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COUNSELING HEADLINES

Finding Strength in Sensitivity



Counseling Today

"Why are you so sensitive? What's wrong with you? Why are you reacting that way?" While people with sensory processing sensitivity may be on the receiving end of comments like these, nothing is actually wrong with them.

Highly sensitive people are often misunderstood and frequently misdiagnosed, but in a supportive and validating counseling environment, they can frequently tap into their many strengths. [READ MORE](#)

Advice for the Highly Sensitive Therapist



CT Online

Because highly sensitive people process more deeply, counselors with this trait may have difficulty leaving work at work. [Highly sensitive therapists have to recognize their stress points](#) and the environments that aren't conducive to their temperament because it's not good for them or their clients.

Even though highly sensitive therapists have particular needs that must be addressed to avoid burnout, they also bring unique gifts to therapeutic sessions. [READ MORE](#)

Broaching a Difficult Subject With Your Child: SUICIDE

ACA Member Blog



There are few things as difficult and terrifying to a parent as the idea that your child at some point may commit suicide. And when something is frightening, we have a tendency avoid it. However, when it comes to suicide, it is imperative on us as parents to [confront the realities of suicide](#) and the importance of reducing the stigma of mental health and wellness in general. [READ MORE](#)

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Life Satisfaction in Older Adults After the Death of a Spouse



ACA Publications

When your partner dies, your world changes monumentally and widowhood is a major source of chronic stress that often leaves people vulnerable to depression, anxiety and reduced life expectancy. [A study published in the October issue of ADULTSPAN Journal suggests that age, gender and participation in leisure activities play roles in life satisfaction and how widowed older adults adjust to their loss.](#) The author, Marcela Kepic, found that there is a positive relationship between greater life satisfaction and participation in physical activities and that being female is correlated with lower levels of deterioration in life satisfaction after the death of a spouse. In addition, counseling and support groups can help older people cope with adversities in later life and promote sustained well-being and successful aging. [READ MORE](#)

Note. Full-text content from *ADULTSPAN Journal* is free to Association for Adult Development and Aging members by logging into the [ACA website](#), and available on a pay-per-view basis to nonmembers.

Tools for Navigating Worry and Anxiety in the Workplace

Forbes

We all worry sometimes. It's natural to worry about a granted loan, an upcoming business venture, a new technology or a job interview. At times, that worry might even help you achieve the desired outcome and find better solutions to a problem. But what if that worry becomes anxiety and disrupts your work performance, quality of work and interpersonal relationships? The National Alliance on Mental Illness estimated that nearly 20% of adults in the U.S. have an anxiety disorder. That's why it's critical to discuss anxiety in the workplace. [READ MORE](#)

How to Care for Yourself When Dealing With Difficult People

PsychCentral

Whether we are born into families with difficult people, or enter into relationships with them as friends, coworkers, partners, etcetera, it can be challenging to know how to best respond to someone who is emotionally unwell. In order to do so effectively, it is paramount that we understand that the behaviors that are being presented are not our fault, develop firm and clear boundaries about what we will and will not tolerate, and practice asserting ourselves confidently and consistently. [READ MORE](#)

Arizona Schools Are Requesting More Counselors and Social Workers Than Officers

The Arizona Republic

Requests for school counselors and social workers made up nearly 75% of asks by school districts and charter schools seeking state funding through the school safety grant program. The schools are vying for \$20 million allocated by Gov. Doug Ducey and the state Legislature. The grant pays for school resource officers, guidance counselors or social workers. [READ MORE](#)

Are Well-Being Practitioners Burning Themselves Out?

