

Happy Holidays

Heart and Mind Counseling wants to help you create harmony between your heart (physical aspects of your body) and mind (mental aspects of your body) to achieve a balance based upon your unique situation environmentally, culturally, mentally, and physically.

We understand the struggle when life feels like it is spiraling. Our goal is to help you get your balance back and show you how to maintain it going forward.

We work with couples, families, and individuals who are experiencing depression, anxiety, grief, congenital disease, chronic disease, and health issues, including organ transplant, to help you overcome your hurdles so you can start enjoying moments in life again.

Clinician Spotlight

Meet Joe Morales, MA, LPC



I am licensed in the states of Colorado, Florida, Michigan, Texas, and Vermont.

I have dedicated my career to working with children, teens, adults and couples addressing various mental health issues, relationship challenges, and helping others facilitate their personal development goals.

My areas of specialties are treating ADHD, anxiety, depression and family relationships. In reflecting on my professional journey, I view my work as a “privilege” affording me the opportunity to help clients. I also speak Spanish.

I earned my Masters in Community Counseling from Stephen F. Austin University; a Bachelor’s Degree in K-12 Education from Delta State University (4-year Letter Football, too!).

Did you know?

The Holidays aren’t always the most wonderful time of the year for everyone.

According to one study, 38% of people say the holidays cause increased stress, depression and anxiety.

<https://www.mentalhealthfirstaid.org/>

Meet Trudy Adler, LMSW, MPA



I am a Licensed Professional Counselor in Florida, Michigan, Ohio and Vermont.

I have a very unique array of experience that includes hospice, home care, palliative care, therapy and community chronic disease management. What also sets me apart is my personal and professional experience with loss, grief, trauma, health challenges and depression paired with my understanding that those experiences are different for everyone.

I received my Bachelor’s in Social Work from Eastern Michigan University, Master’s of Social Work from University of Michigan, Master’s of Public Administration from Oakland University, Graduate Certificate in Gerontology/Dementia Care from Eastern Michigan University and a Certificate in Aging from the University of Michigan.

I am also a Group Exercise Instructor, teaching cardio toning blend and step group exercise programs. I have run 2 marathons and many half marathons, too!

If you have an emergency OR you know of someone in a crisis situation, immediately call 911, 988 or go to the nearest Hospital or Emergency Department. **DO NOT WAIT.**

135 N Woodward Ave., Suite #200, Birmingham MI 48009. Call us at 707-815-0374

Email admin@heartandmindcounseling.com

WHAT IS EMDR (Eye Movement Desensitization and Reprocessing)

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that enables people to heal from traumatic life experiences. Previously, it was thought that it would take years to heal from traumatic events. EMDR is highly effective and can dramatically reduce the time it takes for patients to recover. We have highly trained EMDR therapists. If you are looking for more information to see if EMDR is the right therapy for you, please contact us.

WHY ARE THE HOLIDAYS SO HARD FOR ME?

This time of the year can bring up different emotions and feelings. Perhaps you struggle with some of your relationships, and it is highlighted as you see others enjoying this time of year. Also, a sense of longing and loss can be coming up as you are remembering holidays with those who are no longer present with you today. Lastly, it may be the first holiday after a major shift in your relationship status during the year. Our therapists have tools, skills, and tips to share as you navigate this time of year. Please do not hesitate to reach out to us so we can accompany and support you at this time.

During this time of year do not forget your sleep!

According to the United Kingdom Mental Health Foundation Sleep and health are strongly related, poor sleep can increase the risk of having poor health, and poor health can make it harder to sleep. Common mental health problems like anxiety and depression can often underpin sleep problems. Where this is the case, a combination approach to treating the mental health problem and sleep problem in tandem is often the most effective.

Recipe: Mayo Clinic Cranberry Apple Crisp

The filling for this crisp can be slowly cooked down and served as a topping (compote) for pancakes or light ice cream.

- Cooking spray, 1 two-second spray(s)
- Granny smith apple, 6 cup(s), sliced, peeled before slicing
- Cranberries, 2 cup(s), whole, fresh or frozen
- Sugar, $\frac{2}{3}$ cup(s)
- All purpose flour, 3 tbsp(s)
- Cinnamon, ground, 1 tsp(s), divided
- Unsalted butter, 4 tbsp(s), softened
- All purpose flour, $\frac{3}{4}$ cup(s)
- Old fashioned (rolled) oats, 1 cup(s)
- Flaxseed, $\frac{1}{2}$ cup(s), ground
- Brown sugar, $\frac{1}{3}$ cup(s), unpacked



Method

- Preheat oven to 350°F. Lightly grease a 9x13-inch baking pan with cooking spray. (You can also use an oven-safe pot, as shown.)
- Place apples, cranberries, sugar, 3 tablespoons flour and $\frac{1}{2}$ teaspoon cinnamon in a bowl and toss until evenly coated. Spread the apple and cranberry mixture on the bottom of the pan.
- Mix the softened butter, $\frac{3}{4}$ cup flour, oats, flax, brown sugar and remaining $\frac{1}{2}$ teaspoon cinnamon in bowl until butter is well incorporated into the flour mixture, forming crumbles.
- Place the crumble mixture over the apples and cranberries. Bake 35-40 minutes.

With the Holiday Season upon us, many of us struggle. Dealing with difficult emotions, additional financial strain, family conflict, and the heightened anxiety and stressors that you may be experiencing - take time to take a break. This mental stress can affect people resulting in physical illness or substance misuse, too. If you are in therapy, make it a priority. Managing the Holiday Season can be extremely challenging. If you are struggling, please reach out to us. We are here to help you!

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