

OK TF-CBT TIDBITS

Official Newsletter from Oklahoma TF-CBT



Supporting Return to School in Times of Continued Stress

The return to school always comes with its own stressors and challenges for families and youth. However, the recent incidents of violence at schools and wide-spread access youth have to images, messages, videos, and news stories related to these events (e.g., Uvalde) undoubtedly can create a unique and different level of stress for many young people. Parents, therapists, and teachers can play a significant role in creating predictable, supportive, and helpful environments for youth experiencing anxiety or distress related to the threat of school violence. Although easier said than done in the wake of fear, unpredictability, and other high emotions, the following recommendations are proven to help youth in these times:

- Maintain routines, rules, and expectations. Trauma and anxiety increases fear of unpredictability and feelings of loss of control. Continue the predictability of a child's day to day structure.
- Ask open ended questions about the child's thoughts and feelings about these incidents. Identify possible methods of increased safety and support within the natural structure and routine of the day.
- Limit media exposure to reminders, explicit material related to the event, and commentary to the event. If and when youth or families do view media related to school violence, create space for conversation about the messages youth are taking in. Support the child in balancing facts from rumors, maintaining or developing accurate understanding of events, and addressing any significant changes to a child's beliefs and values in response to media exposure about violent events.

Of course, should youth appear to struggle with significant emotional or behavioral changes for a significant time in response to exposure to or fear of school-related violence, checking in with a primary care doctor or making an appointment with a mental health therapist might be necessary.

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Diversity and Inclusion: Latinx Heritage Month Sept 15-Oct 15

September 15th kicks off Latinx Heritage Month, a celebration of the people, cultures, and traditions of people indigenous to and/or with ancestral connection to Latin American countries and communities. Historically labeled Hispanic Heritage Month, recent years have shown a shift in language to Latinx to intentionally include those not solely from Mexico, and not solely Spanish-speaking communities from this region (e.g., Brazil). Different from the traditionally gendered language, such as Latino (male) or Latina (female), the incorporation of the 'x' in Latinx serves to include all those across the gender spectrum. This celebration month begins in the middle of September, as the 15th holds great significance, highlighting the independence of five Latin American Countries (Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua).

Events are being held across Oklahoma to celebrate Latinx Heritage Month, including but not limited to:

Build a Reader Storytime: an event for kids ages 0-5 at the Tulsa City-County Library *September 10th*

Primero Pasos (First Steps): a program to connect Latinx high school students to the possibilities UCO offers to support the unique challenges facing this community. *September 15th*

Fiestas Patrias OKC: featuring live music, native dancing, and an official ceremony with representative from Mexico, Guatemala, and other Central American countries. *September 18th*

Fiesta de las Americas: a celebration in the Capitol Hill District including a parade, family activities, live entertainment, food, and drinks. *October 1st*

*Change takes
courage.*

*We are not beyond
repair. We are never
beyond repair.*

**Alexandria Ocasio
Cortez**





Therapist Spotlight: Maggie Miller, LMSW, MSW U/S

MAGGIE IS A THERAPIST FOR CHILDREN AND ADOLESCENTS AT RED ROCK-PLANET ROCK. SHE ENJOYS PODCASTS THAT RANGE FROM SOCIAL JUSTICE ADVOCACY TO THERAPY SKILLS, TO GARDENING. ALONG WITH SPENDING TIME WITH HER HUSBAND, DOG, AND CAT, MAGGIE LOVES YOGA, READING, AND LIVE PERFORMANCES.

How long have you been providing TF-CBT?

I have been providing TF-CBT for about 9 months. Planet Rock has also recently started a TF-CBT group.

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

I love working with families and working as a team to help your child and your family heal. I am a support not just for your child but for you, the caregiver. I would tell the client that they will enjoy getting to tell their story in their own words or illustrations.

What is the most rewarding thing about TF-CBT work for you?

It's very special to see teens and their caregivers come closer together and to see kids light up from the genuine validation from their caregiver. I can see how caregivers tip toe around trauma topics and then relax when they have more information and tools to help their child heal and cope. It's truly an honor to get to work with my clients.

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

I manage my time by using collaborative documentation when appropriate to help stay on top of paperwork to make weeks feel less hectic. I like to end my days with a song I can sing my heart out to on the way home, to reset my mind and body. I sometimes do this between sessions, too, but quieter :)

I want my clients to know that they are not alone in this experience. I am with them all along the way.

-Maggie



Creativity Corner

Existing research demonstrates that Latinos endorse more somatic complaints (e.g., headaches, stomachaches) than other symptoms of distress. One possible explanation is that somatic complaints may be considered a more acceptable manifestation of distress among Latinos (Raguram et al., 1996). Therefore, it is important to emphasize the teaching and practicing of relaxation skills throughout the length of TF-CBT. Although there are several relaxation strategies that are commonly used to engage children in practicing relaxers (e.g., bubble breaths to encourage deep breathing, cooked vs. uncooked spaghetti to engage children in progressive muscle relaxation), it is important to recognize that these examples may not be culturally relevant for Latino families. Therapists are encouraged to maintain a curious and open approach to their work. Perhaps as opposed to using the cooked versus uncooked spaghetti example to practice progressive muscle relaxation, this activity can be modified to imagine the difference in consistency between a tortilla and a tortilla chip? Team members Daniela Flores, M.Ed. and Ashley Galsky, PhD, began treatment with a 9-year-old Hispanic female with posttraumatic stress disorder, whose referral trauma exposures included witnessing intimate partner violence and sexual abuse.

In teaching this client relaxation skills, Daniela and Ashley first inquired about some of the child's favorite foods with the goal of increasing engagement and interest in practicing deep breathing. The client responded enthusiastically, stating that one of her favorite meals was Maruchan (Ramen), "con limón, sal, y salsa Vaentina" (with lime, salt, and Valentina hot sauce, a Mexican salsa made from chili peppers). Quickly, this became the child's go-to relaxer ("Maruchan breaths"), during which time she, Daniela, and Ashley would imagine preparing Maruchan noodles, adding lime, salt, and salsa Valentina, mixing it up, inhaling the soup through the nose to smell all of the added flavor, and slowly breathing out through their mouths to cool the soup before eating this treat! ¡Delicioso!



Our OK TF-CBT training team takes into consideration the requests and recommendations you all provide for future trainings. Please continue to share with us your desired topics and needs!



Upcoming OK TF-CBT Trainings

2022-2023 TF-CBT Webinar Series Topics:

2nd Thursday of each month 12-1pm

Working with Pre-Schoolers in TF-CBT

Sexual Development & Problematic Sexual Behavior in Adolescents

Addressing Spirituality in TF-CBT

Intersection of Trauma and LGBTQ+ Youth

Understanding Parental Addiction and Supporting Families in TF-CBT

And More!

To register for the Webinars, visit:

<https://oklahomatfcbt.org/training/webinars/webinar-registration/>



Al fin del dia, podemos
soportar mucho mas de lo
que pensamos.

At the end of the day, we
can endure much more
than we think we can.
-Frida Kahlo