

Podcast Guest (Gemma Escala) (2023-01-09 17:14 GMT-8) - Transcript

Attendees

Barcelona Counseling, Dr. Tara Sanderson

Transcript

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Dr. Tara Sanderson: Hi everybody, and thank you for joining us today. Today, we're going to be talking with Gemma. Escalade Gemma is an LPC and the owner and founder of Barcelona Counseling. She started Barcelona counseling out of a passion for working with the Latinx in Spanish populations especially populations who needed therapy in their own language. And I think that is so important that we provide that space for people, whether it's their own language, their culture or just a space where they feel safe and comfortable, and it is so exciting to not only see that in the therapy space but also in that supervision space and how we support clinicians who are wanting to grow in that way as well. Before the interview Gemma had mentioned that there were times she was noticing, she was working on, like Sundays, right to to try and meet the need of her population, and that was a big factor in like gosh, you can't just be me doing this work. I've got to bring some more people, and I've got to bring people on to

Dr. Tara Sanderson: Support those populations as well. So, thank you so much for joining us Gemma. I can't wait to learn about everything that you have got going on.

Barcelona Counseling: Thank you so much. Thanks for having me. I'm really honored. I'm very happy to be here. Thank you for providing that space. Appreciate

Dr. Tara Sanderson: Absolutely. Absolutely. Well, as you know, we get started with a random question for our guests. And our question today is, if you could spend the day with anyone living or not, who would it be?

Barcelona Counseling: For me, it would be my parents just because they are far, they're still back in Spain and I don't get to enjoy them as much as I would like to. So even though I travel and I visit, I would love their, their still alive, they're healthy, but they're getting older. Like, I am also getting old. So, definitely, I would love to spend a day with them. Yeah.

Dr. Tara Sanderson: Yeah. Oh, I don't doubt it. There is something really magical about being able to travel and see them and do those pieces, but then it gets I feel like it gets harder and harder to leave. Sometimes especially as our parents age to to leave and go oh you know it's gonna be another six months a year. However long it is in between trips to to like it to see you again in person because as much as I love the digital world of being able to pop on or use the telephone or do whatever to see them, Yeah, it's not quite the same as being able to like, give them a hug or, you know, walk along the street with them or hear them laugh at something, silly, but just like happened in the moment, right?

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Barcelona Counseling: Yeah, definitely like of course, we do keep on untouchable videos but it's not the same. I just want to Sit on the table with them and have long chats. Go for walks and kind of like spend a lot of quantity and quality time is if possible so definitely definitely. Yeah.

Dr. Tara Sanderson: Yeah. Yeah, that's beautiful. Well, we we got connected through the organ Group, Practice Owners group, one of our famous long names for things the more we try to be specific. I think sometimes a longer our names get, but I, I get excited about people who are trying to share their knowledge and their passion with other folks. So tell me a little bit about your practice, tell me a little bit about who else who all is there? How many folks, you supervise or where you're at? And then we'll kind of just roll with how our conversation goes.

Barcelona Counseling: Yeah, it sounds awesome. So yeah. Um, Barcelona Counseling was founded by me many years ago but it was only me of course, for tax purposes and business and liability. I created an LLC and I am so in love with my city Barcelona and I was thinking I should keep my business. The name of a place that anytime I think about it or I'm traveling. What I'm there. I feel at home

Dr. Tara Sanderson: Yes.

Barcelona Counseling: So and and I know it's also internationally known but I was more like for me like Oh this is the perfect name for my business and I created Barcelona counseling many years ago but of course as you get into the intricates of insurance and you know about contracts and you can when I was aware in summary that I could hire people and I could grow because that took me a while to learn all that. Right. As a private practice,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: I was like, Oh wait a minute, there is a group contract. I need help. I definitely want to bring people on because There is, I mean, there is not that many bilingual by cultural services, especially bilingual Spanish speaking.

Dr. Tara Sanderson: Absolutely.

Barcelona Counseling: So, I would find myself trying to, you know, putting as many people as I could, who are Spanish speaking, because I know how difficult it is. to survive to adjust to be an immigrant to have your family far away, and to have mental health, Either past drama or current or relationship issues are real issues with your ketos and not having services to to help you cope or find solutions on those matters. So, I finally was able to get that group contract. and since then, I've been

Barcelona Counseling: Hunting bilingual providers and I'm able to find them which I'm very lucky. And yeah, I think it's a it's a team of seven of us and five of us are bilingual by cultural. So I've been providing also supervision for but the bilingual community and I think it's It's been a very, it's been a very nurturing experience for me as well. Because what I'm giving I'm also receiving like we I'm you...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: I'm able to relate to them, to the language, to their culture, they're able to relate as well. And also, we both really to the clients that we serve. So it's definitely a very nurturing and powerful experience.

