

REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER



Boundary Setting over the Holidays.

By Tamera Wright, LMSW

Exploring and learning how to take care of yourself is an essential part of healing and recovery. During the holidays, practicing self care is one of the best ways to manage stress. The holiday season is face pace with plenty of excitement and stress between planning, traveling, preparation, long lines, resurfacing of positive to negative emotions and seeing family and friends. The holiday season means planning and taking care of others. However, this leaves little time for taking care of oneself. To help enhance self care, one can cultivate self care by; regularly schedule time to engage in self-care activities, practice gratitude for the people and events in your life, engage in deep breathing or other relaxation skills and hobbies, tune into the emotions you are experiencing, try to understand why you might be experiencing negative emotions, monitor your stress level, and taking care of your physical health. The holidays have the ability to disrupt one's regular routine and practicing that self-awareness to not indulge in behaviors on a continuum is a form of self-care. Lastly, if family reconnections are a trigger during the holidays remember: you are not obligated to tolerate disrespect because the person is family. It's your families duty to protect, not harm, when they fail to be a place of peace and comfort, you are allowed to set boundaries to cultivate safety and protect your peace. During this holiday season; you deserve rest, you are worthy, you are enough, you are confident, and you are important.

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Supervision Corner: Having Boundaries and Honoring Yourself

By Jenna Turchiarelli, LMSW

No thanks to COVID-19, people have become well-versed in distancing, isolating, and being alone. Now, after almost three years of living in a post-COVID world, we grocery shop from home, we work from home, we have therapy from home, we see our doctors from home, and we interact with our closest friends and families all from the comfort of our respective and separate dwellings. While we understand that distancing and isolating was an absolute necessity, many of us have felt the negative effects of deep loneliness and a sense of loss as a result of this practice. Whether you were desperate to be back in person or you struggled to overcome the inertia of being alone, it's important that we check in with ourselves about our needs and values as we continue to reshape and reintegrate our lives. No thanks to COVID-19, people have become well-versed in distancing, isolating, and being alone. Now, after almost three years of living in a post-COVID world, we grocery shop from home, we work from home, we have therapy from home, we see our doctors from home, and we interact with our closest friends and families all from the comfort of our respective and separate dwellings. While we understand that distancing and isolating was an absolute necessity, many of us have felt the negative effects of deep loneliness and a sense of loss as a result of this practice. Whether you were desperate to be back in person or you struggled to overcome the inertia of being alone, it's important that we check in with ourselves about our needs and values as we continue to reshape and reintegrate our lives.

Monthly CEU: Medical Trauma

By Katrina Jones

This month's CEU presentation focuses on the characteristics of medical trauma, the factors contributing to the likelihood of traumatic events in a medical setting, populations that are at risk of experiencing medical trauma, and the treatment and prevention of medical trauma not only in the inpatient but the outpatient setting. This presentation brought an in depth perspective on modern medical trauma and the context in which trauma exists.

Clinician Availability

Accepting New Clients

Limited Availability

Full



Elizabeth Newsom,
LCSW-S



Franky Smith, LMSW



Tamera Wright,
LMSW



De'An Olson Roper,
LCSW-S



Jenna Turchiarelli,
LMSW



Shannon Floyd, LCSW



Caroline Broughton,
MSW-Intern



A Statement in Reflection of the Methodist Dallas Tragedy.

Elizabeth Newsom, LCSW-S

As social workers, we go to school because we want to help. We want to see people thrive. We work with people who are struggling and help lift them up and support them so they can meet their own needs. It doesn't matter where we work; it is all the same. Whether or not it is private practice, medical, or non-profit, we look at the whole person and their world and help them develop their own resources, both from within and outside of themselves, so they can thrive.

What they don't tell us in school (at least not when I went), is that some of us will go to work and never go home. Some of us will be killed in the line of duty (or seriously injured). It's disheartening, devastating, and an injustice that a nurse and a social worker were murdered this last Saturday while trying to care for their patient. They are heroes against the egregious gun violence that plagues this country (but especially this state) and is reflective of the need for bigger conversations around domestic violence and access to guns. Our hearts go out to the patients, families, friends and witnesses that have been impacted by the senseless murders that took place at Methodist Dallas.



Resources on Boundaries

The Basic of Boundaries:

<https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries>

Boundaries during the Holidays:

https://www.huffpost.com/entry/set-boundaries-others-holiday_1_61ae7bdde4b0eb351707a386

Boundaries with Family:

<https://taylorcounselinggroup.com/blog/set-boundaries-for-difficult-family-members/>

Upcoming Group Programs

A-SIDE: An Asexuality-Spectrum Identity

Identity Development and Education Group

Start: Fall

Contact: Allison Goukler, BA

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Raising Queer Youth: Education and Exploration for Parents of LGBTQ Adolescents

Start: Fall

Contact: Jenna Turchiarelli, LMSW

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Lessons in Self Love: A Self-Esteem Support Group for Young Adults

Start: Fall

Contact: Tamera Wright, LMSW

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