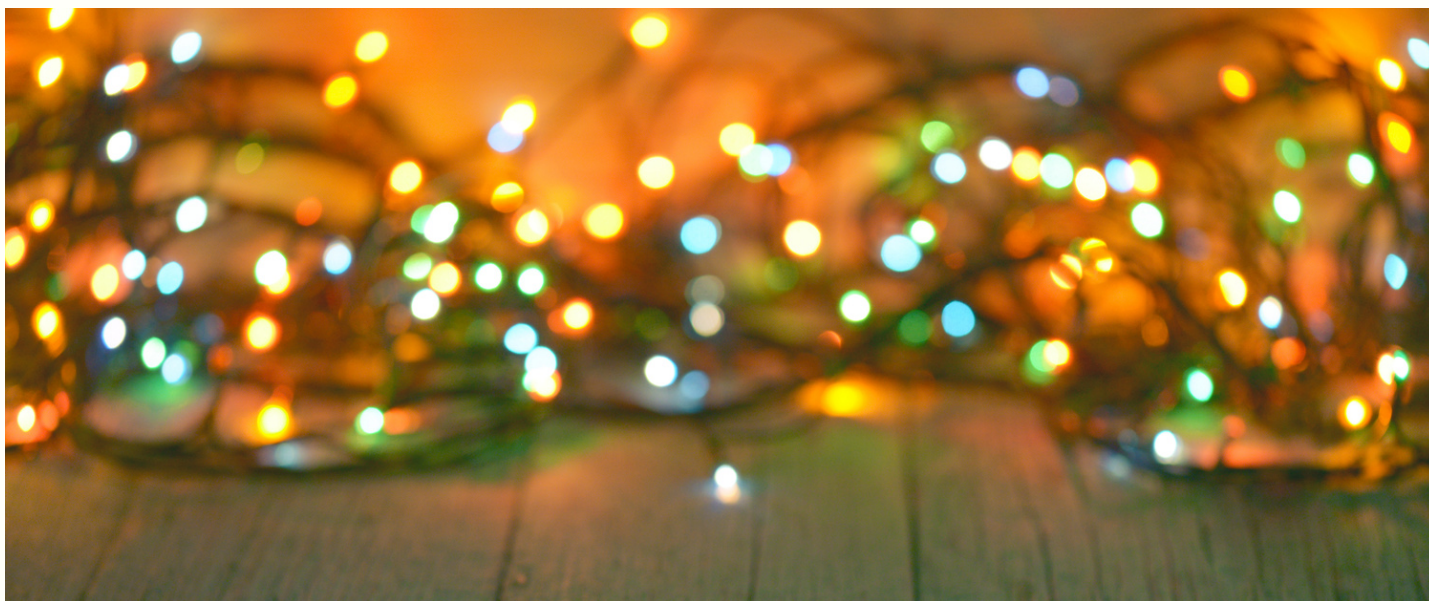


REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER



Surviving the Holidays

By Allison Goukler, MSW

The holidays can mean many different things to many different people. Perhaps, for some, it is a time to embrace joy and love, connect with friends and family, and participate in cultural traditions and rituals. For others, it is a time of grief, stress, change, and feeling like your boundaries are not honored. The holidays may be all these things. As adults, we come to acknowledge that, as with most things, our experience of the holidays and celebrations can be nuanced. With this complexity, comes intense emotions and experiences. And, whether we are excited for these times or wishing they would pass quickly, the holidays come and go each year without fail. We can't control that. But we can take some time to consider how we would like to engage with the holidays in order to survive what may potentially be difficult and stressful. Hopefully, we have moments of joy and peace as well. Family, friends, and community are often highly valued during the holidays, emphasizing, for better or worse, the importance of quality time and relationships, charity and giving, sacrifice and compromise, and facilitating positivity and suppressing negativity regardless of whether we have the capacity or desire to meet these expectations. These expectations can sometimes lead to feeling drained, disrespected, inauthentic, overwhelmed, or lacking in some way. Adjusting these expectations when needed, setting and keeping boundaries that respect your needs, and actively caring for ourselves may help with surviving these times.

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Surviving the Holidays (cont.)

Consider: What do I want my holidays to look like? What am I willing to do? What am I not willing to do? What expectations are unreasonable or unobtainable? What will stress me out? What will relax me? How can I communicate my needs, my boundaries, and the consequences of not respecting my boundaries? How can I say 'No'? When will I know that I need to remove myself from a situation because my boundaries are not being respected? How will I honor my genuine feelings? How will I care for myself?

Hopefully, these questions will help with building your own survival guide for this holiday season. And, if you need, take comfort in knowing that this is temporary and the holidays will go just as they came.

Supervision Corner: Safety Through Boundaries

By Tamera Wright, LMSW

As we enter into the holiday season, it is important to know you are allowed to set boundaries. It's okay if your capacity to show up looks different compared to last year and those before. Honor your emotional and energetic needs by communicating your limits, with family, friends and work. You are allowed to feel gratitude. Sometimes following traditions feels painful and triggering, give yourself permission to make space for something new. Boundaries and joy can co-exist. You do not have to choose one over the other and you don't have to feel guilty for having emotions. Make room for the duality this season as you heal your emotions.

Clinician Availability

Accepting New Clients

Limited Availability

Full



Elizabeth Newsom,
LCSW-S



Franky J. Smith,
LMSW



De'An Olson Roper,
LCSW-S



Tamera Wright,
LMSW



Jenna Turchiarelli,
LMSW



Shannon Floyd, LCSW



Caroline Broughton,
MSW-Intern



Staff Spotlight: Shannon Floyd (She/Her), LCSW

Shannon Floyd, LCSW has been in the social work field for the past 5 years, but it wasn't where she started. In reflecting on her previous work, she shared "I was working in Advertising for business development and a significant role within my job was to meet with clients and help them find solutions for their business needs. While I enjoyed that part of the job, I found myself wanting to ask more to get a deeper understanding of the client, and what makes them tick, in the context of their business needs." In taking the spirit of exploration and deeper understanding into the realm of therapy, Shannon is not afraid to take a direct approach with her clients and challenge what appears on the surface. "I often find myself asking my clients 'Where does that message come from?' to get them to look beyond their current narrative." Describing her approach to therapy, she utilizes elements from psychodynamic, trauma-focused, narrative therapy, and solution-focused modalities of treatment while continuously deepening her own knowledge base to better serve her clients.



HOLIDAY GIFT RESOURCES

The Chris Howell Foundation Food Distribution & Toy Giveaway (Tarrant County Residents ONLY)

December 10th, 2022

10:00 AM to 12:00 AM

Tarrant County College, South Campus
5301 Campus Drive, Fort Worth, TX 76119

Reserve your spot [HERE](#)

The Chris Howell Foundation Food Distribution & Toy Giveaway (Dallas County Residents ONLY)

December 17th, 2022

10:00 AM to 12:00 AM

Dallas College, Mountain View Campus
4849 W Illinois, Dallas, TX 75211

Reserve your spot [HERE](#)

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@REALISTICEXPECTATIONSPLLC

Upcoming Group Programs

A-SIDE: An Asexuality-Spectrum Identity Development and Education Group

Start: Winter

Contact: Allison Goukler, MSW

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

B-SIDE: A Bisexual-Spectrum Identity Development and Education Group

Start: Winter

Contact: Caroline Broughton, BSc

Caroline@realisticexpectations.net or (469) 213-6677

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

Start: Winter

Contact: Jenna Turchiarelli, LMSW

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

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

Start: Winter

Contact: Tamera Wright, LMSW

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