

REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER

Honoring Black History Month

By Jenna Turchiarelli, LMSW

February marks the annual recognition and honoring of Black History Week, a tradition started in 1926 by the Association for the Study of African American Life and History (ASALH). Originally observed the week between Abraham Lincoln and Frederick Douglass' respective birthdays, it was dedicated to researching and promoting achievements by Black Americans and other peoples of African descent. Following the significant changes of the Civil Rights Era, Black History Month received national recognition for the first time in 1967 by President Gerald Ford and was expanded to include the entire month of February. Since its origin 97 years ago, it seems as if the importance of this observation has faded from some people's minds, heard in the too-frequent utterances of "slavery was a long time ago" and "Black people have rights now." As a quick context refresher, the first Black people were brought to America against their will, as slaves, in 1619 and faced 349 years of oppression enforced by the American government (i.e. slavery, Jim Crow Laws, Black Codes, lynching, race-riots, segregation, red-lining neighborhoods, etc.) until the Fair Housing Act was passed in 1968. As a quick orientation to reality, the end of the Civil Rights Era was not the end of racism (individual or systemic) and the need for intentional and deliberate anti-racist action continues. When we allow ourselves to lean into the inherent drive of connectedness and community that exists in all people, we may find ourselves personally motivated to ease the suffering of others and recognize that it is the only way forward. If we see people as equal, easing the suffering of another is the same as easing your own suffering. If you are interested in practicing anti-racism and honoring Black History Month, there are plenty of things you can do in your own life and community this February! To increase your knowledge on how to practice antiracism, check out "How to Be an Antiracist" by Ibram X. Kendi or "How We Get Free: Black Feminism and the Combahee River Collective" by Keeanga-Yamahatta Taylor. Remain curious about other people's experiences and immerse yourself with an open mind in their culture. Support a black-owned business in your community...



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FOR APPOINTMENTS:

 (469) 294-3779

 ADMIN@REALISTICEXPECTATIONS.NET

Honoring Black History Month Cont.

...More than anything else, remember that your worldview and experiences are not the same as everyone else's worldview and experiences. What drives us apart and perpetuates the harms that required the Civil Rights Era is distance, not our differences. When you connect with a "stranger," you'll see the strangeness in how we react to our differences rather than the differences themselves.

Supervision Corner: Accepting Paradoxes

By Jenna Turchiarelli, LMSW

When I was a young, undergraduate psychology student, I learned about cognitive biases or errors in thinking and judgment that occur when we are taking in information about the world and constructing our subjective realities which dictate our behaviors and beliefs. Two of these biases that interested me the most are the Impostor Syndrome and the Dunning-Kruger effect. The Impostor Syndrome occurs when a qualified and educated person doubts their skills, accomplishments, and abilities and has a persistent internalized fear of being discovered to be a fraud whereas the Dunning-Kruger Effect is when a person's lack of knowledge or skills in an area causes them to overestimate their own competence in that area. Facing the paradoxical reality that educated people will continue to feel incompetent and incompetent people will continue to not recognize their own limitations and speak over the experts in the room sent me reeling into a mini quarter-life existential crisis and caused me to consider a change in my career trajectory. I eventually grounded myself, didn't give up on my degree, and stumbled upon a quote by Carl Jung (a Swiss psychiatrist) about the power of paradox. He said that the paradox is one of our "greatest spiritual possessions" and "the only thing that comes anywhere near to comprehending the truth and fullness of life." As much as I, like many other human beings, would like reality to be simple and logical and easy, this is not the reality we live in. The radical act of being able to fully accept and anticipate that life is confusing, challenging, and complicated will allow us to release our expectations of a simple reality thus giving us a simpler reality. If you find yourself stuck in a cycle of running from suffering or conflict, try to stop running. Taking a moment to take stock of the situation and admitting the uncomfortable truth we have been avoiding can often bring us the relief we have been desperately chasing. Now how's that for a paradox?

Clinician Availability

Accepting New Clients 

Limited Availability 

Full 

<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Elizabeth Newsom, LCSW-S</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Franky Smith, LMSW</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>De'An Olson Roper, LCSW-S</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Shannon Floyd, LCSW</p> </div> </div> </div>	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Allison Goukler, LMSW</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Tamera Wright, LMSW</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Jenna Turchiarelli, LMSW</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Caroline Broughton, MSW-Intern</p> </div> </div> </div>
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YOU'RE INVITED



Realistic Expectations, PLLC's

Valentine's Open House

THURSDAY FEBRUARY 9TH

5:30pm - 8:00pm

CEU from 6:00pm to 7:00pm

1771 International Pkwy Suite 107

Richardson, TX 75081

Join us as we celebrate our new office with some Valentine's Day fun! Enjoy a guided heart chakra meditation, a free one hour ethics CEU, as well as wine and some valentine's day treats. Hope to see you there!

Hiring at Realistic Expectations, PLLC!

Are you interested in working with an organization that truly cares about your professional and personal development? Want the creative flexibility to set your own schedule? Want to be in private practice but don't want to deal with the business side of things? Want to be able to give back to the community, advocate & educate? Are you a LMSW needing supervision? If you answered yes to any of these questions, visit the following [link](https://www.realisticexpectations.net/join-our-team.html).



<https://www.realisticexpectations.net/join-our-team.html>

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/>

A-SIDE: An Asexuality-Spectrum Identity

Identity Development and Education Group

Contact: Allison Goukler, LMSW

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

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

Contact: Jenna Turchiarelli, LMSW

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

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

Contact: Tamera Wright, LMSW

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

Find us on:



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Help REX Develop NEW Group Programs

Take our Group Programs Survey [HERE](#) to provide feedback on group programs that you want to see for yourself or your clients!