

REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER



Discussing Pride in 2022

Written by Caroline Broughton in collaboration with De'An Olson Roper, LCSW-S

"It is scary right now," states Dr. De'An Roper, referencing the anti-LGBTQ+ legislation currently circling different parts of the country. "And it should be scary. We have more at stake than ever before." It's a troubling yet accurate observation that many of us in the queer community have been grappling with over the past several months. What's at stake right now is not only the hopes, dreams, and futures of queer folks, but queer existence in the present. We have careers, families, children, and even grandchildren. We have worked hard over the years and that hard work has translated into many gains like marriage rights and the current back lash puts all those gains at risk. A veteran of the LGBTQ+ rights movement, Honorary Grand Marshall of the 1996 Pride Parade, the Lesbian uprising, and the HIV/AIDS pandemic, Dr. Roper shared her experience and wisdom on how to prepare for and cope with history repeating itself yet again. "Don't underestimate the power of a community." Dr. Roper reminds us of the importance of community and all it can provide: a reflection of who we are, an idea of what our meaning is, and a sense of where we belong. Dr. Roper emphasizes that having a sense of self, sense of meaning, and sense of belonging, will be imperative for survival during these uncertain times. For those of us unsure about where to start finding a local queer community, Dr. Roper prescribes sports, service, and a visit to see the first Texas LGBTQ+ Historical Land Marker at Crossroads (located in the 4000 block of Cedar Springs). This marker is a permanent symbol of Pride. The DFW area is home to many volunteer-seeking organizations, such as the DFW chapter of the Human Rights Campaign and the Resource Center. The Dallas Way is also a great resource for learning about local LGBTQ+ history. Other organizations such as the Dallas Independent Volleyball League (DIVA), founded in 1999, and the Varsity Gay League (VGL) combine team sports with queer pride and are great sources for cultivating a queer community. Dr. Roper also mentions joining book clubs, hiking clubs, or other LGBTQ+ social clubs, all easily discoverable on social media. Now is the time to rely on each other and our communities as Dr. Roper suggests. **Even though we may not know what the future holds, we know we won't have to face it alone.**

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WITH DE'AN OLSON ROPER

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Local Pride Month Events:

Local & community events across the month of June celebrating the Queer community!

<https://dallaspride.org/>

<https://www.dallascitynews.net/pride-month-events>

Staff Spotlight: Jenna Turchirelli (she/her), LMSW

In clinical supervision with Chris Avila, LCSW-S

My name is Jenna Turchiarelli, and I want to share with you how I believe I found my passion and purpose in social work. Growing up, my mother was a social worker and as a child I was invited to help at/attend the annual celebration for the volunteers she directed. Naturally, my understanding of the profession was limited as I thought social work was throwing parties for nice people who helped others in need. I wanted in. I got my first job in the field working on a crisis intervention and suicide prevention hotline in my hometown. While the experience was definitely not a party, it confirmed for me why people would volunteer their time to aid others in need. When a total stranger can call upon another and say 'I'm here, I'm hurting, I need help, and I'm willing to try,' it creates an environment of vulnerability, connectedness, and honesty that compelled me to continue learning and growing as a helper. In graduate school, I found more of the same- vulnerability, connectedness, and honesty, in the work itself, in my colleagues, and in the individuals we served. My mission as a licensed master social worker is to continue to emphasize the importance of these values in our own lives and with each other. Currently, you can find me in action working with parents of LGBTQIA* youth in my group, Raising Queer Youth. For more information on groups hosted by REX, check out the third page of the newsletter.



Clinician Availability

Accepting New Clients

Limited Availability

Full



**Elizabeth Newsom,
LCSW-S**



Chris Avila, LCSW-S



**De'An Olson Roper,
LCSW-S**



Shannon Floyd, LCSW



**Barry Whetstone,
LMSW**



**Tamera Wright,
LMSW**



**Jenna Turchiarelli,
LMSW**



Supervision Corner: Recognizing and Honoring Intersecting Identities

By Jenna Turchiarelli, LMSW

Coined in 1989 by American civil rights advocate Kimberlé Crenshaw, intersectionality is a framework for understanding how the multifaceted aspects of our identities create overlapping and interdependent systems of oppression or disadvantage. The multiple layers of identity include (but are not limited to) your race, gender, age, nationality, physical capabilities, socioeconomic class, religion, and educational experiences. Why does this matter? Imagine sharing about a time you felt excluded or wronged but you can only talk about it from the perspective of someone your age. It might feel frustrating, ineffective, or impossible because your age does not fully explain your experiences. Intersectionality allows us to consider all the layers of someone's identity and understand them as a whole person. Understanding intersectionality requires respect for and acknowledgement of diversity. Effective and lasting societal change cannot be made if the voices within our rich and diverse population are not recognized and amplified. In practical language, this means we see people for who they are, we believe their experiences and regard them as important, and we hold a seat for them at the table where important decisions are made.

