

The Healing Voice



**Sexual Trauma Services
of the Midlands
Group Services
Newsletter
November/December
2009**

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Director

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Melanie Griffin, MSW
Sexual Assault Services Coordinator

Mary Dell Amick Hayes
Volunteer Services Coordinator

Jaime Stein
Education Intern

Reonda Washington
Education Intern

Whitney Beissner
Education Intern

Shereka Catoe
Clinical Intern

Kyra Hufford
Clinical Intern



Welcome New Group Facilitators and Clinical Interns!

Sharon Moody - Sharon is currently a student at Webster University majoring in Counseling where she will graduate in December 2009. Sharon has a B.A. in Psychology from Saint Martin University in Lacey, WA. She is currently interning at the Developmental Specialty Clinics. Sharon's future goal is to pursue her PhD. in Counseling. Sharon likes to spend her leisure time reading books from her favorite author Eric J. Dickey.

Arlene Robinson - Arlene retired October 1, 2009 after 22 years of active Army military service. Arlene graduated from Walden University, with MS PSY in May 2009. She immediately began working toward licensure as an MFT with the Family Life Center in Fayetteville, NC where she was assigned to serve as a co-therapist with the Cumberland County Rape Crisis Counselor. Arlene recently moved to South Carolina with her husband and three children.

Kyra Hufford - Kyra is currently a clinical intern at STSM. She graduated from SC with her B.A. in Psychology in 2004. Kyra also competed on the USC Equestrian Team in 2001-2004. Kyra is now completing her last year at Webster University where she will receive her Master's in Counseling.

Shereka Catoe - Shereka is currently a student at Webster University majoring in Counseling. She has six years of experience in the human services field, as an Adoption Specialist, Family Centered Specialist, and Case Manager. Shereka joined the South Carolina Army National Guard in 2001, and became Active Guard Reserve in 2003. Shereka joined STSM in October 2009 as an intern, and looking forward to graduation in May 2010. Her desire is to serve as a counselor within the military to individuals dealing with PTSD.

Message from the Group Services Coordinator



I would like to welcome Sharon, Arlene, Kyra, and Shereka to the STSM family. I look forward to working with you all. Thank you to the current group facilitators for your continued dedication to STSM. We are a great team and will continue to build a strong group services program. Let's continue to make it a great year at STSM! HAPPY HOLIDAYS!!!!!!

Jennifer M. Gantt

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Facilitator's Voice – Kyra Hufford

Burnout and Stress How to Improve Mental and Emotional Health

In the counseling field, it is important to understand how working with clients can affect you. In some cases, counselors may find themselves emotionally struck by the client. In most instances, a counselor will process the case with colleagues; however, sometimes a client might just stick, consuming the counselor. It is important to deal with these feelings. Ignoring this issue can lead to excessive stress and burnout. It is imperative for counselors to work on their mental and emotional health and well-being.

Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties. Stress can wear you down considerably if not handled. Burnout results when stress alleviation is prolonged. Listed below are important factors in determining whether you suffer from stress or burnout.

Stress vs. Burnout

Stress	Burnout
Characterized by over engagement	Characterized by disengagement
Emotions are over reactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness and hopelessness
Loss of energy	Loss of motivation, ideals, and hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional
May kill you prematurely	May make life seem not worth living

Source: *Stress and Burnout in Ministry*

Your physical health can contribute to your mental and emotional health. Maintaining a healthy, well-balanced diet, getting enough rest, and exercise will affect the way you feel in a positive way. Taking care of yourself also contributes positively to your well-being. Enjoying quality time with loved ones, making leisure time a priority, and just setting aside quiet time for you can substantially improve your health and happiness.

Relaxation Techniques are a valuable asset when coping with stress. Relaxation is a process that decreases the wear and tear on your mind and body from the challenges and hassles of daily life (Mayo Clinic). There are several types of relaxation techniques:

Autogenic relaxation. Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress.

Progressive muscle relaxation. In this relaxation technique, you focus on slowly tensing, then relaxing each muscle group. You become more aware of physical sensations.

Visualization. In this relaxation technique, you form mental images to take a visual journey to a peaceful, calming place, or situation. During visualization, try to use as many senses as you can, including smell, sight, and sound.

It is always important to remember that these techniques take practice. The more you use them, the easier relaxing becomes, and the less stressed you will be! For more tips, go to www.MayoClinic.com.

Facilitator Spotlight: LaQuista Peterson



LaQuista Peterson is a Senior Lead Clinical Staff Member with Alston Wilkes Society in their Youth Services Program. In this role, LaQuista case manages adolescents in therapeutic foster care, supervises 30+ foster parents, supervises the Lead Clinical Staff for their Intensive Family Services and oversees the development of that program. Ms. Peterson has a Masters of Counseling degree from Webster University and received her undergraduate degree in Experimental Psychology from the University of South Carolina. LaQuista is currently completing her supervision hours to be a Licensed Professional Counselor. LaQuista is an active member of Zeta Phi Beta Sorority, Inc and the Carolina Alumni Association. Ms. Peterson is also Vice-Chairperson of the Black Alumni Council. "As a new group facilitator at Sexual Trauma Services of the Midlands, I am excited to be a part of the process of helping survivors heal."

Potential Facilitators

Purpose: To provide therapeutic, psycho-educational, and support group services to survivors and their families. Groups are designed to serve varied populations including female and male survivors, adolescents, and their families.

Responsibilities:

- Attending to, describing, acknowledging, confronting, understanding, and responding empathically to group members behavior, statements, and themes
- Maintaining group focus
- Giving and receiving feedback in group setting

Qualifications:

- Students currently enrolled in graduate program in counselor education, social work, psychology, or other closely related disciplines
- Licensed and/or Masters-level social workers, psychologists, and counselors
- Reliable, dependable, and self-confident about handling stressful situations

To apply please email gsc@stsm.org.

Upcoming Training and Events

In-Service – Normalization of Sexual Harm in Society

November 6 (10:00am-11:30am) STSM

Fall Wine Goddess Party

November 9 (5-7pm) Gervais and Vine

In-Service – TREM Overview

November 13 (11:00am-12:00pm) STSM

In Service – DBT Skills

November 20 (11:00am-12:00pm) STSM

Monthly Clinical Supervision and Holiday Pot Luck

December 3 (6:00-7:30pm) STSM

In-Service – Victims Services Academy Overview

December 12 (11:00am-12:00pm) STSM

Friendly Reminder to Group Facilitators

All forms are due by the first business day of the month. Weekly group updates are due by 9:00am every Friday via email.

Sexual Trauma Services of the Midlands

3700 Forest Drive Suite 350

Columbia, SC 29204

Office - 803-790-8208

Fax - 803-790-8282

24 hour Hotline – 803-771-7273

Check out STSM on Facebook!



NOVEMBER 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER 2009

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Current Groups

- Monday – Morris Village Female Psycho-Ed
Killingsworth Female Psycho-Ed
- Tuesday – Shandon Female Support Group
CHIC Chat Female Adolescent Psycho-Ed
- Wednesday – Sistercare Lexington Female Psycho-Ed
The Women's Shelter Female Psycho-Ed
- Thursday – Sistercare Richland Female Psycho-Ed