



Therapy Solutions

TAKE YOUR LIFE BACK.

JUNE 2024

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Bobbie Johnson

EMILY'S RECIPE
COOKIE DOUGH DIP

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TF-CBT Training



What is Trauma Focused Therapy (TF-CBT)?



Scan the code with your camera app, and schedule your appointment with us today!



WE ARE HERE FOR YOU! CONTACT US TODAY!

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Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is a structured, short term therapy (4 to 6 months) for kids and teens, to treat trauma and/or symptoms of PTSD. Research studies on this type of therapy have been proven to be very effective in helping traumatized kids get better and desensitize their triggers in only a few months. Parents are often very involved in their child's therapy. Research shows that parents are often the most important people in the child's life. If the parents are unable to participate another stable caregiver who can support the child is encouraged to participate.

Children are typically seen once a week. They meet alone with their therapist for most of the session. Parents are seen during that session as well. Parents are taught by the therapist how to help their children at home, in-between sessions. They are typically seen towards the end of their child's session for a few minutes.

Research suggests that addressing PTSD symptoms in children, as early as possible, is likely to prevent long term difficulties. The therapy includes:

- Education about trauma and common reactions
- Educate Parents
- Relaxation and Stress Management Training
- Expressing Feelings
- Learning about Thoughts and Feelings
- Developing creative ways for kids to tell their story
- Changing any unhelpful/distorted thoughts about their story
- Family sessions, if needed
- Learning and Safety

Talking about trauma will be done in a gradual, supportive manner and will not occur until the child has learned some skills to cope with discomfort.

If you think your child would benefit from TF-CBT, call Therapy Solutions to schedule an appointment with one of our trained, TF-CBT, mental health counselors and Take Your Life Back!

HOW IMPORTANT *Is Your Sleep?*

Signs that you're not getting enough sleep.

If you're getting less than eight hours of sleep each night, chances are you're sleep deprived. What's more, you probably have no idea just how much lack of sleep is affecting you.

How is it possible to be sleep deprived without knowing it? Most of the signs of sleep deprivation are much more subtle than falling face first into your dinner plate. Furthermore, if you've made a habit of skimping on sleep, you may not even remember what it feels like to be truly wide-awake, fully alert, and firing on all cylinders. Maybe it feels normal to get sleepy when you're in a boring meeting, struggling through the afternoon slump, or dozing off after dinner, but the truth is that it's only "normal" if you're sleep deprived.

You may be sleep deprived if you:

- Need an alarm clock in order to wake up on time
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Get sleepy in meetings, lectures, or warm rooms
- Get drowsy after heavy meals or when driving
- Need to nap to get through the day
- Fall asleep while watching TV or relaxing in the evening
- Feel the need to sleep in on weekends
- Fall asleep within five minutes of going to bed



**SCHEDULE YOUR
APPOINTMENT
TODAY!**
701.253.0942



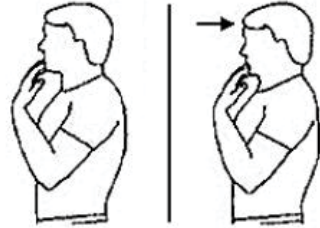
ERGONOMICS STRETCH:

CHIN TUCK

"This is an effective stretch to better align your head to your spine. It helps reduce strain to the back of the head and neck area."

- Jared Erie OTR/L -

Chin Tuck



-Sit or stand.

-Look forward with good posture.

-Tuck chin in.

-Apply light pressure with fingers.

-Hold for at least 10 seconds.

FATHER'S DAY TRIVIA:

15 FUN FACTS TO IMPRESS YOUR DAD

1. The first Father's Day celebration was held in Spokane, Washington, in 1910.
2. Father's Day is celebrated on different dates around the world.
3. The most common Father's Day gift is a tie.
4. The word "dad" is believed to have originated from the Welsh word "tad" or the Old English word "dada," both of which mean father.
5. The official flower for Father's Day is the rose.
6. The tradition of giving gifts on Father's Day can be traced back to ancient times.
7. The world's oldest father is believed to be Ramjit Raghav from India, who fathered his first child at the age of 94 in 2010.
8. The most popular Father's Day activities include grilling/barbecuing, playing sports, and spending time outdoors.
9. The average amount spent on Father's Day gifts in the United States is around \$135 per person.
10. Father's Day is not just for human fathers.
11. The first Father's Day card was created in 1910 by Sonora Smart Dodd.
12. The most famous fictional father is Homer Simpson from the TV show "The Simpsons."
13. The first presidential proclamation honoring fathers was issued by President Lyndon B. Johnson in 1966.
14. The tie between Father's Day and neckties goes beyond just being a popular gift.
15. Father's Day is a day to celebrate and appreciate the important role that fathers play in our lives.

CLIENT SUCCESS STORY

"Therapy Solutions is sooo amazing, the gals at reception desk are so kind & helpful, Tom Henke the therapist is wonderful, he is so gentle, considerate accommodating, and so knowledgeable. This is our go-to place for our aches & pains. Thank you Therapy Solutions"

— Gerrienne H.

CLINIC NEWS: TF-CBT TRAINING



In April, three of our mental health counselors—Ashlyn Privratsky, Amanda Ellerkamp, and Bobbie Johnson—attended a 2-day training for Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) in Fargo, ND.

The purpose of the learning collaborative training program was to bring together a group of providers who have a common interest in serving traumatized children and to provide them with in-depth training and support to implement the evidence-based treatment with fidelity.

If you are interested in learning more about TF-CBT, contact Therapy Solutions to schedule an appointment with **Ashlyn, Amanda, Bobbie**, or one of our other highly qualified counselors.

WRITE YOUR OWN SUCCESS STORY!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did



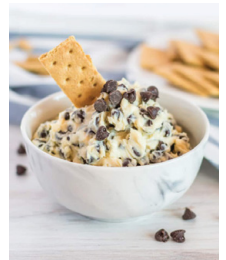
STAFF SPOTLIGHT: BOBBIE JOHNSON



Courtney Sadowsky, a Health Sciences teacher at Dickinson High School, invited one of our mental health counselors, Bobbie Johnson, to be a guest speaker. Bobbie was a guest speaker for Health Science 1 and Health Sciences 2 classes on Friday, March 22. Bobbie spoke to three individual classes about exploring educational pathways like mental health counseling and/or social work. She shared details about what a therapist's daily schedule looks like, common populations and disorders worked with, and other job requirements like diagnosis and assessment. Each class had a discussion about the meaning of emotions. She ended her talk by teaching the students about using mindfulness or creating a peaceful place visualization.

EMILY'S RECIPE: COOKIE DOUGH DIP

- 1 8oz package cream cheese, room temperature
- 1/3 cup unsalted butter room temperature
- 1/3 cup powdered sugar
- 1/4 cup light brown sugar packed
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup milk chocolate chips



Directions:

1. Using a mixer, beat the butter and cream cheese together until light and fluffy.
2. Add in the brown sugar, salt, vanilla extract, and powdered sugar. Mix until smooth.
3. Fold in the chocolate chips.
4. Serve immediately with graham crackers, ritz crackers, pretzels, or other goodies for dipping.