
FALL 2021 EDITION



WELLSPRING

MAGAZINE

**CJ'S
SAFE
PLACE**





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CONTENT

CJ's Safe Place	Pg. 4
Devotional	Pg. 6
Restore Retreat Experience	Pg. 8
Wellspring's Worldwide Reach	Pg. 10
Collapse. Arise. Champlain Towers, Surfside.	Pg. 12
The Ministries of Wellspring	Pg. 15
How We Help our Clients	Pg. 16
Trauma, A Curable Illness	Pg. 18



LETTER *from the President*

The end of our Covid plight is in sight, and it feels wonderful to begin to socialize again. The trailing mental health pandemic, however, is still in full force. When stressors are short-lived, most people have coping strategies that carry them through without damage. But chronic stressors without predictable relief, have delayed effects of slowly building negative symptoms. People who are normally stable, may find themselves anxious or depressed, and those who often struggle with mental illness may tip into full-blown negative emotions or behaviors.

We see this at Wellspring, as former clients have returned to counseling “for a tune-up”, and new clients arrive daily. Our current numbers for counseling sessions are up 37% over our pre-pandemic numbers. We have been busy upgrading technology and hiring new therapists and staff in order to keep up with the demand.

Like many businesses, Wellspring will never be the same. We are happy as we begin to see people in person again, but Telehealth has proven to be convenient for many clients in Miami, who want to avoid traffic, and clients across Florida and beyond. Additionally, Telehealth has allowed us to rehire therapists who have moved away, and we now have several Wellspring therapists who live in other cities, states, or countries.

It’s been exciting and surprising to discover our new global reach through Telehealth. We have provided

webinars in other states, had clients at our *Bounce!* or *Restore* Retreats from other countries, and our podcasts are listened to in 94 different countries (see page 10-11).

“Wellspring has been a saving grace to me before, during and after Covid-19. I am learning to be grateful for the little things again, thanks to my therapist.”

We are working now to produce mental health education from a Christian perspective in pre-packaged formats for people to access at their convenience. We received a Strikeforce Grant, as well as a private donation, to create quality education on trauma information, trauma recovery, and relationship topics. Only God knows who will be reached through any of these means, but we are trying to be faithful to make our counseling and our mental health education accessible.



Tova Kreps, LCSW
President & Co-founder
Wellspring Counseling

As we adjust to all this growth and changed ways of doing business, we are continually reminded that our goal is not to grow, but to restore hearts and minds. Our vision, as always, is to bring quality mental health to as many people as possible, seeking to work ourselves out of a job, one person or family at a time, as they find healing.

Sincerely,

CJ'S Safe Place



By Judith Lemus, Registered Mental Health Counseling Intern

At Wellspring Counseling, we acknowledge that bad things happen to innocent people, even children. Bounce Trauma Resolution Camp was created and specially designed to reach out to children suffering with Post Traumatic Stress Disorder (PTSD) and help them face and overcome bad things that happened to them. Since the first Bounce camp in 2012, results have shown that former participants have experienced significant reduction in PTSD symptoms with long-term results (Bounce Camp, 2021). Thirteen-year-old CJ is just one of many Bounce youth who have testified to the healing experienced through Bounce!

At a young age, CJ experienced abuse in his family. Fortunately, CJ was helped and adopted into a welcoming foster family. Although CJ is now living in a safe and loving home, the suffering that he experienced was preventing him from living a happy life.

"I was really sad," CJ expressed, "I used to hold a grudge and was unhappy and frustrated." His foster father explained that the pain CJ experienced in his young life caused him to be unable to let go of his emotions. "He would let out his frustrations on others." Although CJ was already receiving help, it was clear that another step was needed to help him deal with his unhappiness and anger.

Having already heard of Bounce through family, CJ's foster parents knew that Bounce could be the extra support that CJ needed to move past his trauma. Even though CJ was hesitant at first, he decided to take that step and experienced transformational results.

"I can talk to people now," said CJ, "and I have joy." CJ learned how to let go of the grudges he held against the people that had hurt him so badly. "I felt sympathy for them," he explained, "despite the bad things." CJ has learned how to interact better with peers and friends, even when he is frustrated. "I take a breath, feel my heart, and calm down. It's hard, but I've gotten better."

The growth and maturity that CJ experienced was evident to CJ's foster parents as well. "He has different tools that he can pull out when frustrated, and he communicates better," his foster mom said. "Now we can figure things out together."

It can be scary and intimidating for a child to speak up about their story, especially in a group. CJ, who was unsure at first, found that Bounce was a safe place to share the hard parts of his story. He experienced comfort and security with his therapist and fellow group members who had lived similar experiences. "It's a safe place," he explained, "[The counselors] said 'we're here for you,' and their tone of voice is comforting, like you're safe." Speaking about his trauma to the other children in his group and hearing their stories was also a huge part of the healing for CJ. "I'm not the only person who has gone through hard things," CJ realized. "It made me happy, seeing how [the other children] built up from where they started."

