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# WALNUT STREET THERAPY HUB

The Official Walnut Street Newsletter For All Things Therapy

## WHAT CAN ANXIETY LOOK LIKE?

Learn more about what symptoms of anxiety can look like in children.

## HOW TO REFER A STUDENT

Do you have a student you would like to refer for therapy services? Here are the steps how.

## COPING SKILL OF THE MONTH

You can never have too many coping skills in your toolbox. This month is all about listening to music.



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## ABOUT THE THERAPIST

Hi, I am Amanda Berg! I moved down to Des Moines in January of 2020 after I got married to my awesome husband, Carter. Carter is currently in medical school at DMU. I received my Master's degree at Adler Graduate School up in MN. My degree is in both Clinical Mental Health Counseling and Art Therapy. Art Therapy is using art in therapy to help someone express themselves in a way they may not be able to with words alone.

# WHAT CAN ANXIETY LOOK LIKE?

Most people, when thinking about anxiety have an image similar to Piglet from Winnie The Pooh come to mind, of someone who is worried, shy, or generally appears nervous. Anxiety in children do not always fit the "Piglet" presentation, and it could be that other negative behaviors are actually masking an underlying anxiety (Hurley, 2019). Some common symptoms of anxiety include, psychosomatic symptoms like headaches or stomachaches, anger, irritability, isolation, sadness, avoidance, refusing to go to school, fatigue, poor concentration, or asking a lot of questions, sometimes the same ones multiple times (Hurley, 2019). Anxiety in children can also look like other mental health disorders, such as Autism, depression, or OCD (Freidl, Stroeh, Elkins, Steinberg, Albano, & Rynn, 2017). Anxiety in children can also look like another medical condition or "externalizing behaviors" (Freidl et al., 2017). If you are unsure if your child is dealing with anxiety it is important to reach out to your child's doctor and/or a mental health therapist to have them assessed.

## HOW TO REFER A STUDENT

School-based therapy is appropriate for a variety of needs including symptoms of behavioral and emotional concerns, as well as family and trauma related concerns. If you know of a student who could benefit from therapy services, you can reach out to Kate Busch, School-Counselor, or start filling out the referral form yourself. All parents/ guardians **must** be notified prior to a referral being made. Forms should be turned into Kate Busch. I currently have openings and can quickly get your students intake process started.

## COPING SKILL OF THE MONTH

Coping skills are used at times when we feel emotionally dysregulated as a way to re-regulate ourselves and be able to move forward in a situation. Therapists tend to teach their clients multiple coping skills, because no one coping skills will work for all situations. One way to think about this is a toolbox: by learning new coping skills, you are adding more "tools" to your toolbox that you can use in the future.

Listening to music can help "reduce anxiety, fight depression and boost the immune system" though it also depends on how to listen/use music (Ryback, 2016). There are seven different ways someone can regulate their emotions with music, which are Entertainment, Revival, Strong Sensation, Mental Work, Solace, Diversion, and Discharge (Ryback, 2016). The last three are ways people can regulate negative emotions (Ryback, 2016). Solace is when you listen to music that matches the emotion you are currently feeling, Diversion is when you listen to music to distract yourself, and Discharge is when you try and vent negative emotions through music (Ryback, 2016). Use of Discharge is tricky as it does not always help alleviate the emotion and has the potential to make the emotion stronger (Ryback, 2016). The best way to know if music is a good coping skill for you is to take note of how you are feeling before and after listening to a song (Ryback, 2016). If you feel the same or worse, try using another coping skill till you feel better.

### Sources:

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