

# REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER



## Gender Disparities in the Helping Profession

By Allison Goukler, LMSW

This Women's History Month, I reflect on my own profession and the professions of my female colleagues. It does not escape my awareness: The extent that women are vastly over represented within the helping profession. Nor the extent in which these positions, including home health providers, medical assistants, and care aides, are underpaid. I find myself reflecting on how individuals of all genders come into their professions. How our families, our cultures, our schools, and our societies hold quiet and loud expectations regarding work associated with "feminine traits" versus "masculine traits". I wonder why our society deems certain labor as less valuable than others and what type of work is seen as skilled, essential, and worthy of fair financial compensation. I ponder what we lose as a society by not having more gender diversity in these professions as men and masculine folks struggle to find care workers they feel safe and comfortable connecting with regarding a variety of concerns. I imagine the long history of care workers leading on and on to me and my decisions.

An Article Discussing Undervalued Work in the Wake of the COVID 19 Pandemic.

<https://www.brookings.edu/research/essential-but-undervalued-millions-of-health-care-workers-arent-getting-the-pay-or-respect-they-deserve-in-the-covid-19-pandemic/>

### IN THIS ISSUE

GENDER DISPARITIES IN THE HELPING PROFESSION

SUPERVISION CORNER

CLINICIAN AVAILABILITY

STAFF SPOTLIGHT:  
CAROLINE BROUGHTON,  
MSW INTERN

UPCOMING GROUP  
PROGRAMS

UPCOMING EVENTS

# Supervision Corner: I'll Take My Therapy To-Go, Please

By Jenna Turchiarelli, LMSW

Breaking down barriers and increasing social mobility is something a typical social worker does with individuals, families, and communities on a regular basis, but for the social workers themselves, social mobility while practicing in the field comes with a significant barrier. When a fresh and excited social worker graduates from a nationally-accredited (i.e., the Council for Social Work Education) program and passes the Association for Social Work Boards clinical examination, they then contact the state in which they want to practice social work to apply for a license and complete any other paperwork the state may require. Where the barrier lies is that each state has its own requirements in order to obtain a license to practice social work in that state. This means a social worker may only "do" social work in the states they are licensed in thus limiting their ability to offer their services throughout their career. What this looks like in reality is social workers facing unnecessary barriers or needing to start the licensure process over entirely for moving out of state, being inaccessible to clients when out of the state in which a license is held, and limiting the support available to areas that are underserved, geographically isolated or lack specialty care. At this time, the Council of State Governments supports the implementation of a bill (the Model Social Work Compact Bill) that will allow for individual states to "opt-in" to an agreement that allows social workers to practice within any of those states regardless of where they obtained their license to practice. If you are interested in learning more and supporting the Model Social Work Compact Bill, check out the NASW's website for more information:

<https://www.socialworkers.org/Advocacy/Interstate-Licensure-Compact-for-Social-Work>.



