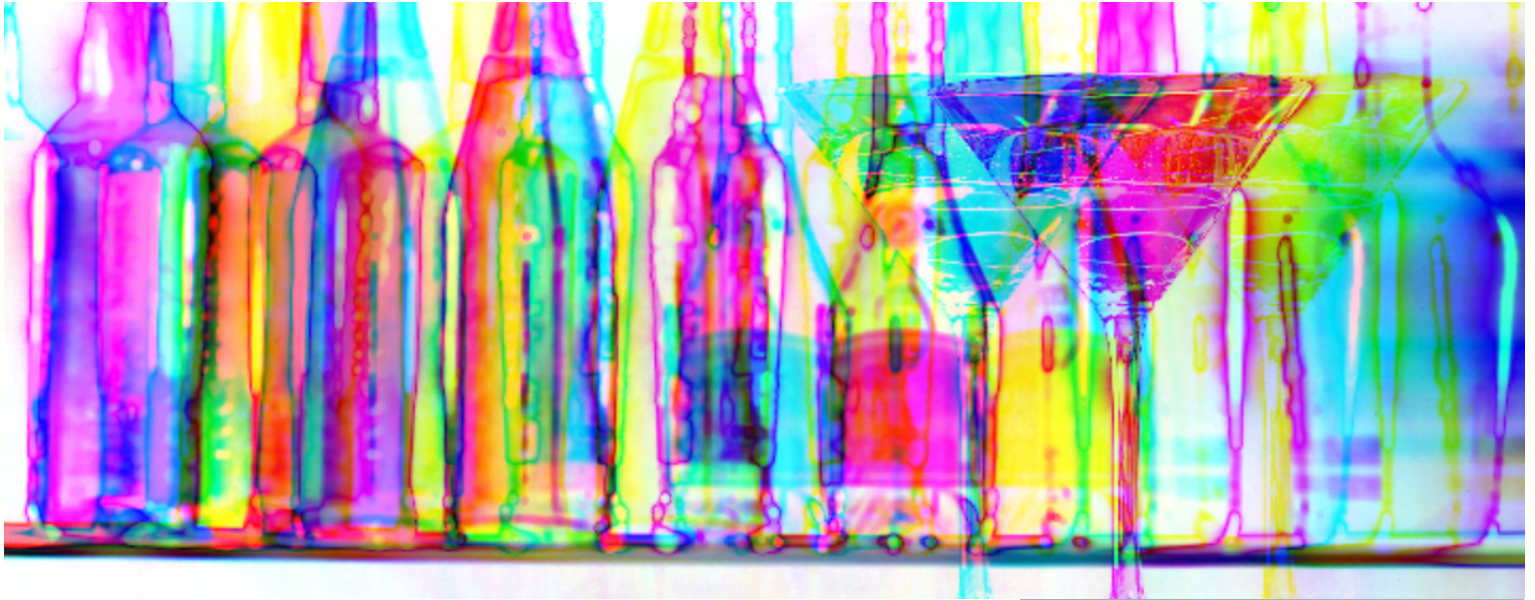


# REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER



## Coming Out: Queer & Sober

By Caroline D. Broughton, MSW-Intern

As October approaches, many LGBTQ+ business, clubs/bars, organizations, and communities are preparing for two significant days in the queer community, National Coming Out Day and Halloween, October 11th and 31st respectively. While it's not a rule that all queer folks come out on National Coming Out Day, it is an emotional day to reflect upon one's coming out, their growth, and their support systems. Halloween, on the other hand, has become a delightful celebration of queerness, camp, and fantasy. One's first Halloween spent in the queer community is definitely one to remember. However, like many evening events in the LGBTQ+ community, Halloween is also known for an abundance of alcohol. Whether at a club, bar, or friend's apartment, Halloween parties are not typically known for being sober environments. Nondrinkers may find themselves uncomfortable, especially those that are new to the LGBTQ+ community. Imagine coming out after years and years, risking friendships and familial ties, to find that your sobriety makes you feel like an outsider yet again. It's not just Halloween that may estrange nondrinkers from the community, most popular queer spaces are bars or clubs. Alcohol-focused spaces aside, coming out may thrust one into a state of vulnerability not felt since adolescence. Attending queer events and being in queer spaces while in this state of vulnerability may feel impossible without a little social lubricant, some "liquid courage." Where are all of the newly out queers to go? This is the question I found myself asking. I came out in October 2020 and, by the time the pandemic had settled enough to socialize safely, I found myself freshly sober. Luckily, there are more of us than we think. Queer-dedicated coffee shops have begun popping up around the US, and DFW is no exception. Try attending an event at Union Coffee or grabbing a homemade muffin at Crickles and Co., both on Cedar Springs Road in the Oak Lawn neighborhood. Queer sports leagues can also be found throughout the DFW metroplex, such as: Gay Varsity League, Outloud Sports League, or the US Gay Sports Network. If you participate in 12-step programs, there are also queer-specific meetings available to you. BDSM and Leather communities, both of which have large intersections with the queer community, typically avoid over indulging on drugs and alcohol (if there is any present at all) during their events as well. Don't forget about LGBTQ+ book clubs either! As for the lack of a crutch to help with vulnerability, try bringing a queer friend or an ally. We all deserve to feel a sense of belonging without having to compromise on our own recovery and values. You're here, you're queer, and you're allowed to pass on the beer.