Dr. Tara Sanderson: Yeah, yeah, I imagine that that the supervisees feeling seen as well, right? Like that,...

Barcelona Counseling: Hmm.

Dr. Tara Sanderson: that makes such a huge difference in their boosting their confidence in in helping everybody that they're able to help as well.

Barcelona Counseling: Right. Because there are a lot of things that are, there is a lot of unspoken languages about culture, right? Sometimes a gesture in a culture,...

Dr. Tara Sanderson: Okay.

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Barcelona Counseling: we can understand each other. What that means, right? If I roll my eyes, this is international. You, you know exactly what I'm meaning by rolling my eyes,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: right? So there are situations where supervises associates, maybe they didn't fail, they don't feel understood. In the past but having that cultural similarity connection helps them to feel more understood. And why are they doing what they're doing? And also, like, if there is any country transference, and why is that as cultural factor it is, so you really can go a lot in depth about who they are. Or as their culture carries with them and with the interventions that they're doing with clients with the same words, different culture, right? So I definitely and...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: and then also like even though we're all Spanish speaking, we we all from different countries, right? So of course, we have that connection language brings a strong connection and it's also fun to learn about different countries, doing different things, or using different slang sometimes.

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: So, even though we are all Kind of from different countries. we carry that underlying culture and language that brought us together that helps to create kind of like that easier to attachment or...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: connection I should say attachment

Dr. Tara Sanderson: Yeah. Absolutely. And I feel like that ripple effect down to the clients becomes very, a very powerful. I would feel because it's not just, you know, a single Spanish speaker in an office. It is a culture of Spanish speakers in that office that really creates this feel for the clients to know that that they are really cared for and that this was sought out purposefully

Barcelona Counseling: Oh, absolutely, um, services at Barcelona counseling. A start when you reach Barcelona counseling, we have office and intake coordinator who is bilingual by cultural, who will also appropriately, culturally appropriate, rich out to you or respond to you. So at the moment that the community reaches out to us, there is somebody who can help you navigate the intake process for

communities that they might not be as familiar with doing intakes online. Or maybe they're not as familiar,...

Dr. Tara Sanderson: Uh-huh.

Barcelona Counseling: excuse me, breathing paperwork in Spanish because they come from more than native community on the on this Central and South America. So we try to as much as we can to build up that. So at the moment somebody reaches out that they feel like okay we we kind of got you here we or...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: if we don't we really try and we really understand that that your culture might be different and we want to make sure that that you feel kind of like very well understood understanding is very important feeling. Understood is very important.

Dr. Tara Sanderson: That that being understood from moment one.

Barcelona Counseling: Well, I think that this is a, it's like a, it's what I was saying about the Unspoken or a language that you have because you are part of that culture, right? But of course,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: like we do look at the lenses of culture and how trauma affect culture. And for example, how people respond differently to trauma, right? And also, like the access to services or access to, to resources people. Who only speak Spanish, they might have a difficulty for example, understanding.

Barcelona Counseling: Let me think of an example. Like, Maybe they don't know that there is such a thing as iep for their kids in a school. They never heard about it, they don't know either exists. They're struggling with their keto, right? The difference between somebody...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: who is from here and knows about the IEPs or somebody who speaks in English can communicate with the school counseling, or with a from desk and be like, What can I do about my keto having issues. But if you don't have the language, most likely, unless somebody from desk is there, you're not gonna approach because I know that we can provide with people...

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Dr. Tara Sanderson: Right.

Barcelona Counseling: who can translate I know. But if you need to approach and nobody's gonna understand and it's gonna create well wait, we need to coordinate with somebody. We need to find somebody who speaks your language, right there. It's kind of like you Even want to bother like you don't even want to be going that way.

Dr. Tara Sanderson: Yeah. Yeah, it feels like barrier after barrier.

Barcelona Counseling: Yes. Yeah.

Dr. Tara Sanderson: And I know that for me as a just as a human, I tend to be a little bit on the side of. I don't want to make a fuss. Um, right.

Barcelona Counseling: Yes.

Dr. Tara Sanderson: So then we add just that human feeling of not wanting to take up too much space and not wanting to make a fuss on top of these barriers on top of the language. And I can imagine why a ton of people would just be like, the never mind, you know,...

Barcelona Counseling: Yes.

