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WALNUT STREET THERAPY HUB

The Official Walnut Street Newsletter For All Things Therapy

WHAT IS SCHOOL-BASED THERAPY?

Learn more about what School-based therapy is and it's purpose!.

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 square breathing.

ABOUT THE THERAPIST



Amanda Berg, LMHC-T

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. Carter and I enjoy going on walks and watching Netflix together. I am very excited to be the therapist at Walnut Street Elementary and to be starting my professional career as a School-Based Therapist.

WHAT IS SCHOOL-BASED THERAPY?

The school-based mental health program is a partnership between Orchard Place Child Guidance Center and several Des Moines area school districts. The purpose is to assist children and families in gaining access to high quality mental health services by removing barriers associated with cost, transportation and time away from school that can often interfere with the accessibility of services. School-based therapy is a voluntary outpatient mental health service. Parents and/or legal guardians must consent to these services prior to the therapist meeting with any students. The services received are consistent with those in any outpatient mental health clinic and can include both individual and family therapy.

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.

COPING SKILL OF THE MONTH

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

Many coping skills focus on breathing, because it plays an important part of our automatic nervous system, which is in control of our sympathetic nervous system, fight or flight response, and parasympathetic nervous system, rest & relaxation response (Princing, 2018). Deep breathing can help activate the parasympathetic nervous system (Princing, 2018).

Square breathing is one of my favorite breathing techniques. You first get into a comfortable sitting position with your feet planted on the floor. Imagine or draw a box in front of you. Along the top of the box you will breath in for 4 counts, hold down one side for 4, exhale along the bottom for 4 counts, and hold again up the last side for 4. You can change the amount of counts as you see fit. Go around the box several times until you feel your breath calm and heart rate lower.



Sources:

Princing, M. (2018, June 04). This Is Why Deep Breathing Makes You Feel so Chill. Retrieved October 13, 2020, from <https://rightasrain.uwmedicine.org/mind/stress/why-deep-breathing-makes-you-feel-so-chill>