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# Supervision Corner: Self-Disclosure


By Jenna Turchiarelli, LMSW & Tamera Wright, LMSW

Showing up and being yourself is something many hope to do in their daily lives and interactions, but how much a therapist reveals of themselves to their clients is a delicate and sometimes complex decision to make. If a provider chooses to share too often, too much, or at the wrong time, it can seem as if they are taking over the session, which would harm the relationship with the client. On the other hand, if a therapist chooses not to share about themselves at all, they may come off as cold, removed, or judgmental, which would also harm the relationship with the client. Ideally, the therapist will be able to share enough of themselves that the client feels they can truly know and connect with their therapist without feeling overshadowed and talked over. Self-disclosure ultimately comes down to the preferences of the therapist but, in best practice, should always be honest and authentic. Many believe that healing takes place between people and in the context of a safe relationship. Welcoming the client to bring their full selves to the therapeutic relationship will only go so far if the therapist remains at a distance and unknown to the client. By opening up, we may be able to model the connective behaviors we hope to see in our clients and in our societies and thus, take part in creating deeper, truer relationships.

# Monthly CEU: Working with Bisexual Clients

By Caroline Broughton, MSW-Intern

This month's CEU presentation focuses on clinical implications of working with bisexual clients. Despite making up the largest subgroup of the queer community, the bi+ community reports a profound disconnect from both queer and heterosexual communities. Bisexual folks also report experiencing bi-erasure, identity-invalidation or incorrect identity assumptions, from their medical and mental healthcare providers. This presentation aims to inform clinicians about the vastness of the bi+ umbrella, the unique disparities facing the bi+ community, and ways to increase their cultural competency in working with this client population.












## Clinician Availability

Accepting New Clients ●

Limited Availability ●

Full ●

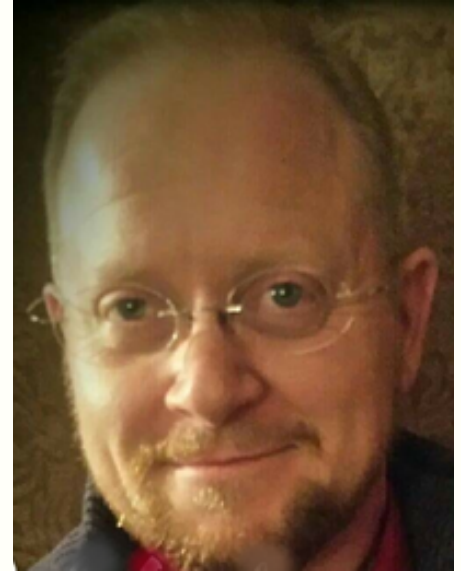
 <p><b>Chris Avila,</b> LCSW-S</p>	 <p><b>Tamera Wright,</b> LMSW</p>	 <p><b>Francis J. Smith,</b> LMSW</p>
 <p><b>De'An Olson Roper,</b> LCSW-S</p>	 <p><b>Jenna Turchiarelli,</b> LMSW</p>	 <p><b>Barry Whetstone,</b> LMSW</p>
 <p><b>Shannon Floyd,</b> LCSW</p>	 <p><b>Caroline Broughton,</b> MSW-Intern</p>	 <p><b>Elizabeth Newsom,</b> LCSW-S</p>

# Staff Spotlight: Francis J. Smith (He/Him), LMSW

*Under the supervision of Elizabeth Newsom, LCSW-S*

As an out transgender man, I have the unique opportunity to look at issues from different perspectives. I believe in living as your authentic self, and I strive to help clients achieve that goal.

I have been in the mental health field since 1996 and a social worker since 2005. I enjoy working with people in order to help them find the answers they have been looking for. I'm a general practitioner so I can treat a variety of people and diagnoses. My concentration is with the LGBTQIA+ community and my specialties are trauma informed therapy, depression, anxiety, domestic violence, childhood abuse, religious abuse, and gender dysphoria. I provide education for families with family members who are transitioning or have already transitioned. I provide individual, couples, family, and group therapy. My goal is to provide a safe, affirming, and welcoming space for clients to be themselves maybe for the first time without judgment.



## Coming Out Resources

The Coming Out Handbook from The Trevor Project  
(link [HERE](#))

[Scarlateen.com](http://Scarlateen.com)

Planned Parenthood Learning Center (link [HERE](#))

## Suicide Prevention Resources

NTBHA Mobile Crisis Hotline: 1-866-260-8000

Crisis Text Line: Text HOME to 741741

Community Resources: call 211 or visit [211.org](http://211.org)

Additional Prevention Resources and Help Lines [HERE](#)

## FREE REX WEBINARS!

### Parenting LGBTQ+ Youth

Jenna Tuchiarelli, LMSW

Wednesday, Oct. 12, 2022 at 6:00 PM

### Asexuality 101

Allison Goukler, MSW & Caroline

Broughton, MSW-Intern

Tuesday, Oct. 18, 2022 at 6:00 PM

### Exploring Self-Love

Tamera Wright, LMSW

Thursday, Oct. 27, 2022 at 6:00 PM

RSVP for our free webinars [HERE](#)

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## Upcoming Group Programs

### Neurodivergent Life Skills Therapy Group

Start: Rolling

Contact: Chris Avila, LCSW-S

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

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

Identity Development and Education Group

Start: Fall

Contact: Allison Goukler, MSW

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

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

Start: Fall

Contact: Jenna Turchiarelli, LMSW

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

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

Start: Fall

Contact: Tamera Wright, LMSW

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