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TRP NEWSLETTER: WINTER EDITION

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Welcome to the Winter Edition!

As we approach the end of the year and move into January, Mental Wellness month, it is a good opportunity to reflect on the year's work and think about the year ahead. A key focus for reflection is how you have demonstrated cultural responsiveness over the past year and how you plan to maintain or enhance this in the future.

We must take time to consider the individuals we serve and reflect on whether they are typically included or overlooked in research, the application of evidence-based practices, and the promotion of wellness within the mental health field.

Historically marginalized and minority groups have been forgotten or left out of the conversation when it comes to what wellness looks like, how we achieve that, and the research that takes place to create new practices. This can lead to improper use of research-based modalities that do not consider generational trauma, systemic oppression, and the many isms, ics, and ists that other or demean people with identities outside of the majority group.

Clinical Spotlight: Trauma and Grief Component Therapy for Adolescents

This modality is a widely tested and heavily researched practice that works to meet the individual needs of the person(s) receiving treatment. Drawing from cognitive behavioral theory, traumatic stress theory, developmental psychopathology, social provisions, positive psychology, grief theory, and ecological theory TGCT has been utilized with and for marginalized and minority groups, internationally, in multiple languages, across religions, and with individuals of various cultural, social, and economic backgrounds.

The wide usage of this therapy makes it an ideal practice for those looking to use evidence-based methods but also culturally responsive. It focuses on older children who have experienced or been exposed to trauma and grief and have been unable to cope on their own, examples include community violence, natural disasters, war, illness, assault, medical trauma, loss of a loved one or friend both traumatically and peacefully, and disruptions in development.

TGCT considers the individual's strengths and how this can help them move through the grieving process. This therapy can also be used with groups or as a combined individual and group-based practice. The duration of therapy varies based on the individual(s) receiving treatment. It can also be implemented in various settings making it ideal to fit the needs of different people needing support. [To learn more click here.](#)

Other Culturally Responsive and Trauma-Informed Trauma Treatments

TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

DIALECTICAL BEHAVIORAL THERAPY (DBT)

MENTALIZATION-BASED THERAPY (MBT)

NARRATIVE THERAPY OR STORYTELLING

EXPOSURE THERAPY

EXPRESSIVE ARTS





Things to Keep in Mind for Culturally Responsive Practice

- The language you use is important
- Do not make assumptions, ask questions
- If you make a mistake own it, apologize, and correct it going forward
- Utilize methods that have been researched with and have shown effectiveness with marginalized and minority groups
- Educate yourself on cultures and identities that are not your own
- Intentionally expose yourself to content created by and about cultures and identities that are not your own
- The work you do does not just affect the youth that you work with it involves their support system too
- Be open-minded to the whole situation or experience of the individual you are working with and taking a holistic approach to care
- Client or patient centered care is essential to meet individual needs
- Work with and for the individual and their support system
- Be mindful of how the interventions you recommend or use in practice support and respect the identities and cultures of the people you serve
- Ask people what they want and need as individuals and communities
- Utilize harm reduction strategies when applicable
- Offer multiple options for treatment so that the people you serve can choose how to approach or engage in their care
- Consider barriers to accessing care and make services accessible to everyone or adaptable to meet individual needs



Let's
Grow
Together



ENGAGING IN END OF YEAR WELLNESS

Reflect on your year:

- What went well?
- What did not go well?
- What would you like to keep the same?
- How would you like to grow?
- What do you need more of and less of from yourself, your work, and your support system?
- How have you shown appreciation for yourself and those around you?
- What did you do to care for yourself?
- How did you spend your time?
- Did you do anything fun or relaxing? How many times did you engage in these activities?

Take this reflection a step further:

- Are you satisfied or even okay with your answers or would you like to improve?
- If you would like to improve, take some time to think about how you might do that.

Other Activities You Might Consider

- Gratitude wall, notes, or expressions
- Make a collage, draw or a paint a picture, make a sculpture, or use another medium to express how your year went
- Scroll through your camera roll from the past year
- Make a list of your favorite activities from the past year for easy reference next year when you are looking for something to do
- Create a narrative about your year written, video, or audio
- Take a photo or video walk of your favorite place or somewhere you have always wanted to go (youtube and google images are great for this!)





RECOMMENDED CONTENT



VIEWING & LISTENING OPTIONS

Challenges and Rewards of a Culturally-Informed Approach to Mental Health- Jessica Dere

You're Doing it Wrong: The Evolution of Cultural Competence - Raquel Martin

On Culturally Responsive Mental Health Care: Addressing the Needs of a Diverse Population
- On the Mind Podcast

On the Mind Podcast - Weill Cornell Medicine - Department of Psychiatry

READING OPTIONS

Trauma Aware and Anti-Oppressive Arts-Health and Community Arts Practice: Guiding Principles for Facilitating Healing, Health, and Wellbeing.

An Evidence-Based Approach for Treating Stress and Trauma due to Racism

Understanding the Psychological Impact of Oppression Using the Trauma Symptom and Discrimination Scale