021

- 3 ODMHSAS Webinars
 - Managing Suicidality and Non-Suicidal Self-Harm, Ashley Galsky, PhD (October 14th)
 - Sustaining Focus on our Own Wellness, Elizabeth Risch, PhD (November 11th)
 - Engaging Caregivers with LGBTQ+ Youth, Natalie Gallo, LPC (December 9th)

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

Hope will
never
be silent.
-Harvey Milk