

OK TF-CBT TIDBITS

Official Newsletter from Oklahoma TF-CBT



Holiday Season's Potential Impact on Youth with Trauma Histories

For many, the winter holiday season is a time of relaxation, celebration, time away from typical responsibilities like work and school, and time spent with family. For others, particularly youth who with a history of trauma and/or separation from family members, this time of year can be particularly challenging. Intentional time spent in sessions focusing on potential triggers, thoughts, and feelings will be important for youth and their current caregivers. Some ideas for preparing families and clients for this time of year may include:

- Developing and/or updating the youth's at-home feel better/safety plan to include specific feelings or triggers that may be specific to this time of year;
- Asking youth who are separated from their family of origin to discuss any traditions or customs that can be honored in their foster or adoptive home (examples may include an activity or specific meal/dish) that can help them feel connected to their past in a positive way;
- For youth who've experienced the death of a loved one, developing a positive way to incorporate that person's memory into whatever holiday celebrations (if any) that family may engage in.

Though these are just a few ideas! Intentional planning and conversations around the challenging, complicated, and even conflicted feelings youth and families may have during this time of year can improve family communication and increase confidence heading into the coming months.

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*When everyone
is included,
everyone wins.
-Jesse Jackson*

Diversity, Equity, and Inclusion: Winter Holiday Season

As with other concepts discussed within this Diversity and Inclusion section, thinking about inclusivity during the holiday season comes down to avoiding assumptions and being mindful of one's language. The default for many organizations, companies, and individuals during this time of year is to discuss time off of work and school as "Christmas Break." As individuals, it can be easy to ask clients or colleagues what they are doing for "Christmas" rather than how they will be spending their winter holiday time off. However, December through January are host to times of celebration across many major religions and cultures. Though not a completely comprehensive list, the following holidays are held during the upcoming months:

**HAPPY
HOLIDAYS**

*Season's
Greetings*

- **Hanukkah - Dec 18-Dec 26, 2022** (Jewish celebration of a victory of the Maccabees over a larger Syrian army; It celebrates a miracle during this time in which one day's supply of oil burned for eight days in the rededicated temple in Jerusalem)
- **Los Posados - Dec 16-24, 2022** (Christian festival celebrated in Mexico and parts of the United States in honor of the journey Joseph and Mary took prior to the birth of Jesus)
- **Christmas - Dec 25, 2022** (Christian holiday celebrating the birth of Jesus Christ, identified as the son of God)
- **Kwanzaa - Dec 26, 2022- Jan 1, 2023** (Celebration of African heritage and culture that is celebrated in the United States)
- **Chinese New Year - January 22, 2023** (Celebration of the new year on the solar Chinese calendar celebrated by Chinese and other East Asian cultures)

This Holiday season, being conscientious to ask your colleagues and clients IF they celebrate any holidays during this season and WHAT holidays they celebrate is an easy way to increase inclusivity and better support those in your life!



Therapist Spotlight: LouDonna "Lou" Haumpo

LOU IS AN LICENSED CLINICAL SOCIAL WORKER AT HOPE COMMUNITY SERVICES IN OKLAHOMA CITY. SHE HAS TWO SWEET SHAGGY DOGS AND LOVES TO CROCHET. SHE'S BEEN PROVIDING TF-CBT SINCE 2015.

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

I want them to know that a lot of symptoms are normal responses to an abnormal event. It's the therapist's job to guide you, but you are the leader of your healing process. Even if you don't feel ready, we can help until you are.

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

Helping people understand how much trauma impacts everyone and then seeing the progress throughout the [treatment] process.

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

I staff cases with my teammates often, maintain and consistent schedule, cuddle with my dogs and husband daily, laugh often, listen to audiobooks, crochet, and watch the squirrels.

"I want my clients to know that they deserve to be heard and helped through the tough stuff, even if no one else understand."

-Lou



Creativity Corner

For many families, spirituality is important to coping and making meaning after trauma. In fact, spirituality has been identified as a protective factor for youth following child maltreatment.

In TF-CBT, therapists are encouraged to invite youth and families to share about their spirituality and to explore together how their spiritual beliefs and practices may be important to and supportive of their healing process.

Common supportive spiritual practices:

- PRAYER
- MEDITATION
- MINDFULNESS
- READING A RELIGIOUS TEXT OR SCRIPTURE
- JOURNALING
- ATTENDING A RELIGIOUS OR WORSHIP SERVICE
- PARTICIPATING IN A SPIRITUAL CEREMONY
- SMUDGING
- ATTENDING A YOUTH GROUP
- MEETING WITH A YOUTH PASTOR OR FAITH LEADER
- SOCIAL SUPPORT AND COMMUNITY WITH THOSE WHO HAVE SIMILAR BELIEFS

When considering the incorporation of spiritual practices into trauma healing, consider with the youth and family:

- When and where can they engage in supportive spiritual practices?
- Is there a spiritual helper or healer who will be important to connect to in engaging in this practice?
- How did the individual feel before and after engaging in the spiritual practice?
- In what way(s) was the spiritual practice helpful? Was it unhelpful and, if so, how?

Our OK TF-CBT team believes wholeheartedly in the NCTSN's *unofficial* motto: **"Steal shamelessly & Share relentlessly!"**

When, in your TF-CBT work, you develop or find resources that would be beneficial to our larger OK TF-CBT community, please share with us to include (with credit) on our website!



Resource Reminder

We love our OK TF-CBT website, and so do you! But we would be remiss if we didn't remind our OK TF-CBTers of these incredible resources available to you as well.

Each bullet below is hyperlinked to their organization's website.

- [NATIONAL TRAUMA FOCUSED CBT](#)
- [NATIONAL CENTER ON THE SEXUAL BEHAVIOR OF YOUTH](#)
- [NATIONAL CHILD TRAUMATIC STRESS NETWORK](#)
- [AMERICAN PROFESSIONAL SOCIETY ON THE ABUSE OF CHILDREN](#)
- [NATIONAL CHILDREN'S ALLIANCE](#)
- [TF-CBT WEB \(SPANISH VERSION\)](#)

Here's to December. A month of:

- Celebrating how far we have come;
- Reflecting on all we have learned this year;
- Knowing we are not alone if we are grieving or hurting during this season;
- Remembering that even though there are 100 things to do, we are not wrong for needing time to rest and regroup;
- Being grateful for things both great and small;
- Believing that some of the best gifts we can give are time, empathy, and love.

-Morgan Harper Nichols

