

Clinical Digest

July - September 2024



Clinical Events

Hello from the new team dedicated to all our your clinical success needs! If you are a provider with non-urgent clinical questions or concerns regarding any of the following topics below, send an email to clinical@sondermind.com. We will happily follow up with you within 72 business hours. **If you have an urgent clinical need, please put [URGENT] at the beginning of the subject line.**

Non-urgent clinical needs that are appropriate to outreach the team for:

- Clinical Questionnaires (PHQ9, GAD7, PCL5)
- Clinical tools/worksheets guidance
- Clinical case consultation/treatment plan review
- Client diagnosis/treatment concerns
- General questions/comments about changes to profile/specialities, availability, populations you treat etc.

Examples of urgent clinical needs:

- Mandated reporting/client safety concerns
- Active suicidal or homicidal ideation concerns
- Emergent/imminent provider personal resource needs to promote well-being and continued competency to provide care

IMPORTANT: This team email is unable to support or address the following:

- Client billing and insurance concerns
- Client account set-up/issues/frozen accounts
- Provider credentialing needs/questions
- All other concerns relevant to your practice. Be sure to continue outreaching your coach or our support team for non-clinical or billing concerns.

Clinician Spotlight

Therapists teach clients about the importance of self-care. To ensure we keep our own self-care robust it can help to check in regularly about what I call the Three Levels of Health and Healing:

- Level One: lifestyle areas (wellness foundations for physical and mental health) and coping skills.
- Level Two: having tools to deal with daily adversities like overwhelm, rogue thoughts or challenging emotions.
- Level Three: the deeper work of healing, such as addressing trauma/grief work, or life changes that benefit from more support.

To prevent burnout, therapists can assess these three levels of mental and physical health for themselves. Small shifts make a big difference. Adding more time to your health practices, revisiting mental health tools, or investing in your own deeper healing work can help. Attention to self-care foundations might mean working on sleep, relaxation skills or reining in any dopamine-fueled practices (media viewing, phone use) that have gotten out of hand.

The Stress to Strength model, a suite of tools I've developed, has proven to be highly effective in my own practice. This model, with its four steps and five mental health tools, empowers clients to quickly gain more independence in handling stressful situations and provides them with additional resources for deeper work. I believe it can be a valuable asset in your practice as well.

Take time this summer to update your health and inner work needs, or professional development next steps. That will keep you nourished and fulfilled while you navigate the challenges of providing therapy in today's stressful world.

Best wishes for a creative and easeful summer season!



M. Denise Barnes
LPC

[Link to more information about Denise's book*](#)

*The views expressed by individual providers do not necessarily reflect the views of SonderMind.

Upcoming Events

Please note that our Mil/Vet Monthly meetings will now be called **Military/Veteran VA Q&A** to better reflect the purpose of the meeting (to ask any VA related questions, not for clinical consultation). Hope to see you there!

JULY

Thursday, July 11

NCPTSD Consultation Event

9 AM MST (11 AM EST)

[Register to attend](#)

Tuesday, July 23

Suicide Risk Management (SRM) Consultation Event

10 AM MST (12 PM EST)

[Register to attend](#)

Tuesday, July 30

Military/Veteran VA Q&A

10 AM MST (12 PM EST)

[Register to attend](#)

AUGUST

Thursday, August 1

NCPTSD Consultation Event

9 AM MST (11 AM EST)

[Register to attend](#)

Tuesday, August 13

Lunch and Learn: Grief, Loss and Meaning in BIPOC

Veterans—Exploring Historical Trauma and Suicide

Risk Management

12 PM MST (2 PM EST)

[Register to attend](#)

Thursday, August 15

Military/Veteran VA Q&A

10 AM MST (12 PM EST)

[Register to attend](#)

Tuesday, August 27

Suicide Risk Management (SRM) Consultation Event

10 AM MST (12 PM EST)

[Register to attend](#)

SEPTEMBER

Thursday, September 12

NCPTSD Consultation Event

9 AM MST (11 AM EST)

[Register to attend](#)

Tuesday, September 17

Military/Veteran VA Q&A

10 AM MST (12 PM EST)

[Register to attend](#)

Tuesday, September 24

Suicide Risk Management (SRM) Consultation Event

10 AM MST (12 PM EST)

[Register to attend](#)

Continuing Education News

Please note that the “Provider Community” is now changing to “Resource Library,” and “SonderMind University” will now be in your portal as “Learning Center.”

In May we hosted a live event called **Suicide Safety Planning Basics & Beyond**. Safety planning is an essential tool in suicide prevention efforts. It is a collaborative intervention that engages clients in the development of a highly personalized and effective plan for remaining safe in times of crisis. The training, hosted by Dr. McGarity, covered safety planning skills by reviewing the basics of safety planning, the rationale for safety planning and the concept of the suicide risk curve. We converted it to an online course – [enroll here](#) and complete the course to receive 1 credit hour. (Having trouble with the link? Please log into your provider portal first and then try again!)

Our [learning center](#) hosts other CE eligible courses to support you in a number of clinical topics - visit the learning center to view the full list of courses.



Erica Munro has been approved by NBCC as an Approved Continuing Education Provider, ACEP No 7311. Programs that do not qualify for NBCC credit are clearly identified. Erica Munro is solely responsible for all aspects of the programs.

Erica Munro, MSc is the Clinical Education Program Manager at SonderMind.

If you're interested in supporting our Military/Veteran clients, please complete [this course](#) (now eligible for CE credits) and we will add you as a Mil/Vet approved provider.

Useful Links

[Learning Center](#) | [Provider Portal](#) | [Resource Library](#)

Questions? Email clinical@sondermind.com