



APRENDAMOS

Family of Services



Alegria Family Counseling



About Me

- Licensed Clinical Social Worker
- Director of Alegria Family Counseling
- Clinician -Birth into adulthood
- Specialty for children (Trauma, anxiety, depression, grief and loss, Behavior management)
- Mommy



On this sheep-scale, how do you feel today?



<https://youtu.be/HsvyjePPFRs>

Reminder

Unclench your jaw and lower
your shoulders.

Close

Snooze

- You don't have to be in a crisis to ask for help. Needing others is a reality of being human from birth. It may take other forms as we age, but it doesn't go away.
- "Ask for and accept help"/Advice/Safe Space or just to hold your emotions.
- It is important to stay resilient and take precautions to manage mental health, pay attention to signs of concern and seek help when necessary. Please know you are not alone.



- Social isolation-Weekend outings, travel, Sunday routine
- Balancing school and work
- Family extra curricular activities –recital, tournaments, Friday Night Football
- Milestone celebrations-Drive thru, virtual or only immediate family members
- Sleep disturbance -midnight waking wondering if you in fact completed a task or mentally completed the task.
- head aches, upset stomach, fatigue

Misconceptions about counseling

- No one will understand my problem. I don't deserve help. (1 in 4 American adults will experience a mental illness in their lifetime. You deserve to feel healthy and whole.)
- Counseling is only for major issues or "crazy" people.
- If I need help, something is wrong with me or I am weak. Mental health is just as important as your physical health.
- All counselors are the same.

Benefits of Mental Health Counseling

- Improve communication and interpersonal skills
- Greater self-acceptance and self-esteem
- Better expression and management of emotions
- Relief from depression, anxiety and other mental health condition
- Recognition of distorted thinking and ability to manage stress effectively
- Adds a layer of support

Play Therapy

- Learn to fully experience and express feelings
- Develop creative problem skills (coping skills, navigating big emotions)
- Strong social and relationship skills
- Gain insight into the child's world. A therapist can help a child explore emotions and process unresolved trauma.
- Toys can act as symbols and take a greater meaning. It is a method of communication.
- At some point, the therapist will invite the parents/guardians, siblings, or other family into play therapy. It can help teach conflict resolution, promote healing, and improve family dynamics.

Why play Therapy

- Facing medical procedures, chronic illness
- Developmental delay or learning disabilities
- Problem behavior in school
- Family matters like divorce, separation or death of close family member
- Natural disasters or traumatic events
- Anxiety, depression, grief
- Eating and toileting disorders



- Sessions- 30-60 minutes, frequency depends on the child's needs.
- Therapy tools may include items available within the household (puppets, dolls, super hero, animals, sand, water, story telling)

EMDR

- Eye Movement Desensitization and Reprocessing (EMDR) therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms. Ongoing research supports positive clinical outcomes showing EMDR therapy as a helpful treatment for disorders such as anxiety, depression, OCD, chronic pain, addictions, and other distressing life experiences (Maxfield, 2019)
- EMDR therapy does not require talking in detail about the distressing issue or completing homework between sessions. EMDR therapy, rather than focusing on changing the emotions, thoughts, or behaviors resulting from the distressing issue, allows the brain to resume its natural healing process.
- A typical EMDR therapy session lasts from 60-90 minutes. EMDR therapy may be used within a standard talking therapy, as an adjunctive therapy with a separate therapist, or as a treatment all by itself.

Who can benefit from EMDR therapy?

- EMDR therapy helps children and adults of all ages. Therapists use EMDR therapy to address a wide range of challenges:
- Anxiety, panic attacks, and phobias
- Chronic illness and medical issues
- Depression and bipolar disorders
- Dissociative disorders
- Eating disorders
- Grief and loss
- Pain
- Performance anxiety
- Personality disorders
- Post-Traumatic Stress Disorder (PTSD) and other trauma and stress-related issues
- Sexual assault
- Sleep disturbance
- Substance abuse and addiction
- Violence and abuse

Services

- Services for children adolescents, adults, and family therapy
- 21 clinicians
- Alegria offers blended services (telehealth/in-clinic) statewide
- We accept New Mexico Medicaid/Commercial and most private insurances.
- NO pcp referral required
- ADD/ADHD
- Anger Management
- Relationship matters
- Grief/Loss counseling
- Parent-child attachment
- Anxiety
- Depression
- Complex trauma

Tips

- Community Resource list
- Developing your own community
- Safety Planning
- Updated demographic info emergency contact (staff and families)

Resources

- 911
- New Mexico Crisis Access Line-988
- Local Crisis resource
- APS/CPS report
- Trevor Project Crisis line for Youth, LGBT community-866-488-7386
- Kid Talk- 575-636-3636
- Veteran's Crisis Line-800-273-8255
- Consult with PCP
- Alegria Family Counseling
575-652-3448
120 Wyatt Drive
AITKIDS.COM



<http://sesameworkshop.org/topics/health/>

<https://www.mentalhealthfirstaid.org/>

Links

- <https://www.nmapt.org/>
- <https://www.emdria.org/about-emdr-therapy/>

Thank you