



MAY IS 2 MENTAL 0 HEALTH 2 MONTH 0

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Administrative Office Hours

Temporary Change Due to Covid-19

Mondays – Fridays
9:30am – 4:30pm

Weekends by appointment



5113 SE 15th Suite A
Del City, OK 73115
405-600-3252 (P)
405-601-8180 (F)
www.OKLifeRecovery.org

1st Therapy Session Tips

by Cody Shoemaker, MSC, NCGC-2, LADC/MH

If you are like most of us, it probably takes you some time to admit you're dealing with something difficult to handle on your own. However, once you come to the conclusion it's time to seek professional help, you'll most likely be relieved that you're finally taking some action.

Your first therapy session will lead you down the path toward successful resolution of your challenging emotional issues. Make the most of your first appointment with these tips:

- **Complete pre-planning.** When you call the office for the first appointment, focus on the office staff's instructions. Have pen and paper ready as they will tell you what to bring, such as your identification and insurance cards. During the call, inquire about costs for services and how long the sessions will last. Confirm the address for the location and ask for specific directions or landmarks nearby.
- **Arrive 15 minutes prior to appointment.** The office staff will have forms for you to complete. It is important to be present when the therapist is ready for you. Our therapists often schedule clients consecutively and may not have excess time between sessions to accommodate late-comers.
- **Be cooperative.** Although you may be unsure of the process, the more helpful you are with the therapist, the better able they are to assist you. Strengthen your resolve to do what is necessary to feel better.
- **Recognize the therapist does considerable information-gathering during the first session.** Because the therapist needs your personal history to understand your situation, they will inquire about various parts of your life. The therapist will ask, "Who lives with you," "What kind of work do you do," and "How long have you been married, divorced, living with your parents," or whatever your current situation. They will likely inquire if you've had counseling before or ever seen a psychiatrist.
- **Openly respond to any questions asked.** Some people find it unnerving to reveal personal business to a therapist. However, the more open you are, the more smoothly your sessions will move forward and ensure a satisfactory conclusion. Use "feeling" words to help the therapist understand what you are experiencing. Words like, "sad," "hurt," "angry," and "disappointed" will shed light on your current emotional situation for the therapist. Embrace this opportunity to heal by sharing feelings honestly.
- **Accept that you might shed tears.** During your first session, you might cry because you are relieved to be finally "unloading" your feelings. Also, opening up about situations that have been troubling you taps into feelings that could trigger crying. Go ahead and let go.
- **Be willing to return for a second session if the therapist recommends it.** Even if you are unsure about how the session went, attend a second session. You will probably feel better a few days after the first session and even better still after the second.

Corona, Good? Hmmm...

by Kirsten Lee, LPC Candidate

A couple of weeks ago, someone sent me a meme of a dog looking quite shocked and sincerely scared. The caption read, "Every time I feel a tickle in my throat. Is that you Rona?" I am sure we have all had that thought at least once during our quarantine.

But in spite of the fear, uneasiness, and almost everyone looking like they are about to step into an operating room, I don't think I have ever been prouder of my country than when the coronavirus hit. People were giving away food, sharing their talents, and passing out thank you's and compliments in abundance. (Not to mention the stimulus checks.)

Corona made us realize and appreciate who and what we have to be thankful and grateful for. For a few weeks there was no difference between the rich or the poor, the black or the white, the immigrant or the natural born, democrat or republican. None of those things mattered. We were all shut in waiting for Rona to pass.

There is a part of Rona that I want to remain. You are probably asking, "Why would you want a pandemic to stay?" Of course, I don't want anyone to lose their lives or be infected by this deadly disease. But I do want people to continue to pour out their love, care, and concern for their fellow man as they have done over the last few weeks. I do want people to continue to call, text, facetime, zoom, and doxy.me each other to keep in touch. I do want people to continue to set aside their political differences to work together for the good of the country. I definitely want people to continue to diligently wash their hands and maintain clean environments. I certainly want everyone to continue to celebrate the doctors, nurses, mental health care professionals, police officers, fire fighters, ambulance drivers, and teachers.

If you really think about it, Rona is not all bad. It truly brought out the best of us. Let's keep the good parts of Rona around while we continue to practice social distancing.

Strawberry Banana Smoothie Bowl

Ingredients:

- 1/3 cup plain nonfat Greek yogurt
- 1/4 cup unsweetened almond milk
- 1 small banana, sliced and frozen, plus more for serving
- 1 cup frozen strawberries, plus more for serving
- 1 tablespoon unsweetened toasted coconut flakes
- 1 tablespoon toasted pumpkin seeds



Preparation:

In a blender, combine the Greek yogurt, almond milk, banana, and strawberries. Blend until smooth

Transfer to a serving bowl and top with coconut flakes, pumpkin seeds, and additional sliced banana and strawberries.

Enjoy!



Happy Employment Anniversary!

Dixie Evans
5/15/2016

Shanae Stoner
5/24/2018

2020 Schedule of Office Closures

Please be aware that the offices will be closed for the following holidays:

July 3-4
Independence Day
Closed all day

September 7
Labor Day
Closed all day

October 12
Indigenous Peoples Day
Closed all day

November 11
Veteran's Day
Closed all day

November 26-27
Thanksgiving
Closed all day

December 24
Christmas Eve
Closed at Noon

December 25
Christmas
Closed all day

In the event of inclement weather, our offices follow the delay/closure policy for Mid-Del Public Schools.