Dr. Tara Sanderson: I just, let me just, let me just back away from all of this work and all of this situation.

Barcelona Counseling: Right? And, and plus adding to that, I think I agree very much and adding to that being an immigrant in America and and not speaking the language and even if you speak the language I can, sometimes I can speak a little bit for my experience like sometimes. It is on the back of your head that you are an immigrant that you are not from here.

Barcelona Counseling: Even though if you're full citizen, I'm a full citizen. And I speak English. And my accent is like I just came to the US yesterday after being here over 23 years and I still it's very interesting. It's like the same way we carry like that past drama or that past genetics. I'm still here on the back of my mind. I know that some people is gonna have difficulties with my accent or they're not gonna like it. And I still think like, Oh, I'm not really an American which I am right because I have my passport...

Dr. Tara Sanderson: You.

Barcelona Counseling: but I'm not really an American, right? I wasn't born here. So you carry that on the back of your head. So you may think Probably like, like, not from your conscious mind. Like, maybe your access of services are not as easy as others,...

Dr. Tara Sanderson: You.

Barcelona Counseling: or maybe you shouldn't even complain because they might complain about you back,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: you know. So you kind of carry a little bit of that. On always on you. And then you kind of have to have a conscious mind sometimes to say. Now, wait a minute. America is actually a democracy, there is services for everybody. Most likely people will try to help me. Most likely people will try to get services for me, usually, that's the case. Right there is,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: there is all type of services and situations, not everybody and maybe not every state, but in Oregon, most likely you would be taken care of Most likely mostly.

Dr. Tara Sanderson: Yeah. It's that holding two things. At the same time. This feels so real. And so true. And I know this is true, but I will most likely get everything that I need. And it's just, it's hard to hold both of those things at the same time.

Barcelona Counseling: Exactly. So so this is a little bit, the lenses. I know, I went off a little bit of your question but I just I just remember it.

Dr. Tara Sanderson: No worries.

Barcelona Counseling: So it's a little bit of how we like, how trying when I do supervision and I'm very aware of that. And I'm very aware of it not only for the supervisees because they might experience those similarities as well. But also for the, for the, for the clients,...

Dr. Tara Sanderson: For her.

Barcelona Counseling: so right there, this is a language that we don't I don't need to explain that to them and they don't need the supervisor is gonna need to explain that to me,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: we know that So when somebody comes with a case, for example and says, Well the mothers having a lot of issues at the kid might need an IEP. We know that that mother does know anything about IEP, most likely and...

Dr. Tara Sanderson: Hopefully.

Barcelona Counseling: we will need to help her to, to say, Hey, do you know that there is such a thing? Do you know that the school can provide you with an interpreter if you cannot communicate to them. So there is already that knowledge that it's on the base.

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: That I think it helps everybody.

Dr. Tara Sanderson: Yeah, absolutely. And I think that's the power of the, of a bilingual by cultural community that is supporting all of these clients is because you do have all of that internal personal knowledge as well as the training and support, right? Like they're probably been times that you've had to remind people like, Oh, maybe Mom doesn't know about this or, You know, where what have you asked for about what resources, they have and reminded them of some things because there's training that always has to happen, We can't always assume everything. But I do think that that element of there being such a deeply seated by cultural and bilingual community in that space gives gives such an opportunity for clients to truly, get the needs met that they need met both in the therapy office and supporting around their therapy experience, because I actually don't know your theoretical orientation, but I assume that there's a lot of systems involved.

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Barcelona Counseling: I'm absolutely.

Dr. Tara Sanderson: Just because of the

Dr. Tara Sanderson: A cultural dynamic, right?

Barcelona Counseling: Absolutely. I mean culturally also for us is very appropriate to be kind of systems and family oriented. So I always say There is no better. There is no better startup B than family and friends

therapy. Like like That's I think that's my my culture speaking, right? Like you wanna, you have a bad day, you connect with your people and you're you feel better at the end of the day and...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: that can happen with many cultures, but it is very strong on the Hispanic culture. So, and then what I wanted to add about this is like Associates supervisees. They also seek to work at Barcelona counseling because they do want to work with, with their population, they want to connect. It is actually Different when you work with people from your culture than when you work from people, from you different culture, I'm sure that maybe you have experienced that right, like, when somebody from a different culture, you kind of feel as a provider it's like, wait a minute. That is the. Right.

Dr. Tara Sanderson: Yeah, we have to find my bearings and like, oh wait a second on my side and I'm sure on the client side, too.

