

## WINTER NEWSLETTER

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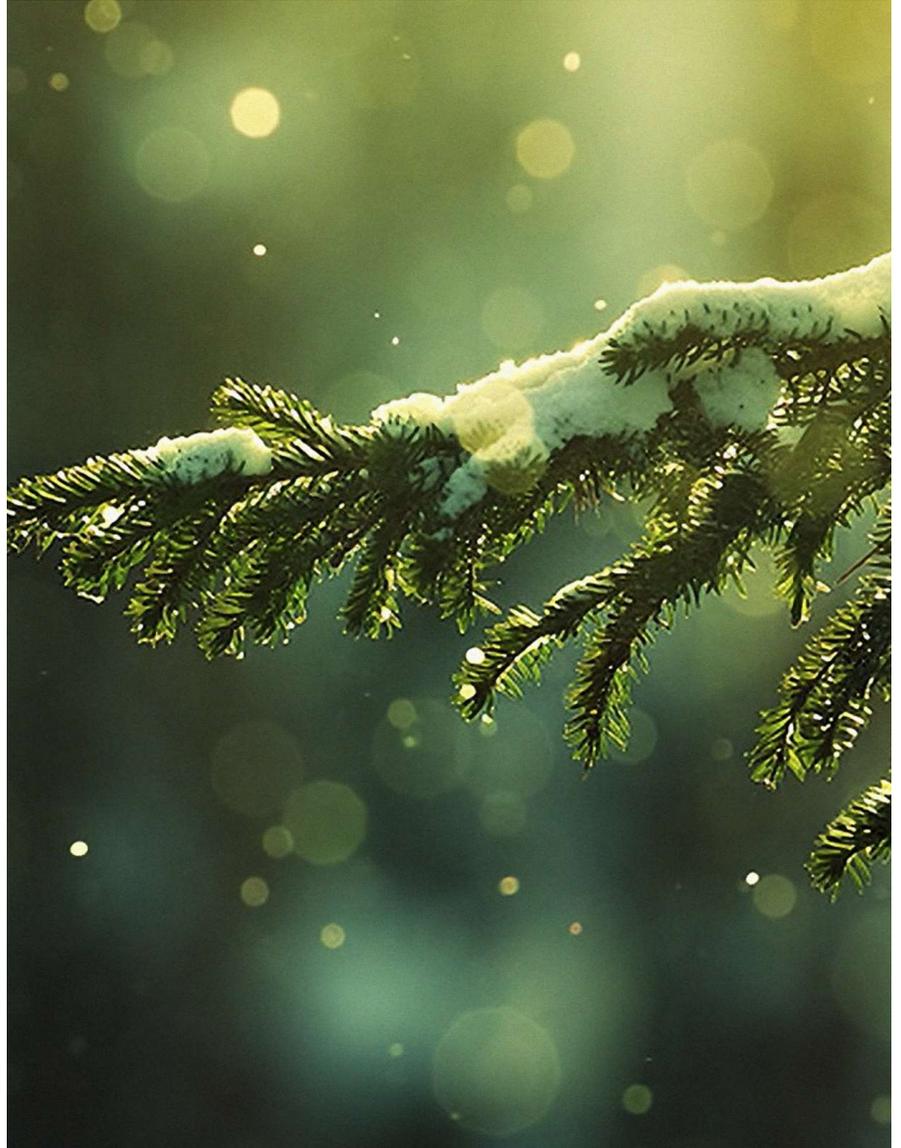
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## A NOTE FROM THE EDITOR

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Holidays! What comes to mind? stress, grief, joy, memories and other feelings accompany the holidays. There is no quick cure, yet there are methods to help us through tough times. Seeking the support of friends/family, volunteering, or having self-compassion are a few of many ways to embrace the feelings that come with the holidays. During this busy holiday season, don't forget to take care of yourself too. As the year ends and another one begins, it's a perfect time to reflect and create some goals for the new year. It can be as little as making your bed every morning or as big as going back to school to learn something new.

In the words of our director, Dr. Wendy Selevitch, **"It's time to put your dreams in motion!"**

- Adriana Avila M.S., AMFT

# A GIFT OF SELF-COMPASSION FOR THE HOLIDAYS

BY JENNIFER STINSON, PH.D.

“I shouldn’t be depressed. Other people have it worse than me!”

“I’m a terrible person for complaining about my family. What’s wrong with me?”

“I sound so stupid when I talk about my problems.”



As a therapist, I hear people judge themselves with statements like this all the time. Often, my reply is, “It sounds like you’re being really hard on yourself.”

