

CFAR Connect

Center for Families and Relationships is a 501(c)(3) nonprofit counseling center serving the needs of individuals, couples, families and children.

Spring 2018



GET INVOLVED



Center for Families And Relationships will be kicking off our annual spring 10 For 10 Challenge, running from:

March 26th To April 4th

Money raised during this year's challenge will be used to help CFAR expand our Trauma-Focused CBT and Ecosystemic Structural Family Therapy Programs.

Get Involved!

Choose 10 Friends.

Challenge them to donate \$10 to CFAR.

To Give, Go To:

<https://www.cfarounseling.org/donate/>

Executive Director Report: **Looking Toward 2018**

Since moving to our new location in July 2016, CFAR has been able to almost double the number of families we are able to provide with Mental Health services. As we focus on 2018, we hope we are able to continue to increase the number of families we can connect to services.

We plan to begin offering grief groups to help support individuals and families through the grieving process and CFAR strives to continue to expand our work with Evidence Based Practices through our focus on Trauma-Focused CBT and Ecosystemic Structural Family Therapy. Our first cohort of therapists will complete training in TF-CBT, which will allow us to provide more specialized trauma services to children and families.

We also hope to physically grow in 2018 and expand our current office space. This would give us the ability to offer more night and weekend appointments for families who struggle to make it to treatment due to work and school schedules.

We would never be able to do the things we do without the people who are willing to stack hands with us and champion what we do in the community. I hope we are able to continue giving you a little insight into what we at CFAR are doing to ignite change in the Philadelphia area and also how we are working to help families toward lasting change.

Jordan Brogan
NCS, LMFT

THANKSGIVING BASKET GIVEAWAY

During the 2017 Holiday Season, with the help of our staff, Center for Families and Relationships was able to raffle off 12 Thanksgiving Baskets. Each of these baskets held all of the items necessary for a Thanksgiving Dinner. This is the second year that CFAR has been able to raffle these baskets off to our clients and each year we strive to increase the number of families we are able to provide with a basket. Since beginning this initiative, we have been able to hear the gratitude in the voices of our clients when we make the phone call letting them know their family had been chosen. It is our hope that the families that receive these baskets are able to spend the holiday not worrying about coming up with the funds to feed their entire family, but focus on making memories and growing in love.



What is Art Therapy?

Art therapy is an integrative mental health profession that works to support individuals, families and communities through use of art making and the creative process, alongside psychological theory. To practice art therapy, a clinician must hold a master's degree in the field of art therapy.

An individual does not need to have previous art making experience, only a readiness to participate in the art making process and the psychotherapeutic relationship.

Art therapy serves a diverse population that includes all ages across a broad spectrum. Art therapists practice in a variety of settings such as community mental health agencies, hospitals, schools, and private practice. Art therapy uses art media, the art making process, and the finished art product to resolve conflict, decrease stress, enhance social skills, foster self-esteem, and promote insight.

For More Information About our Art Therapy Program,
Visit Us At:

<https://www.efarcounseling.org/>



Client Corner: **Heather**

“My therapist asked me what I thought had changed about my situation. My reply was “**Me**”. My therapist in turn said that he was going to say the same thing. We both laughed. I thanked him for sticking with me. He took no credit and said I put in the work. I wouldn't have made it this far without his help.”

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THERAPIST HIGHLIGHT



JoAnne Hanson, M.S

JoAnne obtained a Master's of Science in Clinical Counseling Psychology from Chestnut Hill College. She is working towards a certification in Play-Family Therapy which is a mindfulness approach to treatment. She passionately believes that all families have the ability to overcome challenges through a mutual understanding, strengthening relationships and meeting each other with kindness and compassion. Her style embodies a holistic and person-centered approach that includes the use of mindfulness, empathy, compassion, authenticity and of course, a sense of humor.

Growing up in a low socioeconomic area of Philadelphia, JoAnne has developed a keen ability to recognize resiliency in others. This contributes to the process of joining in which she is able to intimately connect with her clients, meeting them exactly where they are.

JoAnne hopes that her clients feel her deep sense of empathy and compassion while in the therapy room. She wants them to know that she believes in their ability to heal from within even when they are struggling to see that for themselves.

JoAnne is dedicated to walking beside her clients in the depths of their pain and rejoicing with them in their greatest triumphs.

Opinion Piece: Trauma and The Need For Support

Written by: Cheryl Foxworth, M.A, LMFT, A.S

Trauma is defined as a deeply disturbing and distressing experience or event that overwhelms a person's ability to cope. In the wake of the immense tragedy, which unfolded at Marjory Stoneman Douglas High School in Parkland, Florida, we come face to face with trauma. For the gunman, past trauma and warning signs that went unheeded. For the students, the trauma of losing friends, beloved faculty, and having a safe place turned into the very site of their greatest heartache.

As we watched the events unfold, we have to ask what drove a man to do this. Was it a projection of his grief? Did he not have access to appropriate Mental Health services? Will we ever truly understand why this tragedy occurred? While there may never be a definitive answer, we still hold power over trauma. So often, we have the opportunity to reach out to those in need but do not for fear of overstepping boundaries. We turn our heads so we do not engage in the hard conversations. We wonder how warning signs are not heeded and ignore the cries of those who are traumatized and are in need of help. Let us begin to take off the blinders that bind us.

Only caring for one another can draw out the poison of trauma.

Get involved. The time is now.

March For Our Lives– Philadelphia: March 24th, 9 AM