## Clinician Availability

Accepting New Clients

Limited Availability

Full



**Elizabeth Newsom,  
LCSW-S**



**Allison Goukler,  
LMSW**



**Franky Smith, LMSW**



**Tamera Wright,  
LMSW**



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



**Jenna Turchiarelli,  
LMSW**



**Shannon Floyd, LCSW**



**Caroline Broughton,  
MSW-Intern**



STARTING FEBRUARY 20TH

# TRAUMA-SENSITIVE YOGA & MEDITATION

INSTRUCTOR

**Caroline Broughton, RYT**

**Class Rates:**

**\$20/drop-in**

**\$80/package of 5**

**Private Sessions:**

**\$65/session**

**\$260/package of 5**

**When:**

**Mondays & Thursdays**

**7:20 - 8:20 P.M.**

**Saturdays**

**10:30 - 11:30**

**Where:**

**Realistic Expectations**

**1771 International Pkwy**

**Suite 107**

**Richardson, TX 75081**

**Classes are limited to a maximum of 6 participants**

**For questions/booking, please email**

**[Caroline@RealisticExpectations.net](mailto:Caroline@RealisticExpectations.net)**

# Staff Spotlight: Caroline D. Broughton (She/Her), MSW-Intern

*In Supervision with Elizabeth Newsom, LCSW-S*

Howdy! My name is Caroline (some friends call me Carol). I am interning with Realistic Expectations, PLLC (REX) while working on my Masters in Social Work degree with a concentration in mental health and substance abuse from the University of Texas at Arlington. I am passionate about queer perspectives, sexuality, gender-identity, and the mind-body connection. I actively seek guidance and training from a variety of organizations, such as: the World Professional Association on Transgender Health (WPATH), SMI Advisor, the Community-Academic Consortium for Research on Alternative Sexualities (CARAS), and others. To complement my Western instruction, I also enjoy studying many Eastern teachings, such as: hatha yoga & Ayurveda, Tibetan Buddhism and meditation, Usui Reiki energy healing, and Chinese Qi-gong. While I will be graduating in the Spring, I like to believe that I will remain a student all through my lifetime. As part of my training, I provide counseling services to clients, under the supervision of Elizabeth Newsom, LCSW-S. Throughout our therapeutic relationship, my overarching goal is for the both of us to learn together. Approaching each session with curiosity and an open mind, let's learn about your life experiences, your unique strengths, and how we can work together to meet your goals. If anything in this brief synopsis has resonated with you, and you're interested in working together, let's talk! But please make no mistake, while I've pursued knowledge in a variety of different therapeutic modalities and theoretical perspectives, I am not the expert here - you are.



## Upcoming Group Programs

### Upcoming Events

#### South Plains Leather Fest:

March 23rd-26th

Find us working in the event 'Quiet Room'!

<https://www.southplainsleatherfest.com/>

#### Bondage Expo Dallas:

April 21st-23rd

Find us at this year's event!

<http://www.bondageexpodallas.com/>

Find us on:



@HEALING AT REX



@REALISTICEXPECTATIONS



@REALISTICEXPECTATIONSPLLC

#### A-SIDE: An Asexuality-Spectrum Identity

Identity Development and Education Group

Start: Spring

#### CNM Support Group

Start: Ongoing

Contact: Allison Goukler, LMSW

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

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

Start: Spring

Contact: Jenna Turchiarelli, LMSW

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

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

Start: Spring

Contact: Tamera Wright, LMSW

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

#### Safe Haven: A Gender Expansive Support Group

Start: Ongoing

Contact: Franky Smith, LMSW

Franky@realisticexpectations.net or (469) 213-0663

# Safe Haven

A GENDER EXPANSIVE SUPPORT GROUP

with Franky Smith, LMSW

Under Supervision of

Elizabeth Newsom, LCSW-S



STARTING FEB. 18TH

3 PM - 4:30 PM

1ST & 3RD SATURDAYS - TEENS

2ND & 4TH SATURDAYS - ADULTS

IN PERSON AT REALISTIC  
EXPECTATIONS, PLLC

---


Safe to talk openly  
Safe to explore gender  
Safe to be who you are  
Safe to ask any questions

\$45 per session OR  
\$135 for 4 sessions  
(25% off)

\*You do not need to be an existing client of Realistic Expectations, PLLC to join, but you must be in individual therapy and willing to allow us to speak with your therapist.



Realistic  
Expectations  
PLLC

(972) 696-9359 

admin@realisticexpectations.net 

1771 International Pkwy, STE 107 

Richardson, TX 75081



*Realistic  
Expectations*  
PLLC

A SAFE SPACE TO SHARE, ASK QUESTIONS, AND GET  
THE PROFESSIONAL AND PEER SUPPORT YOU NEED

# CNM Support Group

Thursdays from

5:30 PM to 7:00 PM

Starting February 23, 2023

\$40 per person/session

OR \$120 per person/package of 4

Realistic Expectations, PLLC

1771 International Pkwy

Suite 107

Richardson, TX 75081



Email [Admin@RealisticExpectations.net](mailto:Admin@RealisticExpectations.net) for more info!