

ASSOCIATION OF PRIVATE PRACTICE THERAPISTS

COPING IN UNPRECEDENTED TIMES FALL 2020

PRESIDENTS CORNER:



Kellie Willms, LMHP CST
Kaleidoscope Counseling, LLC
President Elect 2019-2020

Hello to you all amazing essential workers! This newsletter is late and it is my fault. I, as many of us, have had to quickly adjust to a completely new life and schedule. I have found myself busier now than before Covid arrived. My three very active children don't love having to stay home all day and they especially don't like it when I am trying to meet with clients via telehealth! We don't struggle to fill our days though, elearning is intense and expectations are high. As we go through this journey I wonder how each and every one of you is experiencing this. Are there others like me? Those of you meeting with clients in the office, how are you feeling about it? Is anyone else having connection issues with their platforms or finding that telehealth can be more emotionally draining than when meeting with people in person? APPT is working on finding more and better ways to keep us connected to one another during this time, and in coming months. We hope

you would reach out to any of the board members or any of our members for help, support, guidance, or even just a safe space to vent frustrations. Please know we are here for you, in any way we can be, and that the work you do is so important! We often don't receive recognition like so many other professions do, but that's ok, its not why we do the work. We know in our hearts and our souls that what we do matters, and that one by one we are able to change and lift lives up, empowering our clients to perceive themselves, and their world, a little differently. Wishing you all the best, and please be in touch. We hope to see you all very soon.

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Upcoming Event:

The New Afternoon Snack: Gambling and Gaming

Jeremy Eberle LIMHP, CDGC, LADC Janet L. Johnson MA LIMHP, CDGC, LADC

October 16th, 2020

Login starts at 8:55

Log in information will be emailed prior to the event to those who have signed up and paid.

Jeremy and Janet will begin at 9 am and end at 10:30 am.





Cole Johnson MA
LIMHP, CDGC, LADC

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“We are all going through a very real period of grief right now. We have lost the world we knew.”

Taking Care of Our Clients...and Ourselves

I was listening to one of Berné Brown’s podcasts last week and her guest was David Kessler, a researcher and author on grief, death, and dying. One of the things he said really struck a chord with me and, in talking with my clients, it seems to resonate with many of them as well. He said that we are all going through a very real period of grief right now. We have lost the world we knew.

After September 11th, 2001, our world changed and we can look back and remember what it was like to fly before and after that day. Our world changed then and the whole world is changing now. We have lost the ability to travel as freely as we used to, to meet friends and family at a restaurant or coffee shop, and the ability to meet and worship as we used to. Something as simple as getting groceries is a completely different experience. We’re not supposed to shake hands or hug those close to us. Many of our kids can’t even attend

school and see their friends. There are literal barriers between us and the rest of the world. I could go on and on.

None of us have been through something like this before and we as therapists are trying our best to get by just like our clients. Working from home, teletherapy, and wearing masks in session are all new to most of us. There are many self-care activities that I enjoy and recommend to clients that just aren’t possible right now. The loss we are all experiencing is global, it is personal, it’s big and small, and it is everywhere.

How many times have we sat with clients through their grief? We as therapists need to care for ourselves as well. We need the time and space to grieve, process, and seek comfort and support. I don’t know if you are at all like me, but I am often terrible at

taking my own advice and it can sometimes be hard to see when I need to take care of myself. I certainly needed to hear this. It was a good reminder to give myself some grace, not expect myself to have all the answers, and to grieve.

So take time for yourself. Seek out support. Create space to grieve. This won’t last forever, even if it feels like it already has, and people will need us more than ever. If we can get through this what can’t we get through? One of these days I look forward to seeing you all in person at a conference or lunch and learn.

Areas for Improvement:

I hated those words so much. Still an undergrad, I began working for a prominent national organization. Well established in the field and very fastidious, they required several weeks of training and shadowing before starting. Over the years that I worked for them they sent me to conferences, trainings, encouraged me to start my Master's program, and routinely reiterated their own procedures and model. But throughout, with EVERY observation of my performance there was this always this mandatory feedback... "Areas for Improvement". At the time, it annoyed me as I read over their critiques, scrutiny, and suggestions. I worked hard to do a good job. I was smart and capable. I moved up to better positions and even when I executed my duties exactly as expected, there was still that blasted feedback. So, I read the articles they recommended, attended more trainings, but never felt they were truly satisfied because of those three words.

Fast forward a decade and my perception of those words began to change

when I moved away from the supervision of large agencies to smaller companies, where feedback was given only when solicited or if something was really wrong. Training was minimal and I had to provide for the majority of my CEU's. It didn't take long for me to start to appreciate the variety of knowledge I had stored up, at times giving me a distinct advantage in comparison to some of my colleagues. They were intelligent and worked just as hard, but there is so much more to being a therapist than is taught in grad school. So, I shared what I knew and did my best to learn from the network of therapists I surrounded myself with (discovering a few wonderful mentors along the way). And of course, I still attended (and paid for) trainings and certifications, even when not required for licensing.