CJ was in one of the first groups of kids to experience transformational healing through Bounce’s online version instead of the in-person program. The remote version made it possible for CJ to attend all the way from his home in Georgia. CJ, like many other Bounce alumni, found that the distance did not get in the way of experiencing and enjoying all of what Bounce had to offer. *“It was really amazing and really cool,” CJ said. “I felt really included, not ‘aww, you’re in Miami and I’m here. It’s a close connection. It felt like I was actually there.”*

The growth and healing that each child experiences at Bounce! Camp does not end when the week is over. Not only does Wellspring follow up with each of their alumni, but individual counseling is offered to youth who would benefit from additional services. CJ and his foster parents were able to reap the benefits of continued counseling with CJ’s Bounce therapist, Mario. The family has learned how to work together and gain a better understanding of CJ and each other. *“Mario has also given us confidence in dealing with the hard things,” CJ’s foster mother said. “I am thankful to God for the virtual camp and all the counseling. Through all the things that have been difficult, this has been a bright spot.”*

For anyone unsure about continued counseling after Bounce, CJ puts it this way: *“[The counseling] is like a special sauce. Like if you have pizza and nachos,” speaking of the Bounce Camp, “it will still be good without the special sauce, but it’s a lot better with it.”* To any kid who has also gone through a bad thing and is unsure about Bounce, CJ also wants to encourage you. *“I’ve been through the same thing, and processed through it, and got through it. You can get through it too.”*

*CJ has given full permission for Wellspring Counseling to share his story.



“I’m not the only person who has gone through hard things,” CJ realized. “It made me happy, seeing how [the other children] built up from where they started.”

References

Bounce Camp. (2021). *Wellspring Counseling*. <https://www.wellspringmiami.org/bounce-camp>



Learn about BOUNCE!



Do you know a child who has experienced a negative event?



Watch Bounce Video



A Devotional by Tova Kreps, Wellspring President

On the eve of Jesus' death, his disciples argued about who would betray Jesus and who was the greatest among them (Luke 22). Peter and the others overestimated their loyalty and strength. But Jesus was not surprised. He warned them that Satan was seeking to "sift them like wheat". He then goes on to tell Peter, "But I have prayed for you, that your faith will not fail; and you, when you have turned back, strengthen your brothers."

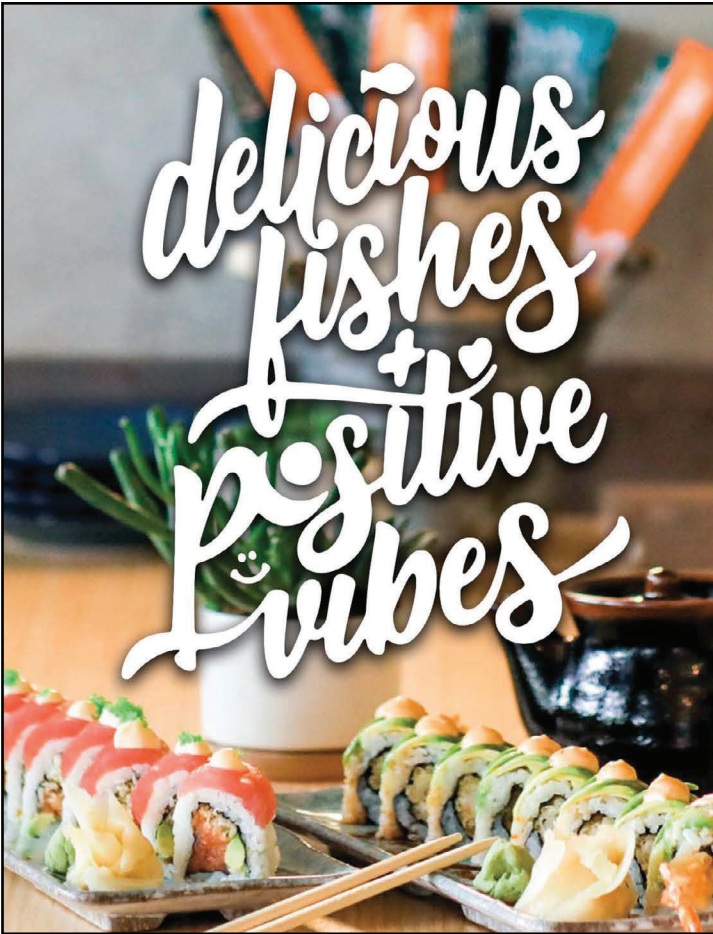
I find it interesting that Jesus did not pray for Peter not to be tempted or not to give in to the temptation. Instead, Jesus prayed that after Peter's betrayal, his faith would not fail, and he would return.

Maybe sinning is not the most significant battle of our temptations. It is inevitable that we will all fail at some point (Romans 3:23). Maybe our greatest seduction is to let our sin separate us from God. Like Adam and Eve (Genesis 3), our forbidden fruit may just be the first and least of our enticements. Hiding, excusing away our failures and ultimately losing our faith are the real threats. The natural response when we sin is to withdraw from God and others. It is humiliating to have failed. It is painful to have our flaws exposed. We want to blame others and even God. We want to run and hide, and after we have done so, we doubt that we can ever return and be loved again.

Jesus' greatest prayer concern for Peter was that his faith would not fail. Faith in what? Faith in a God who would forgive him. Faith that Jesus' death could pay for his sins. Faith that God would still love him with agape love, even if he only loved Jesus back with mere affection (John 21:15-17).