Monthly CEU Topic: Sizeism in Healthcare Access

By Chris Avila, LCSW-S

This presentation focuses on how healthcare providers often hold prejudice against fat people and will frequently define a person's health based on their size and weight which is called sizeism. Another term that is frequently discussed in this realm is fatphobia which is the prejudice against people in larger or fat bodies. The goal in educating ourselves about these forms of prejudice is to work towards fat liberation by calling out these inhumane practices and reconciling our own tendencies towards sizeism and fatphobia. This makes us better therapists by working on ourselves but also gives us more tools to help our clients unburden and advocate for themselves in a system that is necessary for our health.

Upcoming Group Programs

Neurodivergent Life Skills Therapy Group

Start: June

Contact: Chris Avila, LCSW-S

Chris@realisticexpectations.net or (469) 928-6757

A-SIDE: An Asexuality-Spectrum Identity

Identity Development and Education Group

Start: June

Contact: Allison Goukler, BA

Admin@realisticexpectations.net or (469) 294-3779

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

Start: June

Contact: Jenna Turchiarelli, LMSW

Jenna@realisticexpectations.net or (469) 297-6153

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

Start: June

Contact: Tamera Wright, LMSW

Tamera@realisticexpectations.net or (214) 233-5547

Voting Resources:

→ vote411.org

→ ballotpedia.org

→ votetexas.gov

→ namitexas.org/wp-content/uploads/sites/12/2020/04/NAMI-Texas-Advocacy-101-Guide-1.pdf

→ my.lwv.org/sites/default/files/tx_adv_playbk.pdf

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Statement on the Times

To our community at Realistic Expectations, PLLC,

Once again, we at Realistic Expectations, PLLC, find ourselves needing to speak up about the state of the times. We pride ourselves on being inclusive, diverse and most importantly, safe. But in these times, safety has become an expensive and scarce commodity. Over the last several years, we've spoken out against systemic racism and have worked hard on addressing diversity and inclusion within our spaces. Now we want to add that we are not supportive of the anti-gender confirming and anti-abortion movements that are happening here in our area, and throughout the US. While none of these issues are new, we want to make clear for our clients and community, that we are gender confirming and firmly believe that every person has a right to the medical care they and their doctors deem appropriate, including HRT and reproductive rights. We firmly believe that we as mental health providers, should not be gate keeping for the life saving medical care so many need.

As social workers, our primary objective is to meet people where they are for healing and growth and to advocate to make that a reality. Vulnerable populations, including people of color, queer, transgender/gender variant individuals, domestic violence survivors, financially/employment challenged folx and uterus bearing folx, need support and resources on their own terms. We all need to stand up to these issues, identify our biases, hold space for active listening, create a space for discourse, and take action so healing can actually begin. We encourage everyone to be open to real and long-lasting change to address these injustices in our country. As we know about the therapeutic process, rarely is it ever neat or quick... It's messy, painful and exhausting but the results are worth it, so incredibly worth it.

We at Realistic Expectations, PLLC, take a stand against racism, sexism, transphobia, fat phobia, homophobia, ableism, and other oppressive actions. We commit to collective healing, on a personal, professional and community level. We encourage everyone to take measures to create change, like making it a point to vote and having difficult conversations. Do the work to take care of yourself and your community. See the lists below for resources on self-care and ways to help.

Anti-racism resources

bit.ly/ANTIRACISMRESOURCES
<https://www.washington.edu/raceequity/resources/anti-racism-resources/>
<https://www.povertylaw.org/article/anti-racism-resources/>

Reproductive rights

<https://www.aclu.org/other/keep-marching-what-you-can-do-protect-reproductive-freedom>
<https://reproductiverights.org/get-involved/featured-resources/>
<https://www.plannedparenthoodaction.org/issues/abortion>

Transgender resources

<https://transequality.org/>
<https://www.hrc.org/resources/supporting-caring-for-transgender-children>
<https://www.hrc.org/resources>
<https://www.acog.org/womens-health/faqs/health-care-for-transgender-teens>

Caring for Yourself is a Radical Act, guidebook

<https://static1.squarespace.com/static/58ba4d7886e6c0c5a7fae401/t/5a763a9171c10bcbfb59da4c/1517697690805/caring+for+yourself+is+a+radical+act.pdf>

Sincerely,

Liz, Chris, Shannon, Alli, Tamera, Jenna, De'An, & Barry