But, this comment usually surprises people. They often ask, “What do you mean?”

Many people have a tendency to judge themselves very critically, without even realizing it. When I hear this, I try to gently point it out because it’s not healthy! It doesn’t motivate us or help us grow. In fact, research shows quite the opposite. Harsh self-criticism can lead to anxiety, depression, burn out and even relationship problems.

Holidays can be especially challenging. With added pressures to entertain, spend time with family members and stretch the boundaries of our budgets, guilt, shame and self-blame can start to dominate our self-talk.

“If I had started planning sooner, I wouldn’t be so stressed!”

“Why do I always argue with my husband over money? I’m such a terrible partner!”

“I don’t deserve to be happy like everyone else.”

Luckily, we can change this painful pattern. A simple compassionate thought directed toward ourselves can make a world of difference! When we are going through a hard time, feeling sad, mad, hurt or ashamed, we can benefit from acknowledging our feelings and showing ourselves the type of kindness and understanding we would show a good friend. This type of self-compassion is associated with lower levels of depression and anxiety and higher levels of happiness and relationship satisfaction.

The next time you are having a rough moment in life, ask yourself how you might comfort a friend. You probably wouldn’t say, “Stop whining! You’re being a baby!” So, don’t say that to yourself! Instead, try something like, “This is really hard. It’s normal to have stress, but it’s not easy. I’m going to be kind to myself while I get through this.”

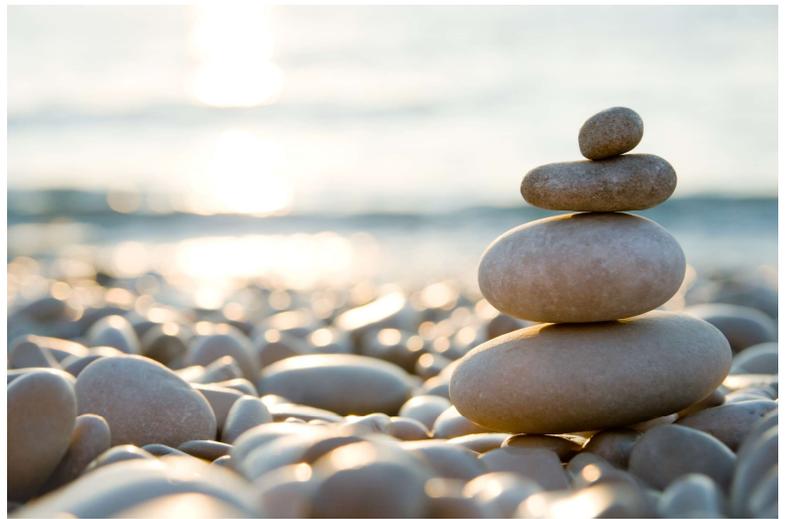
You might be pleasantly surprised at how helpful a simple shift in thoughts can be. Give yourself this gift. It is free, and you are worth it!

Jennifer Stinson, Ph.D.  
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# NATURAL ESSENTIALS TO REDUCE ANXIETY

**BY DR. RENE'E ROPER, PSYD., LMFT**

I came to Natural Essentials to reduce and heal anxiety, based upon my life and professional experience. I can assure you, no one more than I wanted to prove that pharmaceuticals could solely heal myself, a Highly Sensitive Person of Anxiety and complex PTSD. I found, rather serendipitously, that the 'natural essentials' provided by our earth, can ease and even heal anxiety.



In October 2018 at the Souttenders Cerritos location, I decided to come “out of the closet” if you will, to share my knowledge about how crystals, earthing, mood glasses, essential oils, and rudraksha seeds, to name but a few can assist dramatically with anxious states.

I have witnessed veterans suffering from complex PTSD respond to the simplicity of Earthing. Children and adults as well experienced a reduction in their anxiety while holding certain crystals. I knew I had to figure out a way to communicate this information by taking what I call the “cuckoo-outta-the-woo-woo”!

While I have not formally conducted a study on how natural essentials work, despite a growing body of research, I have applied the following questions when evaluating natural methods to reduce anxiety. They are as follows; 1. How quickly does it work? 2. How easy is it to use situationally? 3. Am I willing to look “coo-coo” if I use this?

These three simple questions have revolutionized how I am healing my own anxiety without prescription medications.

On December 8th, 2018 at the Souttenders Arcadia location from 10:00 a.m to 12:30 p.m, I will share my candid personal and professional experiences teaching the ‘go-to’ essentials you’ll need to get ‘rockin’ again without anxiety. Future workshop dates are in the works, please contact me for more information.

