

RESOURCES OFFERED BY THE NORTH TEXAS CONFERENCE CART TEAM DURING COVID-19

COUNSELING RESOURCES FOR REDUCED FEE OR FREE

COUNSELING FOR ANYONE (CLERGY OR LAITY)

Carolyn Maurer and the Wellspring Counseling Center at First UMC Plano

Counselors are offering HIPAA-compliant telehealth sessions currently. Fees are on a sliding scale (\$10 to \$100 per session) BUT no one will be turned away for lack of being able to pay. Folks can leave a message and Carolyn will return their call within 24 hours to assess need and match the counselor most able to help.

972-433-4506, ext 155

Kathy Keith, licensed psychologist on the CART Team

Available by phone or video

KathyWKeith@outlook.com

RESOURCES FOR HEALTHY PRACTICES

Webinar-Leadership and Psychology of Crisis- Free 90 minute webinar with very helpful psychological education on crisis and practical steps for leaders by Dr. Henry Cloud

Podcast- Emma McAdam

Apps - “Yoga Studio: Mind & Body” and “Waking Up” with Sam Harris

Further Advice from the therapists on the team:

No more than one hour of news daily. Either by television or social media. More than this has been proven to greatly increase anxiety and depression. Engage in other activities such as reading, puzzles, games, gardening, spring cleaning, walking, playing with pets, finding and preparing a new recipe in a cookbook, dancing to favorite music, a country drive, ways to safely give or minister to others, etc.

Rev. Dr. Marsha Middleton on the CART Team who has extensive training in crisis response and police chaplaincy is offering to clergy and clergy candidates 30 minute sessions by Zoom with follow ups as needed.

She may be contacted at middleton@ntcumc.org

READING RESOURCES FOR DEALING WITH QUARANTINE RELATED ISSUES (HEALTHY COMMUNICATION, HELPING CHILDREN AND TEENS, AND SELF CARE)

Talking It Out A Guide to Effective Communication and Problem Solving by Joseph M. Strahorn Jr.

How to Talk so Kids Will Listen and Listen so Kids Will Talk by Adele and Mazlish Faber

Feeling Good: The New Mood Therapy and **Ten Days to Self-Esteem: The Leaders Manual.** by Dr. David D. Burns.

Boundaries and Boundaries for Teens, by McCloud and Townsend. I have had people reach out with that same question.

Romancing the Ordinary by Sarah Ban Breathnach

Unafraid by Adam Hamilton

The Power of Pause or Sanctuary by Terry Hershey

The Art of Comforting by Val Walker

Everything Happens for a Reason by Mira Kirshenbaum

Recommended reading for elementary-age children:

Life's Not Always Fair: A Child's Guide to Managing Emotions by Sharon Scott

Recommended reading for couples:

The Seven Principles for Making Marriage Work by John Gottman, Ph.D.