Today I am in private practice, with no director reviewing my performance or coworkers to staff clients with. It's just me. It is my responsibility to evaluate myself. To critique my performance and skills. And what do I do now... I ask myself, "so, what areas do I need to improve?". Seriously, I am constantly looking for information or new techniques that may improve my services. I scan through the publications for helpful articles or book suggestions. I don't do this because I need CEU's. I do this to be better, for myself and the clients who place their trust in me. It's ex-

.services. I scan through the publications for helpful articles or book suggestions. I don't do this because I need CEU's. I do this to be better, for myself and the clients who place their trust in me. It's exciting when you learn something new and implement it in your practice. It helps me feel more confident when a client throws a curveball and I realize..." Wait, I've got information on that somewhere". The more I learn, the more I focus my practice (specialties, populations, and modalities). for improvement, especially in private practice - it will make all the difference, now and in years to come.



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Areas For Improvement

Basically, if you read nothing except this one line, don't stop learning! Don't wait until you are forced to by a boss or state laws. Don't think it won't help you. Be open to improvement, strive for improvement, especially in private practice - it will make all the difference, now and in years to come.

FROM THE ARCHIVES: The article below was originally published in the Fall 2017 Newsletter. It has been included in this edition of the newsletter, as it has relevance to the topics discussed above. The article was written by Anne Barker LMHP,LCSW and she has graciously agreed to allow us to reprint. it.

A Call to Embrace Emptiness During Times of Change

Like you, I encounter change daily in my work with clients. But change has been on my mind in a more personal way lately.

Some changes are small, gentle bends in the road and some are big, major life transitions. Some changes we choose for ourselves; others are thrust on us by outside forces. But regardless of the size or cause of the change, or even whether we view it as positive or negative, the act of changing is often hard. I believe this is because the earliest stages of change require *emptiness*.

Early in the change process we live in a kind of in-between place, right? With one foot in the old and one in the new; straddling, but not really in, either place. So, if we truly want to move to the next stage, we must be willing to let go of the old and become purposefully and totally empty for a time. This in-between kind of emptiness can feel downright scary. We can feel untethered, unmoored. But as scary as this can feel, emptiness turned on its head is actually a kind of freedom, in that it offers the possibility of newness.

So the next time you are contemplating change (whether it's your own or someone else's idea), don't be afraid to clear out the old stuff and allow the emptiness to find you. And in this emptiness, however small and tentative, you might find that your inner compass has room to point you in an entirely new direction.



The New Afternoon Snack: Gambling and Gaming

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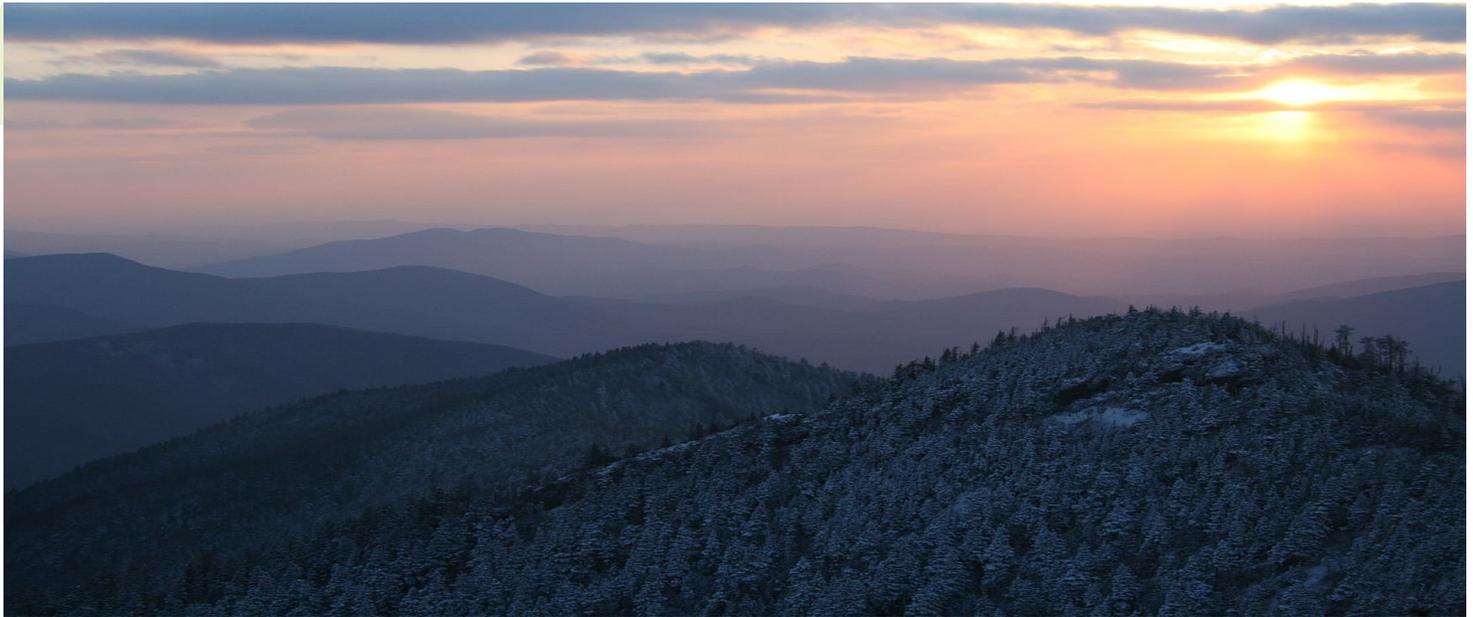
This course will discuss the differences and similarities between gambling use disorders and gaming use disorder. Additionally, this course will outline how the disorders are treated when they present for treatment or if they present in a combination thereof. Upon completion of this training the participant will be able to: Identify the signs and symptoms of gambling use disorders, and gaming use disorders. The course will highlight the different types of gamers and gamblers. The participants will also know different treatment modalities and comorbidity factors for the disorders.