God's desire for us, is that even when we fail in our choices, that our faith will not also fail and that we will return to him and repent (Ezekiel 18:21-23). We must trust Him enough to stay in His presence. When we have done that, not only are we no longer separated from God, but we can connect and strengthen our relationships with our brothers and sisters Christ.

Luke 22: 31-34 "Simon, Simon, behold, Satan has demanded to sift you men like wheat; but I have prayed for you, that your faith will not fail; and you, when you have turned back, strengthen your brothers." But he said to Him, "Lord, I am ready to go with You both to prison and to death!" But He said, "I tell you, Peter, the rooster will not crow today until you have denied three times that you know Me."



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A RESTORE RETREAT *Experience*

*By Katherine Aparicio,
Registered Mental Health Counseling Intern*

Vilma* is a twenty-eight-year-old missionary woman who was born and raised in the Caribbean and lived with her mother. After attending a Wellspring Restore Retreat, I was able to interview her and share her story with you.

Before Restore

Vilma's biological parents were separated, and she was at a point in her life where she knew she wanted to explore the experiences she had gone through and how they were still impacting her. Her father had physically abused her as a child and into her teenage years. It was not until she became an adult that she became aware of the anger she had towards him, not only because of the physical abuse she had endured but because of his lack of consistent presence in her life. For many years she struggled to be around him, trust him, or have a father-daughter relationship. The relationship with her mother was not what she envisioned for herself either, as it was difficult for them to communicate and understand one another.

Vilma described herself as the type of person that would dismiss her pain, rather than validate her emotions. She emphasized always trying to distract herself or "sweep it under the rug". It was easier to ignore her pain than to acknowledge it and not know what to do. She felt extremely overwhelmed and burdened by her emotions while trying to navigate trust in broken relationships. She felt lonely and isolated and defeated. Her prayers felt unanswered as she continuously asked God, "What is happening? I need help; I can't do this on my own".

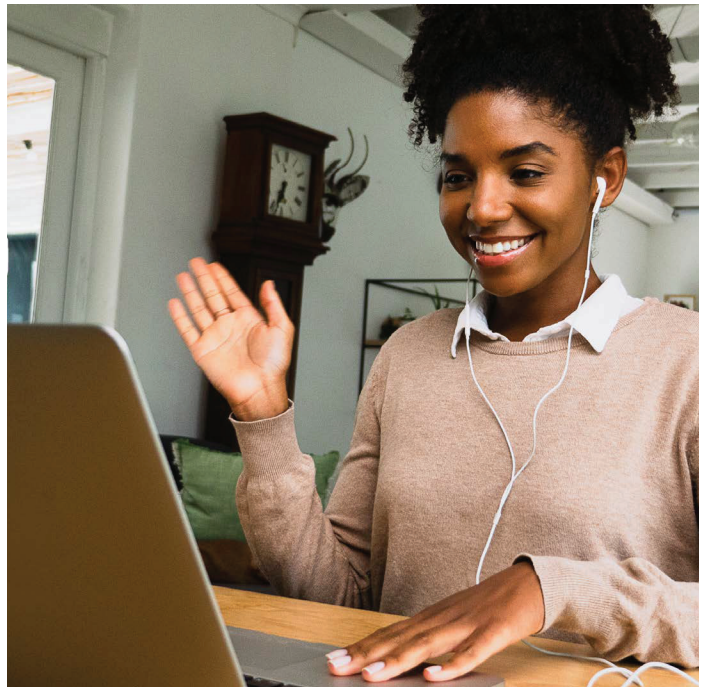
During the Restore E-Retreat

When Vilma heard of the online Restore e-retreat at Wellspring, she felt like it was an answer to prayer. While she did not fully understand what it entailed, she knew she would have a better understanding of trauma and could gain coping tools to help her. She decided she had nothing to lose and could possibly grow through this experience. Going into this online, she worried about having her camera turned on, sharing her story, and participating in activities. However, the moment she was in her small group, as she heard others share their stories, it empowered her to share hers too! It was a relief to know that she wasn't alone and that others were there to support her and walk beside her.

Being part of this opened her eyes even more to God's truth: that we were not meant to live and grow through life on our own but in community. While she initially feared she would feel uncomfortable having men in her group, especially because of the strained relationship with her father, she felt peace as she witnessed men being vulnerable and transparent and encouraging the women in the group to reframe their "weaknesses" as their strengths. "Being able to go through this experience virtually allowed me to connect with others cross-culturally. It was not only an experience that allowed me to hear other perspectives and stories, but also witness other cultures, languages, beliefs, people in ministry, and everything that makes them who they are."

After Restore

"Restore couldn't have happened at a better time for me, God's timing is just perfect! He knew exactly what was about to happen in my life and it was not something I could have anticipated." On the last day of Restore, during lunch, she received a call from her father expressing to her that he loved her. This took her by surprise because this was not his typical behavior or even words. Then, a few weeks after Restore, her father suddenly died, even though he had been healthy. Vilma shared that going through Restore equipped her to cope with her loss to use The Circle of Truth© to help her. Having her small group follow-up sessions in the weeks after Restore allowed her to have a safe environment to process her grief and not go through this alone. Her relationship with her mother has also improved tremendously, as she has gained a better understanding of who she is and how she interacts with others.



