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News from Joe Cabush & Associates

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Coronavirus tips for our friends, colleagues and clients

Telehealth Tips

We've all found ways to improve this experience through experiment and have found that some clients really enjoy and prefer this modality while other find it less preferable to meeting in person. All agree that technology hiccups can be frustrating. To make the most of the online experience or phone experience we have some suggestions to improve privacy and energy during your virtual visit.

- Try standing up or going for a **walk**
- Grab a **pet** or **palates** ball
- Meet in your **car** parked next to your home wi-fi
- Find a well-lit room and take **notes** or ask for screenshots
- Make sure you do not add someone to a call by accident
- Do not record conversations
- Know that others may be able to see your call history
- Be sure to disconnect the call at the end

Ask your therapist to keep working with you on building these **Skills for Pandemic Survival** and keep a weekly log of your progress:

- Building a strong support network of healthy relationships
- Engaging in a lifestyle that promotes physical health
- Daily practices that promote psychological well-being
- Living a life that aligns with values and has purpose

Walking in a Winter Wonderland

St. Augustine once said: *the answer is in the walking.* Humans thrive on a sleep routine based on the Earth's rotation. Finding routine can be a tough when our normal habits have been disrupted. Making a schedule for yourself or



your family can be hard to do when you don't have a clear timeline of when things will return to some semblance of normal. The next two months are going to be difficult from a mental/emotional health standpoint. Colder weather, shorter days, and pandemic-related limitations will further reduce opportunities for exercise and socialization. Spending active time outside and with others can reduce the likelihood that these issues will develop.

"Wearied, discouraged, and sick- I'll tell you the loveliest game in the world, do something for somebody quick!" - Anon

Vitamin D associated with 15-20 minutes of sun exposure helps fight depression and disease through a boosted immune system. Supplements are also recommended.

We feel it is important that families formulate specific plans now to enable outdoor activity routinely throughout the winter. Though we do experience some cold days, our climate is relatively mild. This is not northern Canada. **We can be outside.**

Bundle up and make concrete plans with family and friends. Play dates, walks, sports, and other activities can occur safely outside right through the winter, as long as masking and distancing protocols are followed carefully.

- Take a walking tour of holiday lights
- Gather berries and cones for homemade wreathes
- Deliver cookies to neighbors
- Make homemade furniture
- Take photos on a nature trail or of monuments at night

Free Workshop this Saturday Dec 12th

Ever been curious about meditation or mindfulness? Or are you just bored out of your mind and looking for anything to do? Join us Saturday, for our final introductory mindfulness workshop.

10:30 – 11:30 a.m.

Hosted by David Paul and Joe Cabush

The workshop will introduce foundational mindfulness concepts and to begin practicing them in a caring, supportive zoom environment. No prior experience is needed.



Welcome to Christine Gauthier, LPC



Christine Gauthier, MA, LPC, SP is a graduate of St. Anselm College, Sonoma State University, and Plymouth State University. Christine's clinical experience encompasses child and family work in community mental health, counseling college students, and consulting with independent schools. A licensed psychotherapist since 2008 and school psychologist since 2012, she has worked full-time as a public school psychologist in Northern Virginia since 2015 providing counseling, psychological assessment, and consultation services. Central to her clinical work is developing rapport and understanding the needs of her clients in concert with approaching problems with evidence-based treatment. Christine uses Positive Psychology, Motivational Interviewing, Narrative Therapy, Solution-Focused, Sand Tray, and Cognitive-Behavioral Therapy to address client needs. Christine enjoys spending time practicing yoga, developing creative projects, running, kayaking, and hiking with her dog. To schedule a telehealth appointment with Christine, please call our main number at (703) 691-0036.

