

MY MOMENT

OUR MOMENTUM

FROM KIM, MOCSA THERAPIST

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I can't help but notice that, even in these moments of uncertainty and challenges, healing is happening. Sometimes these moments of healing and growth are clear and obvious, like when clients show up for themselves in ways they hadn't before by intentionally engaging in activities that nurture them. Or by creating and maintaining healthy boundaries with family/friends when in the past that was hard to do. Some clients are not only showing up for themselves, but for others too, by sharing resources and coping skills they've learned in therapy with those also experiencing a difficult time.

Other times the shifts are a little more subtle, like hearing clients name their emotions, reflect on their current experiences with self-compassion, or no longer process challenges with black or white, all-or-nothing thinking patterns, but in more adaptive and validating ways.

Lastly, it's been really cool to know that even though we are separated by physical distance we can still connect with others (and ourselves) through this wild (and often times difficult) shared experience, embracing our humanness in whatever ways it shows up!

MOCSA

Metropolitan Organization to Counter Sexual Assault