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Let's Talk About It!

January 2022

Wellness Radio



With **Scott Dudley**
 & **Maria Wyatt**

Tune in:
88.7
 RADIO BILINGUE

Thursdays at 8:00
 a.m.



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Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 3 rd	<p>Healthy Youth Relationships During a Pandemic (Originally aired on February 2021)</p> <p>Adolescence contains a number of life challenges, possibly including the beginnings of romantic relationships, career choices, and adult independence steps and stages. Join therapist Andrea Platero, as we focus on the modern context of young love, including social media and the impact of the pandemic. We consider common concerns and share helpful strategies in supporting youth through their first romantic relationships.</p>	<p>Andrea Platero, APCC Associate Professional Clinical Counselor Mental Health Counselor Youth and Young Adults-El Centro</p>
Week of January 10 th	<p>Self-harming Behaviors In Youth and Young Adults (Originally aired on March 2021)</p> <p>Hurting yourself on purpose is self-harm. The thoughts, or actually hurting yourself, are a sign of emotional distress. With the pandemic and the particular stress on youth and young adults, the risks of self-harming behaviors have probably never been more pronounced. Please join us as therapist Maricruz Bermudez talks more in depth about the signs and symptoms and the different interventions and help that is available for young people that are experiencing self-harm.</p>	<p>Maricruz Bermudez, LFMT Licensed Marriage & Family Therapist Supervising Therapist Youth and Young Adult Services</p>
Week of January 17 th	<p>Bullying Among Adolescents</p> <p>Bullying is defined by stopbullying.org as unwanted, aggressive behavior among two people or more that involves a real or perceived power imbalance, repeated behavior, or has the potential to be repeated over time. Both the bullied and those who bully other may have serious lasting problems. Join as Mental Health Counselor, Maria Arredondo Coronel talks more in depth about this important subject, how to identify through risk signs, how to stop bullying, and how to support healing.</p>	<p>Maria Arredondo-Coronel, AMFT Associate Marriage & Family Therapist Mental Health Counselor Youth and Young Adults-El Centro</p>
Week of January 24 th	<p>Dialectical Behavior Therapy (Originally aired on June 2021)</p> <p>Dialectical Behavior Therapy (DBT) provides clients with new set of skills to manage painful emotions and decrease conflict in relationships. This therapy focused on four areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. DBT is an evidenced-based treatment program incorporating individual therapy, group therapy, and a therapist consultation team. This comprehensive approach is a new addition to the stable of evidence-based practices embraced by Behavioral Health, join us to hear more.</p>	<p>Daphna Peterson, LCSW DBT Therapist Christopher Conley, MSW, RSW DBT Clinician Portland DBT Institute</p>
Week of January 31 st	<p>Compassion Fatigue (Originally aired on August 2021)</p> <p>Compassion fatigue describes the physical, emotional, and psychological impact of helping others-often through experiences of stress or trauma. The pandemic, partially through separating people in the helping professions, shined a spotlight on compassion fatigue and the need to support helping professions. Join us as Mental Health Counselor, Viviana Trejo, comes on the show and talks about signs, symptoms and different ways to help with compassion fatigue.</p>	<p>Viviana Trejo, AMFT Associate Marriage and Family Therapist</p>