Her Message to Someone Considering Restore:

Just do it, you don't have anything to lose! Be willing to listen to others' struggles and share yours as well... Restore Retreat at Wellspring provides you with an open and safe environment to share your story, at your own pace, in your own time, with people who will accept anything and everything that you are willing to share. While you might be feeling like it is a weakness on your part to seek help, being part of this is a sign of strength, a step in the right direction. It was a blessing to be part of this, and I encourage you to step out in faith and trust God that this is the right time for you. He will be with you as you go and grow through this.

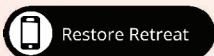
As Christians, many times we do not place enough value on emotional and mental health. We always offer to pray for others and while there is power in prayer, God is also providing us refuge in seeking professional help as we grow through our healing journey. As God's children let's not minimize but normalize seeking help; let's raise awareness on the importance of Mental Health!

* Vilma is a pseudonym, and photos are stock photos.

Is Restore right for you?



Remote Restore success stats



We took our Restore Retreat online, and it was a success:

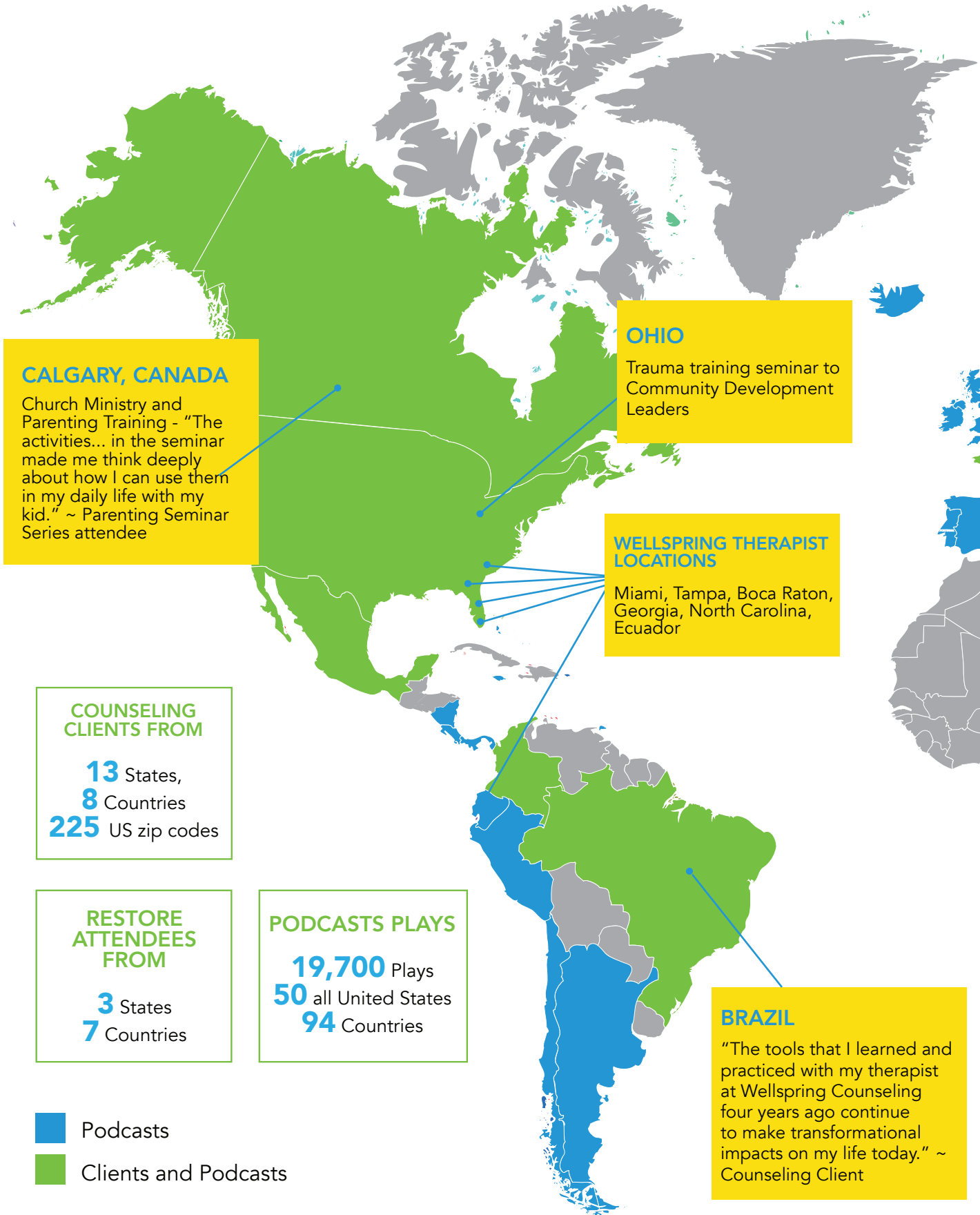
Reductions in PTSD symptoms for the remote version were similar to in-person version. And 100% of participants stated that the event met, exceeded or far exceeded their expectations. 100% of participants also stated that "what [they] learned will be helpful for [their] future well-being."