Jeremy Eberle, LIMHP, LADC, CDGC of Lincoln Nebraska, is a licensed therapist who has been providing services in the form of individuals, groups, couples, and families since 2010. Mr. Eberle has focused primarily on treatment for substance use disorders as well as gambling disorders. In 2017, Mr. Eberle was the lead researcher in a study connecting prevalence among Nebraska college students and daily fantasy sports. These findings were presented at the National Gambling Conference in Portland, Oregon in July 2017 as well as at other conferences throughout the country. In July of 2019, Mr. Eberle opened Eberle Therapy Services, but later joined services with Mrs. Johnson in 2020 successfully establishing Alternative Avenues in Lincoln Nebraska. His current area of interest is the intersection between Gambling Use Disorder and Gaming Use Disorder, as these two disorders appear to share a great deal of similarity and comorbidity. Mr. Eberle hopes to continue his research projects as he explores the impact of gambling/gaming use on both young people and adults

Janet L. Johnson, MA, LIMHP, CDGC, LADC, LPC, has been working as a counselor for the past 16 years. Mrs. Johnson began her career working with youth and families in 1996 as a Family Support Specialist/Youth Tracker at Blue Valley Behavioral Health in Nebraska City and Cedars Youth Services in Lincoln. In 1998, Mrs. Johnson expanded family services into Rural Southeast Nebraska, based out of Beatrice and serving 16 counties surrounding Lancaster County. In 2005, Mrs. Johnson obtained her Master's of Counseling degree focusing on mental health, addictions, and gambling disorders while working at Choices Treatment Center, where she worked for the next 16 years. Mrs. Johnson's clientele consists of individuals, families, youth, and adults. Mrs. Johnson specializes in serving adults and couples. In October 2019, Mrs. Johnson won the Nebraska Counseling Association Counselor of the Year Award. In 2020, Mrs. Johnson and her associate, Jeremy Eberle, began their private practice, Alternative Avenues, located in Lincoln Nebraska.

This program meets the criteria of an approved continuing education program for mental health practice for 1.5 CEUs.

- APPT Member Rate: \$20
 - APPT Non-Member Rate: \$30
- Student Rate: \$15



We are now offering our members and nonmembers an opportunity to advertise within our newsletter. \$25 for ¼ page for members, \$30 for non-member \$50 for ½ page for members, \$60 for non-members \$100 for full page for members, \$120 for non-members Non-members bundle package: Pay for the newsletter and \$5 more for forum and facebook page (1 post each). Please contact Jeremy Eberle for more information. (402)440-5094

Association of Private Practice Therapists

The Association of Private Practice Therapists (APPT) is a multi-disciplinary group of mental health professionals in Nebraska. The organization provides a forum for the exchange of practice management information and the development of advocacy plans for mental health practitioners and consumers.

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APPT is the result of grassroots meetings of private practice professionals who were interested in impacting the regulation and legislation of mental health services. At the time the meetings were held in the fall of 1993, 45 participants established the initial organizational structure of APPT. Currently the organization has close to 200 members. Any mental health practitioner in Nebraska is invited and encouraged to join.

**We're on the web:
<https://apptne.com/>**



APPTNE & APPT Members Pages