For more information about this upcoming workshop contact me directly at 562-203-3237 or email [renee.ic@souttenders.com](mailto:renee.ic@souttenders.com)



## LOCATION SPOTLIGHT: SOUTH PASADENA CHILD AND FAMILY CENTER

The Souttenders Child and Family Center is a specialized branch of Souttenders that primarily serves youth ages 0-25 and their families. Services offered:

Early Childhood Therapy (0-5): With a focus on Child-Parent Therapy  
Adult Therapy: Parents of clients can receive their own individual therapy  
Family Therapy  
Trauma Therapy/EMDR  
LGBTQ Affirming Therapy  
Therapy in Spanish

Child Therapy/Play Therapy  
Adolescent/Young Adult Therapy  
Art Therapy and Sand Tray  
Group Therapy  
Parenting Classes and Groups  
Workshops

See next page for contact information

## OFFICE LOCATIONS

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### **Arcadia Office / Corporate Office**

41 E. Foothill Blvd, Suite 102

Phone: [\(626\)701-4249](tel:(626)701-4249)

### **Burbank Offices**

245 E. Olive Avenue, Suite 400

9795 Cabrini Drive, Suite 101

Phone: [\(818\)823-6677](tel:(818)823-6677)

### **Cerritos Office**

17326 Edwards Road, Suite A135

Phone: [\(562\)222-5258](tel:(562)222-5258)

### **Monrovia Office**

419 W. Foothill Blvd

Phone: [\(626\)824-1123](tel:(626)824-1123)

### **Pasadena Office**

482 N. Rosemead Blvd, Suite 103

Phone: [\(626\)372-1999](tel:(626)372-1999)

### **San Marino Office**

2600 Mission Street, Suite 201

Phone: [\(626\)623-7478](tel:(626)623-7478)

### **South Pasadena Office**

Child and Family Center

1605 Hope Street, Suite 350

Phone: [\(626\)414-5606](tel:(626)414-5606)

### **Whittier Office**

7630 Painter Avenue, Suite C

Phone: [\(562\)203-0177](tel:(562)203-0177)

### **Upland Office**

1317 W. Foothill Blvd., Suite 140

Phone: [\(909\)343-4550](tel:(909)343-4550)

## **COMING SOON!**

### **Claremont Office**

Opening February 2019

250 W. 1st st suite 346

### **FUTURE OFFICE LOCATIONS**

We are excited to announce that we will be opening new offices in the surrounding cities of:

**La Cañada Flintridge  
West Covina**

Visit our website

[www.Soultenders.com](http://www.Soultenders.com)

to see how we can help YOU

## WHAT IS EMDR?

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### **How does EMDR work?**

Memories are stored by association and form memory networks that link present and past experiences. EMDR enables people to heal from the symptoms and emotional distress that result from disturbing life experiences by facilitating memory reprocessing through the use of bilateral stimulation to activate associative processes that allow relevant connections to be made and disturbing memories to be neutralized.

### **Can EMDR help me?**

In addition to reducing the traumatic symptoms of PTSD, EMDR has proven effective in addressing a variety of client concerns including depression, anxiety, chronic pain, eating disorders, phobias, and more. EMDR has even been adapted for use with couples, adolescents, and group settings.

### **How do I learn more?**

Megan Mcgrath offers low-cost sliding scale and insurance options for EMDR treatment. Contact Megan McGrath, Registered Associate Marriage and Family Therapist #102063 to see how she can help you.

**Phone: (626) 737-6053**

**Email: [Megan@soultenders.com](mailto:Megan@soultenders.com)**

Megan Mcgrath, AMFT is supervised by  
Evelyn Rodriguez, LMFT # 92600

## SOULTENDERS IN THE COMMUNITY

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Soultenders recognizes the need to connect with other medical professionals in order to raise mental health awareness in the community. This year we participated in many community events such as the Long Beach/South Bay job fair, adult school resource fair in Cerritos, and the resource fair in la Colima Elementary in Whittier. We received the opportunity to present at the Los Angeles Public Library about the mental health field and provide resources to the community. Our Burbank and South Pasadena offices had the pleasure of having other medical centers come and tour our offices and meet our providers such as Destinations for Teens (residential treatment center for teens) and Adolescent Growth (residential treatment center for teens). In the upcoming year, we will continue to maintain our collaborations and build new ones in the community to increase mental health awareness.