

# Mental Health Monthly

The monthly newsletter to help you fortify your mental wellness.

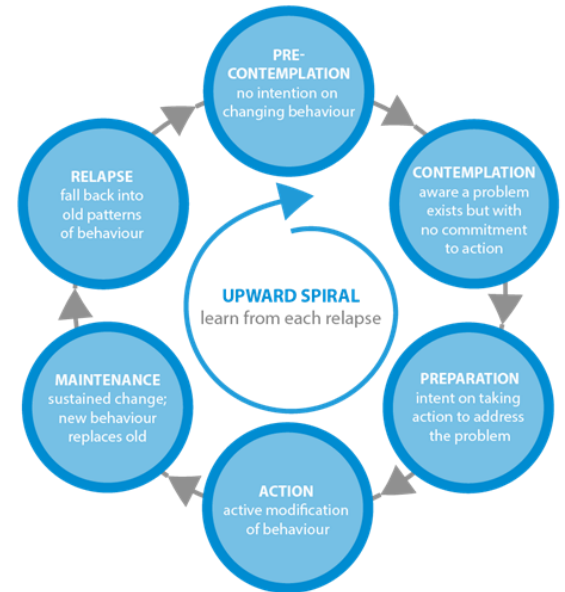


## A note from the Editor

Greetings and Happy 2024!

As the New Year brings great discussions of setting goals and intentions and letting go of maladaptive behaviors, it also tends to come with an abundance of motivation at the start that can dwindle as January creeps on. Don't forget! When people engage in change, it is not a light switch. It's a process of two-steps forward, one-step back, not to mention that growth comes from tension. So, when you fall back into the old but familiar patterns, give yourself grace. Notice the costs you're experiencing again and remember the motivating factors that helped prompt a change in the first place. Most importantly, pay close attention to the inspiration that comes with heading down your path and deepen your imagination around the sweetness of reaching your destination!

### STAGES OF CHANGE



Prochaska and DiClemente, *Transtheoretical Model of Behavior Change*, 1983

**"All great changes are preceded by chaos."  
-Deepak Chopra**

**Dear Erin,**

Have an issue and want some feedback from the therapist? Look for a thoughtful response on an upcoming newsletter when you submit your question to: [erinbarberlmhc@gmail.com](mailto:erinbarberlmhc@gmail.com)

# Upcoming Events

Florida Mental Health Counseling Association (FMHCA) Annual conference  
February 2-3, 2024, Lake Mary, FL

NAMI walks greater Orlando  
April 27, 2024,  
Cranes Roost Park, Altamonte Springs, FL



## Acronym of the Month

CBT- Cognitive behavioral therapy is a structured, goal-oriented type of talk therapy and is one of the most common and best-studied forms of psychotherapy. Core principles of CBT include the assumption that issues are partly based on problematic or unhelpful patterns of thinking, unhelpful or problematic core beliefs about yourself and the world, and unhelpful or problematic learned patterns of behavior. During CBT, a mental health professional helps you take a close look at your thoughts and emotions and how they affect your actions. Through CBT, you can unlearn negative thoughts and behaviors and learn to adopt healthier thinking patterns and habits.

## Noteworthy Clinicians Spotlight

**Brené Brown, Ph.D., LMSW**  
"Shame erodes the very part of us that believes we are capable of change."

Brené Brown is a research professor at the University of Houston Graduate College of Social Work. She has spent the past ten years studying vulnerability, courage, authenticity, and shame. Brené is a researcher and a storyteller who has won numerous teaching awards, including the College's Outstanding Faculty Award.

## Resources

[The gifts of imperfection](#)  
[Brené Brown, Ph.D., LMSW](#)

[When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism](#)

[Martin M. Antony PhD and Richard P. Swinson MD](#)