Psychology Today

While it is often said that doctors make the worst patients, might it also be true that well-being practitioners — those of us who research and teach others how to improve their well-being — are the people least likely to be taking care of themselves? [READ MORE](#)

7 Little Ways to Deal With the Emotional Roller Coaster That Is College

SELF

College, in general, can be a baffling emotional roller coaster, but these years also hold so much opportunity for exploring, accepting and loving who you are and where you're headed — even when it doesn't feel like it. To help you through those moments, here's a list of seemingly small things you can do to feel a little better when you're in school. [READ MORE](#)

The Hidden Abuse That Can Hurt Your Mental Health: Gaslighting

Today

Domestic abuse is a leading problem in American homes and it can take many different

forms. When the abuse leaves no physical marks, outsiders may not recognize when all is not well, and the abused person can find it challenging to translate what's happening. "Gaslighting" — a term that became popular after the 1944 movie "Gaslight," in which a husband slowly makes his wife think she's going crazy through a long game of deceptions — is an insidious form of psychological abuse. [READ MORE](#)

Closing the Research-Practice Gap in Eating Disorders

Psychiatric Times

Eating disorders affect individuals from every socioeconomic status, race, ethnicity and gender, with approximately 10% of the population affected by an ED at some point in their lifetime. EDs are associated with high medical and psychiatric comorbidity, poor quality of life, and high mortality, and mortality from anorexia nervosa is the highest of all mental disorders. Fortunately, there are a number of evidence-based psychological treatment approaches for EDs. [READ MORE](#)

Sadfishing: Social Media Trend Threatens Teenagers' Mental Health, Report Warns

The Independent

A new social media trend called "sadfishing" is threatening teenagers' mental health, report finds. Youngsters facing genuine distress who seek support online are being accused of jumping onto the same publicity bandwagon as celebrities, according to research commissioned by headteachers. "Sadfishing" has been used to describe when someone posts about an emotional problem in an attempt to attract attention, sympathy or hook an audience. [READ MORE](#)

Some Mental Health Professionals Find It Hard to Seek Help — and Can Suffer From Even Greater Stigma

Market Watch

People who have dedicated their professional lives to helping others don't always seek out the help they need themselves. In that respect, experts say, they're not so different from the average person. People who have the tools to help others suffering from emotional pain aren't immune to feeling such pain themselves, Jennifer Wright-Berryman, a suicide expert and assistant professor of social work at the University of Cincinnati, told MarketWatch. [READ MORE](#)

Self-Care Isn't Selfish or Superficial

Psychology Today

Self-care might at first strike one as another pop-psychology buzzword in light of this Age of Anxiety, where burnout is being called the "new normal." However, science reveals the critical nature of it. Self-care is a regular, intentional process of devoting oneself to protecting and sustaining mental health. It is backed by science and not just feel good, self-indulgent sentiments. [READ MORE](#)

What If Genetic Testing Could Alert You to Future Addiction to Opioids?

USA Today

What if there was a genetic test that could determine whether certain people were more likely to develop opioid use disorder? That's the goal of a year-plus study that the University of Cincinnati and Ohio State University will launch in January 2020 — the most comprehensive look into how our genetic makeup might affect addiction. [READ MORE](#)



The Impact of the Digital Age on Suicide Prevention

PsychCentral

According to a 2018 report, the average American now spends nearly 24 hours a week online, which is not very surprising considering we are almost always in reach of a computer, phone or tablet. Immediate access to the internet has brought both positive and negative impacts. Similarly, access to social media has complicated society's effort to root out and end bullying. [READ MORE](#)



Which Comes First: Smartphone Dependency or Depression?

Science Daily

A growing body of research has identified a link between smartphone dependency and symptoms of depression and loneliness. However, it's been unclear whether reliance on smartphones precedes those symptoms, or whether the reverse is true: that depressed or lonely people are more likely to become dependent on their phones. [READ MORE](#)



Better Together: Difficulty Integrating the Senses in Anxiety Disorders

Technology Networks

The way that we feel has the power to change the way that we perceive the world. Our sensory perceptions do not reveal the world as it really is, rather they allow us to construct our own personal version of "reality." The way that we construct this reality is affected by our biology, our emotional state and even our past experiences. Individuals with anxiety disorders are hypersensitive to threat, and so their "realities" can look a lot scarier than other people's. [READ MORE](#)