"There is something special about Wellspring and their counselors. The retreat really opened the eyes of my heart and mind to work on the hard areas of my life. I believe the combination of teaching, small groups, art therapy, music, prayer and individual sessions really brought everything in focus. The teaching of the Circle of Truth is a tool I can learn to use throughout the days ahead in my life, very insightful! I would be a promotor of Wellspring and recommend it to those who are going through a tough time in their lives." -Restore Participant





Wellspring's Worldwide Reach





RWANDA

"I was very used to sharing my trauma experiences in speech or in writing and as helpful as that was, it had its limits. At the restore retreat, I was introduced to other techniques such as using art or EMDR that allowed the trauma that I was even unaware of to emerge and receive healing." ~ Restore Retreat Attendant

Collapse. Arise.

Champlain Towers South, Surfside.

By Saghar Leslie Naghib, PhD

If I were to describe how I felt when I first heard about the collapse of Champlain Towers South, it would be that I held my emotions at the base of my throat. It felt like I had swallowed an unshelled walnut and it had lodged itself there. Tight and painful are accurate words that describe the sensation of those initial days when I would check news updates about Champlain Towers South. As always, I would cuddle my son as part of his bedtime routine, and as he would drift off to sleep, I would read the updates on my iPhone. Each night during this time, I would try to cry, and when I could not, I would try to pass the urge to cry. It felt like crying would be a cathartic mile marker in distancing myself from the catastrophe. Although I could not shed a tear, a familiar tightness would close in, and I knew if I did not get a handle on the feeling, I would succumb to it entirely. The fact of the matter was that the collapse at Champlain Towers South mirrored personal tragedies in my own life.

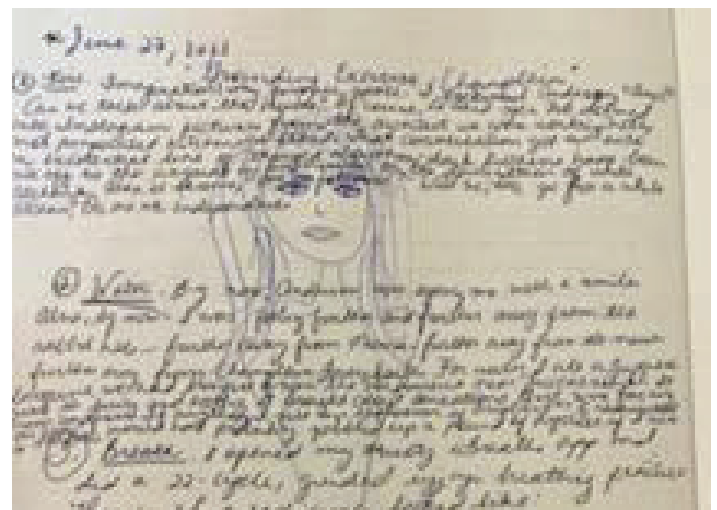
The devastation and loss at Champlain Towers South were triggers on two counts, and I recognized it as such. Much like how the structural problems of Champlain Towers South were known issues for a period, I knew my mother was not quite well for some time too. The problem was visible enough to observe and make note of, but much like Champlain Towers South, the concerns were not acted upon in a timely fashion that would have been lifesaving. The seconds it took for Champlain Towers South to collapse paralleled the few days it took for my mother to pass. My mother went to the hospital on a Friday evening and passed away days later. I was familiar with sudden loss.

Also triggering were the concerns my own condominium building had, and the endangering sea wall collapse I witnessed during Florida's 2017 Hurricane Irma. Just a few weeks before my mother's passing, Hurricane Irma would make landfall in Miami on August 30, 2017, and I would see the sea wall, the barrier between my building and the expanse of Biscayne Bay, sustain an 8-foot collapse and expose the grounds on which our building stood to substantial flooding. Although

I thought my condominium building to be a concrete fortress, I saw enough water rise to flood through and easily move the cars in the parking lot about. I feared that the building and those in it would be overcome by the flooding waters of Biscayne Bay.

The memory of the collapse, the view of the rising tides, and the concerns that the building would be swallowed up by Biscayne Bay are images that will last with me forever. To now see from my condominium images of a gaping hole in the skyline view where Champlain Towers South used to be is a reminder of how life can change within seconds. It was the culmination of these thoughts and sufficient self-awareness to recognize that I was at a juncture of either settling into sorrow or shifting into strength. I chose the latter by practicing Elan Shapiro's (2012) "4 Elements for Stress Reduction" grounding exercise that I learned while doing Eye Movement Desensitization and Reprocessing (EMDR) therapy through Wellspring Counseling to help process the sudden and tragic death of my mother in 2017.

Shapiro's four-step grounding exercise positions one to focus on the following: ground, air, water, and fire. My interpretation has been that these elements connect one with elements outside of the proverbial rabbit hole or, at the very least, bring one back to a stabilizing reality. The following is an image of an excerpt from my journal entry on my application of Shapiro's four-step grounding exercise after one evening of deep sadness over the loss at Champlain Towers South.



This, remembering and actively experiencing, is a practice I have been cultivating ever since my mother died, and it has made the most visible difference in my life. Writing down my thoughts and feelings has helped me build a level of awareness that is both healing and therapeutic. Specifically, I have found that turning to poetry as a form of reflection, especially as

someone who is not a poet, has forced my brain to slow racing thoughts and be intentional by putting my thoughts and feelings into words. In doing so, I create openings for myself where I can climb out of anxiety and grief at a pace that honors the process—that honors me. This practice, a storytelling of sorts, has helped me reauthor my experience and has been one of many resources I have used to help me make sense of the world.



It has been four months since the collapse of Champlain Towers South, Surfside, FL, and in review of my experience, I see how I have moved on with healing as a result of fully processing this crisis which had affected me with the supportive help of poetry therapy and grounding exercises. My thoughts and emotions, much like the current news feed, do not focus solely on the current situation with Champlain Towers South. I frame this outcome positively in that it demonstrates the benefits of cultivating a practice of taking stock of one's stress and/or anxiety level in relation to an event and pausing and processing as necessary. Likely, I do not see my current state of having processed the tragedy at Champlain Towers South as a diminishment of my care and concern for the victims or regret for the occurrence altogether. One aspect I personally underscore is remembrance, and the other I distinguish it from is regression. As many whom have recovered from PTSD can attest, myself included, it is possible to heal and remember without regressing into trauma. While one common thought process in relation to grief is that there does not need to be purpose tied to the pain that results from grief, I counter that. While that notion might be true, a more complete viewpoint encompasses how centering and encouraging of closure it can be to be able to find purpose in one's pain or grief.

Now in my 16th year as an academic and as a self-professed perennial student, I speak from my professional and personal life—nothing I learned in school or at home prepared me for encountering

trauma and grief. Neither my international baccalaureate academic career, my undergraduate and graduate careers, my professional career as an educator, nor my experience as a second-generation Persian American woman who had extensively travelled the world could have prepared me for how I would naturally respond and cope with trauma or triggers. After my mother passed away, I caved inward and later collapsed outward. Simply knowing that there were factors called triggers that if identified and understood, could help one approach and process subsequent traumatic events better than if not identified or understood was a significant step in my healing journey when my mother passed away and in subsequent events that triggered the trauma of her passing—like that of Surfside. The tools that I learned and practiced with my therapist at Wellspring Counseling four years ago continue to make transformational impacts on my life today.

As I bring these thoughts to a close, I emphasize the societal need for the transparent teaching, modeling, and practice of safe and varied entry points for adopting a threefold practice of experiencing, acknowledging, and releasing the complex experiences that can trigger old wounds and birth new ones, whether our conscious or subconscious mind is aware. I am neither a clinician, nor an expert on trauma. However, I am a conflict resolution practitioner and a trauma survivor; I carry my lived experiences of authoring and reauthoring how I make meaning out of them—my perspective adds value to the dialogue.

Wellspring's Response to the Surfside Tragedy:

Thanks to the support of generous donors through the National Christian Foundation of South Florida, Wellspring's Disaster Emotional Relief (DER) Program stepped up to provide emotional support to those who experienced trauma or suffered loss in the Champlain Towers Collapse in Surfside in June, 2021. Wellspring has provided, and continues to provide, the following services for free:

- Individual therapy
- Trauma training for community caretakers of the traumatized
- Restore Resilience Retreat for those who lost loved ones in the collapse
- Therapy support for youth affected by the tragedy



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(Article continued from page 13)

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Wellspring's Personal Experience of the Surfside Tragedy

In addition to helping others affected by the Surfside tragedy, Wellspring staff also felt traumatized by the event. Wellspring therapist, Angela Gonzales, and her daughter Deven were injured survivors of the collapse as well as victims of having lost their home and husband/father. Nicole Alfonzo-Velez, LMHC, Director of Wellspring's Bounce program for traumatized youth tells of her experience.

"Angela teaches with me in the Bounce program. She is an awesome trauma teacher, and the kids love her animated explanations. We were in the middle of Bounce when Angela did not show up on the morning of July 24 to teach our youth at 9am. We tried to reach her, and I feared it was her building. Through the local news, we quickly learned that the collapse was actually Angela's building. We were all in shock and worried about our friend and colleague. Despite our own worst fears, we supported each other and rallied for our Bounce kids. Within 20 minutes of realizing the disaster, I stepped up to teach, small group leaders led the youth through a full day of programming, and our tech support focused and succeeded at making it all happen. Part way through the day, we heard the good news that she was alive, but severely injured. I couldn't believe how amazing our Bounce team was at managing their emotions and working through it. I think it demonstrates how powerful it is to understand the effects of trauma and to help yourself when you are experiencing it. The following week, we had an outside therapist lead all of us in our own therapeutic debrief of the experience. The work we do really does work!"





Wellspring provides mental health counseling and education which is practical to apply, based on science, and biblically founded.

COUNSELING SERVICES:

- Professional Licenses
 - Evidence-Based Modalities
 - Multiple Languages
- Formats: In person ~ Virtual ~
- Ongoing or Intensive
 - Experiential



PROGRAM SERVICES:

- Bounce Back – traumatized youth
- Restore Resilience Retreat – traumatized adults
- Disaster Emotional Relief (DER) – traumatized groups
- Consultation & services for organizations



MENTAL HEALTH EDUCATION:

- Education to the community
 - Radio shows, podcasts, & YouTube
 - Website blogs & resources
 - Social Media content
 - Newsletter & magazine content
 - Produced education
- Live seminars & retreats
- Training for leaders and organizations





HOW WE HELP OUR CLIENTS PAY FOR THEIR SERVICES

Wellspring is fulfilling its mission of restoring hearts and minds through the generosity of grants from community foundations and donor collaborations. Locking arms with these generous organizations makes mental health more accessible and the ripple effect is far-reaching, especially in South Florida.

One of the missions of Wellspring is to make its services financially accessible for clients. We believe that it is important for clients to pay something for their counseling, programs or workshops, so that they are fully invested in their own mental health efforts. But when clients can't afford the fees, we work hard to a find way to help them get services. In order to do this, we do the following:

Apply for Grants – We have acquired financial need-based grants in communities such as with the Ocean Reef Community Foundation, Key Biscayne Foundation, and the Coral Gables Community Foundation. We also apply for grants for specific programs or populations such as our Miami-Dade County Grant for our Bounce program for traumatized youth and the Glasson Foundation for foster care youth.



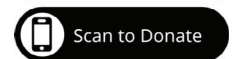
Host Fundraising Events – Wellspring participates in Give Miami Day and hosts a fall Friendsgiving event, in order to provide Wellspring funded financial aid to those who apply.

Facilitate Sponsorships – Family members, churches, organizations and corporations often sponsor therapy for their own constituents. Wellspring works to make this process easy for sponsors.



Discount Fees – Wellspring has its own Financial Aid Fund from which we provide discounts to clients who demonstrate financial needs. We consider this to be our biblical tithe, and it is budgeted to be equivalent to at least 10% of our total revenue each year.

Solicit Individual Donors – We have a mid and end-of-year donor campaign and share our vision and successes with individual donors as much as possible.



Wellspring Measures "Transformed Lives"

Wellspring's mission is to transform lives. How do we do that? And, how do we measure transformation?

First, we affect change by using **evidence-based tools** for therapy. Meaning, these tools have been proven through research studies to bring about significant change in the problem areas being addressed. Techniques such as Cognitive Behavioral Therapy, EMDR, Gottman Marital Therapy and Motivational Interviewing are examples of such techniques.

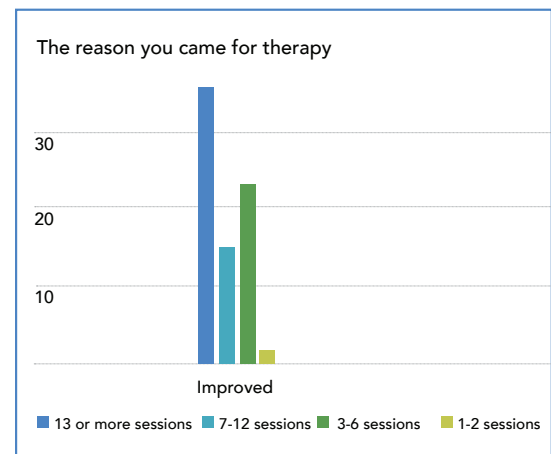
We also **measure the results** of our own programs and our clients' progress. For instance, our Bounce and Restore programs have shown reductions of PTSD symptoms of 27% or more.

What transformation looks like

Question to clients: Rate your progress in the following areas since coming to therapy:	% that rated "Improved"
The reason you came to therapy	89%
Your ability to manage your emotions	89%
Your relationship with your family or significant other	79%
Physical health or self-care	76%
Your stress reduction and life management skills	85%
The overall quality of your mental health today	91%

* Results from client self-report survey, first quarter of 2021.

Improvement correlates to number of sessions:



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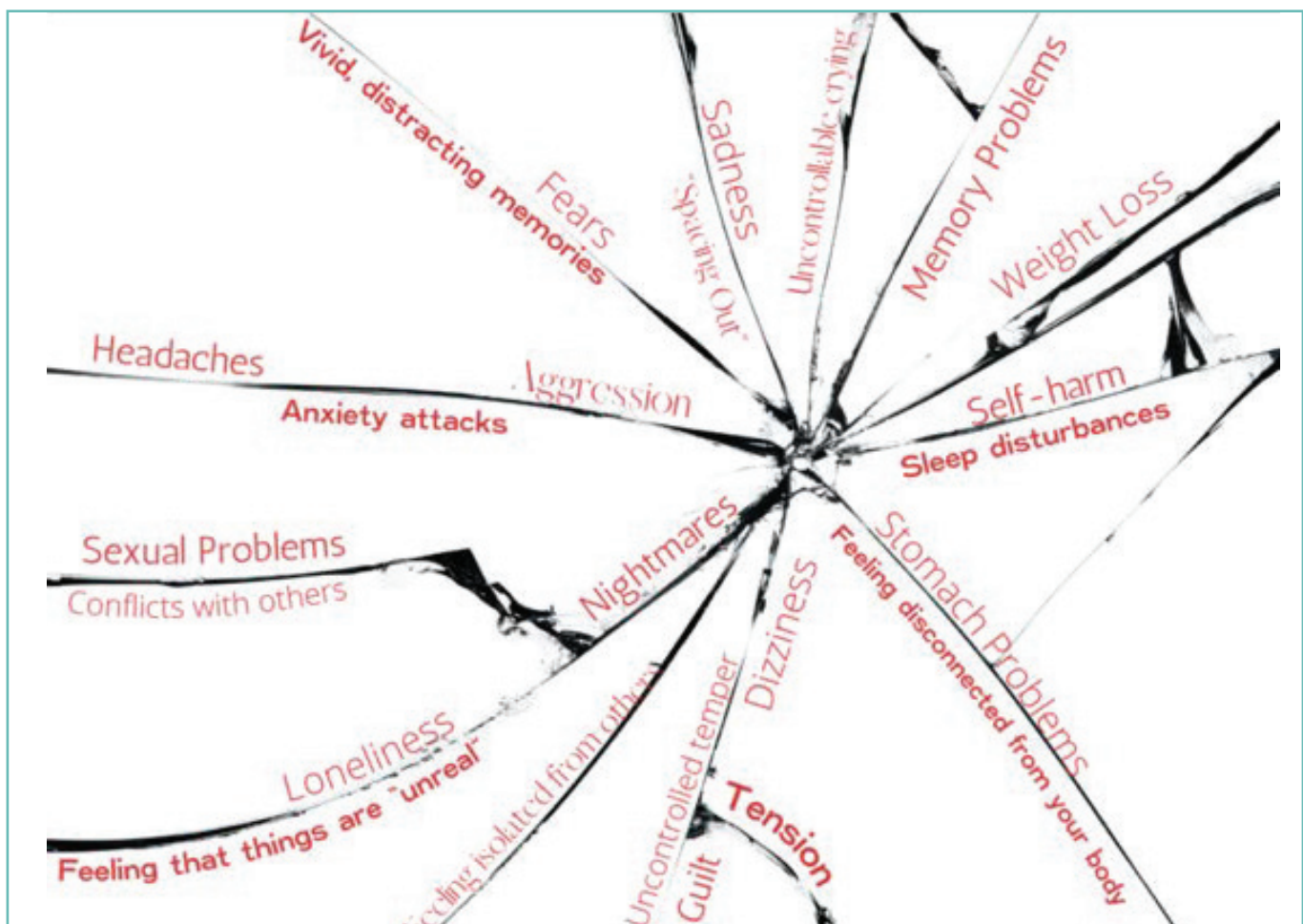
TRAUMA

A Curable Illness ?

We all know that bad things happen in life. Our parents warn us, and we expect that some things will go wrong. Our cars break down, our parties get rained out, friends betray us, we struggle in relationships, and so on. But most of us are quite optimistic that really bad things, like what others experience, will never happen to us. When they do, we are taken by surprise, maybe even shocked, and the world as we knew it suddenly seems unreal and unsafe.

Traumatic events are unexpected, dangerous to our very being or way of life, and out of our control. They dismantle our worldview and rock our core securities. Traumatic events are very bad things that happen to us during which our bodies help us to survive by calling forth the most extreme tactics of the God-given human Stress Response¹ - flight, fight or freeze. The Stress Response also causes many physiological reactions in our bodies, including changes in how we store the memory of the event in our brain. Because of this, traumatic memories usually need to be resolved using different techniques than whatever typically helps us to "get over" things.

Trauma Symptoms




The aftermath of the stress response to survive trauma has normal symptoms which can be very distressing and can last for weeks. Experiencing trauma symptoms can be like having a strange physical ailment with unexplainable symptoms. Understanding what is happening in your mind and body is the start to feeling in control again and knowing what steps to take to return to normal. Without this knowledge, you may feel out of control, crazy, or afraid.


Without healthy resolution, trauma symptoms can turn into PTSD (Post-Traumatic Stress Disorder)². PTSD includes many possible symptoms which cluster around having persistent fear of danger (hyper-arousal), indelible imprints of the traumatic moment that intrude upon your life (intrusion), and a numbing and withdrawal from reminders of the event or daily activities (called constriction).

In counseling, many presenting problems are either rooted in trauma or made more complicated by traumatic events which affect people's worldview and behavior patterns. Left untreated, trauma can have devastating life-long effects.³ But there is hope, and there is help. Trauma is curable, and Post-Traumatic Growth (PTG)⁴ instead of PTSD is possible! Wellspring specializes in the resolution of trauma and has skill sets in various trauma-specific therapies, such as EMDR⁵, as well as some experiential therapies. We also have an intensive trauma resolution program for youth, called *Bounce!*, and one for adults, called *Restore Resilience Retreat*.

If you or someone you care for has experienced trauma, consider learning more about how trauma works in the brain, and discover the various paths to recovery.



- About 8 million adults in the US have PTSD during a given year.
- About 60% of men will experience at least one trauma in their lives, and 4% develop PTSD.
- About 50% of women experience at least one trauma in their lives, and 10% develop PTSD.



Treating Trauma

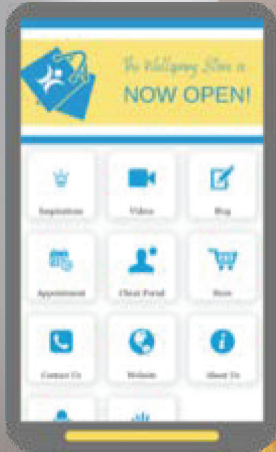
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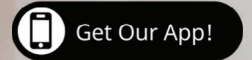
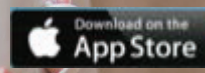
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