Each month, check out these recent articles and visit this page regularly to find links to new articles that will keep you informed and engaged!

Marvelous March 2019
Hope for a Better Tomorrow is proud to offer a Saturday morning Grief Recovery Workshop! David Sorensen, LPC will be hosting and teaching material from The Birdhouse Project in which each participant will assemble a cardboard birdhouse that will serve as a metaphor for the work of reconstructing one's life after an important loss.

When: December 15th from 9 a.m. to Noon

Cost for the 3 hour workshop is $25, all materials and refreshments included

There is limited space available, please call (262) 313-8339 by 12/12/18 to reserve your spot!

To learn more information, please visit: https://thebirdhouseproject.com/content/project-based-healing
Mental Health First Aid
By Jessica Niedermayer, MS, NCC, LPC

effectively
2.

3.
The Effectiveness of Gender Specific Group Therapy as it relates to Substance Abuse Recovery

When we consider someone's experiences in childhood and there is recognition of abuse or neglect, resolving trauma or attachment issues becomes a goal of treatment. In EMDR (Eye Movement Desensitization and Reprocessing), we utilize the various implicit memory aspects – pictures, emotions, thoughts, and physical sensations – that people learn to recognize are a part of those traumas or attachment wounds. This is because instead of using words and a story (explicit memory), trauma memories are laid down in the brain in fragments – pictures,
thoughts, sounds, sensations, with highly charged emotions. These fragments need to be fully processed, literally to make this implicit information explicit. And this is where EMDR therapists focus a great deal of time with their clients.

There is a great deal more to the process, but what I want to focus on for this monthly topic is the need for mindfulness, for all types of therapy, and most certainly for EMDR work.

In sessions, my clients and I begin our work with mindful breathing. This serves to calm the nervous system and offer us both a time to “be here now” before starting the challenging work of naming and processing those fragments. There is no special training needed for mindful breathing. Some things that can assist the process are a calm, quiet place with comfortable pillows or seating, the willingness to close your eyes and silence your phone, and your two hands – one to place on your chest, and the other on your abdomen. Breathing through your nose a little slower and deeper than usual, concentrate on breathing all the way through your lungs into the stomach, like mammals (such as infant humans) do to calm themselves. And then allow that breath to make its way out of your body, also through your nose, in its own time. There is no need to strain or push the breath. Just be with it, and allow it to re-center you and remind you of its importance. Without the breath, we have nothing else.

Whether or not EMDR is the right therapy for you, one thing every human can agree upon is the need for re-centering, in and out of therapy. One of Milwaukee’s most accomplished Jungian Psychiatrists and Addictionologists has been known to say, “Each person’s life is the space between his first inhalation at birth and last exhalation at death.” As we look forward to the spring season, let’s remember to consciously breathe and enjoy this time we each have between that first and last breath.

For more information about EMDR, please visit: http://www.emdria.org, EMDR’s International Association.

Managing Your Eating Disorder After The Holidays
By Robert Keehn, MS, NCC, LPC

Joyful January 2017

By Jessica Niedermayer, MS, NCC, LPC

Here at Hope for a Better Tomorrow we offer a variety of services from individual therapy to couples therapy and now we are proud to offer a unique group therapy experience focusing on skills training using Dialectical Behavior Therapy (DBT). Originally created in the late 1970's by psychologist Marsha Linehan, this therapeutic process focuses on cognitive behavioral therapy techniques, skills/support oriented and collaborative in nature. In a group setting, DBT assists clients in identifying strengths and skills to alleviate painful and distressing feelings/emotions. In addition to identifying strengths, DBT is collaborative meaning clients are never alone in their journey. Members of the DBT group must participate in individual therapy co-currently. The individual therapist aids the client to learn, apply and master the DBT skills learned and reviewed in the learn group setting (Psych Central, 2016).

At Hope for a Better Tomorrow, our group therapy sessions are led by Jessica Niedermayer, MS, NCC, LPC where she breaks down the DBT
process into the follow steps: Distress Tolerance Skills, Mindfulness Skills, Emotional Regulation Skills and Interpersonal Effectiveness Skills. In the group setting, “DBT asks clients to complete homework assignments, to role-play new ways of interacting with others, and to practice skills such as utilizing self-soothing techniques when upset. These skills, a crucial part of DBT, are taught in weekly lectures, reviewed in weekly homework groups, and referred to in nearly every group” (Psych Central, 2016).

If you are a current client with us, we encourage you to discuss DBT with your individual therapist but if you are looking to join the group please contact our front desk for more information.

Source: