



LIVING RITE

COMPASSIONATE PROFESSIONAL CONFIDENTIAL

**SPECIAL
POINTS OF
INTEREST:**

Volume III, Issue I

July 2017 Edition

- Meet the Staff
- Therapist Article
- Community Voice: Adventure Works
- Client Contribution

Letter From the Editor

“Margin is the space between our load and our limits. It is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating.”

Richard Swenson

The summertime often involves a busy calendar. There are weddings to attend, birthdays to celebrate, cookouts to enjoy, and vacations taken that leave little room for anything else. There is something wonderful and invigorating about these summer months. That said, it is important to continue to maintain a balance in our lives that allows us to make sure that we’re still actively participating in these events instead of simply *attending*. Being busy in our culture has become a status marker, a competition of who is the *busiest*. Ultimately, we are suffering, and we need to be purposeful in creating space between our “load” and our “limits” according to Richard Swenson. We have to purposefully place margin in our lives. For some, margin can come in a quiet moment before kids wake up, or waiting for a client to arrive midday, it can be when we’ve finished dinner at night, or before bedtime each day. If we do not place margin in our lives we will find ourselves depleted, both emotionally and physically. We also need to be supportive of others who are creating margin in their lives instead of perpetuating the *busiest* competition. So I encourage all of you to look at your calendars and decide where you are placing your margin.

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Sincerely,
Brittany P. Male

Written by Brittany Male, MSW, Licensed Clinical Social Worker and Certified Alcohol and Drug Counselor. Brittany is a practicing therapist at LivingRite working with adolescents and adults struggling with mood disorders, addiction issues, domestic violence, and other life challenges.

Brittany Male, MSW, LCSW
Staff Social Worker
Director of Marketing and Outreach
Newsletter Editor-In-Chief



Meet the Staff:

Cecilia Berumen, MSN, APN, NP-C



The positive feedback regarding her bed side care, from patients, inspired her to pursue her nurse practitioner certification so that she could take the level of care one step further. Today her dual focus is in Psychiatric and Family Care. Cecilia's practice philosophy is to help her client's achieve optimal health by educating and promoting a healthy lifestyle. To provide high quality, Cecilia values compassionate care through open communication. Between herself and her clients. She is passionate in what she does and hopes that her empathy and unique bedside manner will help achieve her client's health goals.

Cecilia is a graduate of Chamberlain College of Nursing where she received her Masters in Nursing and successfully completed the Advance Practice Nursing Program while graduating with distinct honors. She completed her undergraduate from the University of Illinois Urbana Champaign with a major in Allied Health with a focus on community health. Cecilia gained vast experience working as a registered nurse in a variety of medical units over the past 10 year while working at various hospitals.

She has gained experiences in the medical surgical, spinal cord and brain injury, oncology, psychiatric, geriatric, and hospice units.

Cecilia has experience working with a variety of client populations including: older adults, adults, and adolescents. Cecilia is also bilingual in Spanish.

To schedule an appointment with

Fun Facts:

1. I am an animal lover. At one point I had 2 cats, 3 birds, a dog and 10 fish.
2. I love to travel to beach destinations. I enjoy the beauty of the ocean and exploring new places.
3. I also love to help others and those in need.

Jada Butler, PA, LPC

I was born and raised in Georgia, and heavily influenced by my father, who was a kind southern gentleman. After completing my undergraduate degree from Mercer University, I moved north to pursue my Physician Assistant degree from the University of Wisconsin, Madison. I spent the first several years of my career in family practice medicine, where I began to see the importance of treating the mind as well as the body. At this time, I started to consider moving my career into the mental health field because I felt passionate about how influential and healing mental health treatment can be. After taking several years off to be a full-time mother and home schooling 4 children, I decided instead of going back into family practice, I would instead pursue my passion and obtain my Master's degree as a professional mental health counselor from National-Louis University. Understanding the importance of the mind/body connection, I now felt in a unique position to truly provide holistic care to patients in a psychiatric setting. Being both a therapist and Physician Assistant is a relatively unique combination, and allows me to bring a unique insight and therapeutic element to every patient I see.



I provide psychiatric medical evaluations and medication management for adults and adolescents in all areas of mental health and those struggling with both addictions and mental illness. In addition, I specialize in both adolescent health and wellness as well as women's mental health.

Fun Facts:

1. I am a two time Ironman triathlete, currently training for my third Ironman in September.
2. I home schooled my 4 children for 10 years
3. I studied Shakespeare for a summer in New York after college and almost decided to move there and study acting before my father wisely steered me back into medicine!

Review of “No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind”

By Katie Higgins, MA, LCPC

“Do you ever find yourself asking, after an especially agonizing interaction with your kids. *‘Can’t I do better than this? Can’t I handle myself better, and be a more effective parent? Can’t I discipline in ways that calm the situation rather than create more chaos?’ You want the bad behavior to stop, but you want to respond in a way that values and enhances your relationship with your children. You want to build your relationship, not damage it. You want to create less drama, not more. You can.*”

In Drs. Daniel Siegel and Tina Payne Bryson’s book, “No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind,” the authors set out to redefine the modern-day definition of discipline, providing, instead, its original definition: “to teach.” The overarching goal of the entire book is to help parents connect with their kids in order to teach and guide them, ultimately leading them to be able to inhibit impulses, manage big feelings, and be considerate of the impact their actions have on themselves and others. While the book suggests specific strategies to facilitate the short-term goal of more immediate cooperation from our kids, it also strives to help us parents see the big picture in what we want our children to become ultimately: thoughtful and conscientious in their behaviors (even when adults aren’t around), with an ability to create meaningful lives and relationships.

Some main takeaways from the book are as follows:

“Saying No to the Behavior, but Yes to the Child”:

Based on the authors’ personal and clinical experience, they suggest that giving immediate consequences is not the best way to accomplish the goals of discipline, but instead, an approach of “connect and redirect” is. This starts with validation of the child’s emotional experience. Kids, like all of us humans no matter our age, feel good when their feelings are acknowledged and validated. A “bad” behavior or choice is likely to have been precipitated from a difficult feeling. For example, perhaps the four-year-old felt *jealous and so he took his sister’s toy away; perhaps the nine-year-old felt nervous and she snapped at her mom’s request to put on her shoes to get ready for her concert; perhaps the 16-year-old felt emotionally dismissed/invalidated and chose to rebel by not meeting curfew. Acknowledging the emotional state of your child leading up to their behavior is key to connection.*

”Connection is NOT Permissiveness”: acknowledging how your kid feels that likely led to their unwanted behavior does NOT mean you’re OK with the behavior, only that you’re showing understanding for the emotion underneath. It is possible to validate a feeling that led up to a behavior AND set a limit to let your child know the behavior was unacceptable.

Redirection is usually not effective when used immediately. When a child’s emotions are intense, give the child time for their emotion to calm down first before moving on to the step of redirecting. You will know the child is ready to be redirected when the child is able to calmly engage with you. The time needed to be able to calmly engage will depend on the age, the child individually, and the emotional intensity.

Connection and Redirection can be best guided by these three questions:

- 1) Why did my child act this way?
- 2) What lesson do I want to teach in this moment?
- 3) How can I best teach this lesson?

”Spanking and the Brain”: In summary, the authors write that based on research spanking is counter-productive to fostering a healthy connection with our kids, and that kids should have the right to be free of violence, especially coming from the people they put their trust in most.

Time outs do not always result in their objective of self-regulation and healthy reflection. The consequence of a time-out is often not directly related to the offense that was made. In other words, instead of having the child pick up the giant mess he just made, or having to save up her own money to buy a replacement softball for the one she lost, it’s a consequence that doesn’t specifically allow opportunity for learning and often leaves children just thinking about how much they don’t like being on time out.

→→*Alternative strategy: give your child an opportunity to solve/remedy what they’ve done. For example, ask, “What could you do to make this right?”*

Consider their brain development. This is especially important when considering if their “downstairs brain” (reactive, emotional, impulsive) or “upstairs brain” (receptive, logical, reasoning, empathetic, problem-solving) is currently at work. If “downstairs brain” is fired up, give it some time to calm down and allow “upstairs brain” to take the wheel again. Generally, the younger they are, or less mature they are, the easier it is for “downstairs brain” to take over.

Experience literally changes the brain. Remember this when approaching your child in a discipline (teaching) interaction. Your interaction holds the power to rewire your child’s brain.

Verbally acknowledging your child’s emotion will allow the “downstairs brain” (reactive) to become less active. Ex: “I understand you’re feeling really upset right now.”

Engage, don’t enrage: don’t match your child with your own emotional reaction; instead explore their experience and connect.

Instead of constantly saying “no” to set limits, try a “yes (with a condition).”

Ex: Instead of “No, we don’t have time for another story,” try “Yes, we can read another story...tomorrow.” This helps set limits with less chance of “downstairs brain” getting all fired up and taking over.

HALT before responding to your child’s unwanted behavior. This means asking yourself if your child is Hungry, Angry, Lonely, or Tired. This can foster connection and help you anticipate and encourage recognition of needs.

“No-Drama Discipline” includes even more helpful strategies, research, and specific suggestions to help parents connect and redirect, allowing for less drama in their discipline approach and a more attuned connection with their child(ren). It is a book written to provide a universal approach, likely to be helpful with a child of any age. The book is worth reading if you’re feeling: frustrated with your child; like you’re in the same maladaptive pattern over and over; if you’re struggling to set limits; if you feel disconnected with your child; if it feels like a power struggle; and/or if you don’t understand why your child acts the way he/she does.

Siegel, D. J. & Bryson, T. P. (2014). No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind. New York, NY: Bantam Books.



Written by Katie Higgins, MA, Licensed Clinical Professional Counseling (LCPC). Katie is a practicing therapist at LivingRite and specializes in working with working with children, couples, and those struggling with anxiety. She is also the Clinic Lead for the Women’s Mental Health Specialty Clinic.

Community Voice

Adventure Therapy

by Adventure Works of DeKalb County



What if I told you counseling can be done outside of an office? It can be done in a canoe, on a rock wall, wading in a river, or hiking on a trail. Believe it or not, DeKalb County, Illinois is home to the only non-profit outpatient mental agency in the nation that specializes solely in counseling through the use of adventure experiences!

Adventure Works provides counseling services to youth ages 0-26 year-round with a focus towards providing adventure experiences to assist youth and

families with processing and overcoming their challenges. Activities are chosen by staff based on the individual needs of clients and are specifically tailored to help with processing those needs. Although frequently challenging, this also makes the counseling experience exceptionally fun and engaging. It also helps anyone who may find it hard to talk and verbally express what is going on for them by allowing another outlet to express themselves. This works well for younger kids and adolescents who either don't have the words to accurately express themselves or are too resistant to regular talk therapy.

Adventure Works can be a youth and families' primary mental health provider or can work in conjunction with other counseling/therapy services. We also offer groups for both therapy and prevention/positive youth development that focus on building connections, confidence, character, competence, caring, and contribution.

To get in contact with us, please call 815-517-0825. We are located at 1211 Sycamore Road in DeKalb, Illinois.



*A picture is worth a thousand words, but an experience is worth a thousand pictures.
– An old adventure adage*

LivingRite News Bulletin: Services at A Glance

General Services for Children, Adolescents, and Adults:

LivingRite offers treatment for a variety of problems including, but not limited to: Major Depressive Disorder, Anxiety Disorders, Bipolar Disorder, Career/Work-Related Difficulties, Medical Illness, Chronic Pain, Stress Management & Healthy Living, Parenting Skills Training, Sexual Dysfunction, Anger Management, ADHD, Grief/Loss, and Autism Spectrum Disorders. We also offer Marriage and Family Therapy.

We are proud to be represented by therapists with extensive diversity and sensitivity trainings, and interest in working with diverse populations.



Specialty Teams:

Anxiety and Obsessive Compulsive Disorder Team: provides individuals the opportunity to obtain specialized, individualized treatment for Panic Disorder, Generalized Anxiety Disorder, Social Phobia, Specific Phobias, and OCD. Team Specialists have extensive training, supervision, and experience in providing Cognitive Behavioral Therapy and Exposure-Based interventions for these disorders.

Eating Disorders Team: Team Specialists have extensive experience in providing specialized treatment of Eating Disorders in children, adolescents, and adults. Treatment interventions include, but are not limited to, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Exposure-Based Interventions, Family Therapy, and Group therapy.

PTSD and Trauma Recovery Team: provides individuals with gold-standard evidence-based treatments for PTSD and trauma-related disorders. Team Specialists have extensive training, supervision, and experience in providing PTSD treatment including Prolonged Exposure Therapy (PE), Cognitive Processing Therapy (CPT), and Eye Movement Desensitization and Reprocessing (EMDR).

Women's Mental Health Team: dedicated to providing excellent care for women suffering from a variety of health and mental health related problems. These might include infertility concerns, perinatal mood and anxiety disorders, chronic pain conditions, and domestic violence. Team Specialists have had training specific to women's health and mental health concerns.

Psychiatric Services

We offer a collaborate-team approach to mental health services which now includes psychiatry. Our psychiatric physicians work with a broad range of diagnosis and ages to best serve the community.

Psychological Testing:

Common psychological testing that we offer for *children and adolescents*: Attention-Deficit/Hyperactivity Disorder (ADHD), Development Delays or Disabilities (e.g., social, emotional, achievement, intellectual), Learning Disorders (i.e., dyslexia, mathematics, writing), Autism Spectrum Disorders, and Psychodiagnostic Assessments. Common psychological testing that we offer for *adults*: Attention Deficit/Hyperactivity Disorder, IQ and Learning Disorders, Psychodiagnostic Assessments, and Chronic Pain Assessments.



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Office: 779.777.7335

Fax: 815.758.8441

www.LivingRite.org

Email: Contact.Us@LivingRite.Org

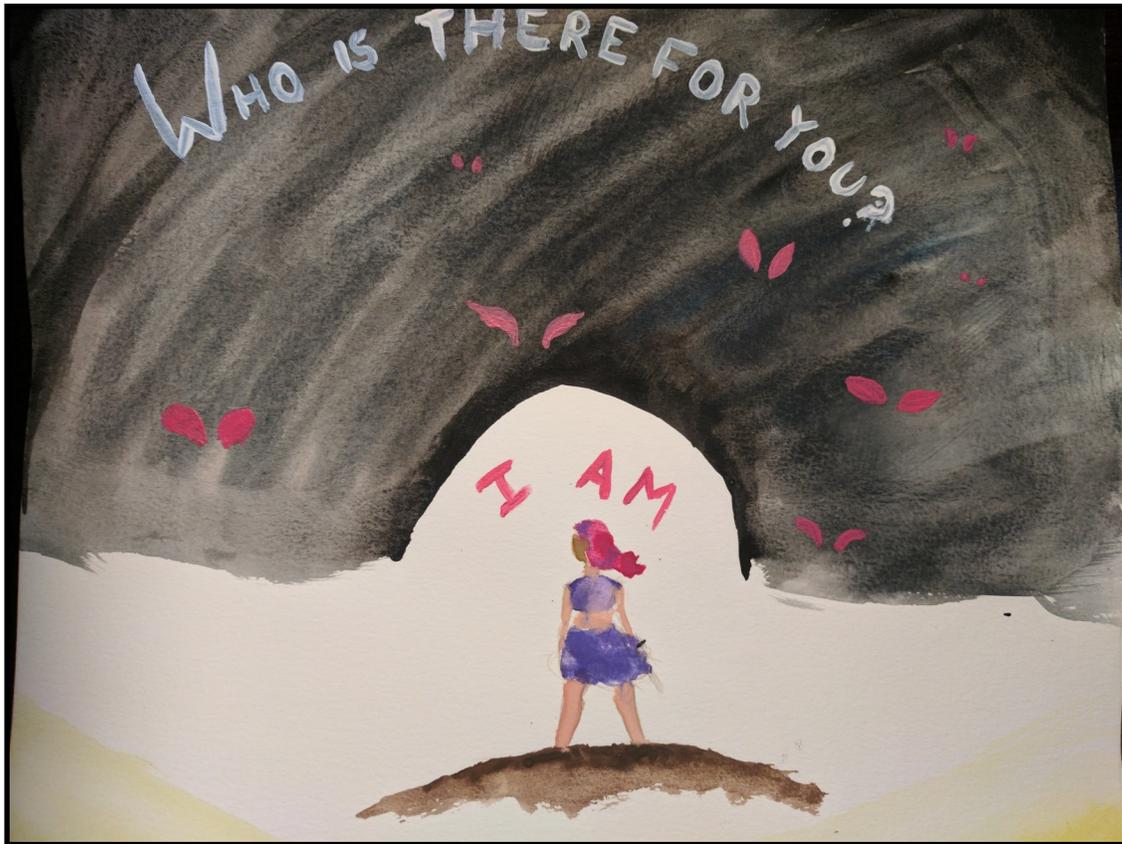
1625 Bethany Road

Sycamore, IL 60178

With an Additional Location in
Pingree Grove, IL as well as a
psychiatry location.

Client Contribution

Who is There for You



-Anonymous

Art work contributed by participant in Adult Expressive Therapy Group.

For more information on how to participate in this group please contact LivingRite at 779-777-7335.