Barcelona Counseling: Right. It's like, Okay, that is this big elephant here. That is,...

Dr. Tara Sanderson: oh,

Barcelona Counseling: we are from different cultures. So, how? And sometimes, that doesn't mean there has to be a barrier. But definitely needs to be acknowledged. because what's very normal to,...

Dr. Tara Sanderson: Yeah. Yeah.

Barcelona Counseling: you may not be very normal to the other person and vice versa, so

Dr. Tara Sanderson: Absolutely. Absolutely. What are some other maybe, as you're thinking across the supervisors that you've worked with associates and and all of that, what are some of the like themes of of topics that you find yourself kind of going over and over again with your supervises?

Barcelona Counseling: Well, that's an interesting. I think the most that I go over and over is maybe it's not as much as culturally related but mostly like Providing writing, progress notes and assessments that are yeah that proof medical necessity that that it's consistent achieve of complaint with with diagnosis and treatment goals. I think I do go over a lot of that. for some...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: I think that maybe our education can relax of That training so people really don't know like and also like it's very easy. when you do an assessment and you don't have the practice of writing it down, You don't want assessment. You have information in your head that you don't put down because when I talk to them I'm like, I'm sure you have that information on your head,...

Dr. Tara Sanderson: You.

Barcelona Counseling: but you didn't write it down. So it does not prove medical necessity and they're like,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: Yeah, yeah, I do have it as like, okay? Well right, it down. So, that's something that happens quite often.

Dr. Tara Sanderson: Yeah, I think that that feels universal across all supervision supervisors,...

Barcelona Counseling: Yeah.

Dr. Tara Sanderson: right? That one of the things that we all struggle with is helping supervisees, feel confident about their paperwork, and feel good about what they're writing down. And and there's a part of me that wonders. I think you're 100% right, that they don't get enough training in school. That what the school is expecting is that they're getting training in their practicum sites, or in their internship sites, right? And that those people are supposed to be navigating that But they we don't, you know, we try our best and we try and teach what we can. But then I think that there's also this really funky exterior practice feature of people.

Dr. Tara Sanderson: Having a lot of fear around these notes fear that they're gonna get audited and...

Barcelona Counseling: Yes.

Dr. Tara Sanderson: that people are gonna take money back or that they're gonna cost money to their business or, or that they're gonna get pulled into court and some some lawyers just gonna rip them apart. And it's so fear-based too. So you've got one hand, lack of training, other hand, someone's going to come read these and rip you to shreds. I can't imagine being a poor supervisie, like that would be debilitating to want to write a note at all.

Barcelona Counseling: I know. Yeah, and and this is why I usually like try to go about it very like, into a Compassionate way and understanding that. There's just everybody's doing their best here. Like nobody is trying to write sloppy nodes or anything like that, and I have to say like nobody really writes a Slappy notes. It's just that, that is that specific insurance base, You...

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Dr. Tara Sanderson: Yeah.

Barcelona Counseling: it's something very specific. So, yeah. So that's something I come across quite often. Yeah.

Dr. Tara Sanderson: Absolutely. I try and talk a lot about like thinking about it from an ethical perspective of...

Barcelona Counseling: Yeah.

Dr. Tara Sanderson: where we're really trying to balance this line of putting enough information to justify our work but not putting so much information that we're airing all of their therapy experience to the world, right? If someone else were to come across this note or if it was good to get, you know, subenaed into court. Like we're not, we're not telling every little detail in here, either. Right. We're, we're just giving enough to say, yes, you. You needed to be here, and we did a service to try and treat that. Um, and from our ethical stuff, those notes have to be good enough to be able to, like pass on to another clinician if needed. So, they knew what we were working on or pass on to the client if they wanted to think about their services more, whatever. You know, whatever it may be. So it needs to be good enough. It doesn't need to be

everything and really trying to differentiate that in our mind because I, I don't know about you, but I get a lot of like, super long notes sometimes

Barcelona Counseling: oh,

Dr. Tara Sanderson: Or they just kind of do the like he said, she said they said all throughout the entire thing and you're sitting there going. I feel like I'm just watching the whole session. That's not...

Barcelona Counseling: Yes, what I found very helpful is that I I said I sit down with my supervises and...

Dr. Tara Sanderson: what I need.

Barcelona Counseling: and we kind of like when when those nuts are so long I I do like like a summary of it. So what it happened was this and this and this they're like Yeah. And I'm like do you realize that that's like three sentences? Feel like Oh can I write it like that? Absolutely. The only time you wanted really a specific. If there is like a risk a harm or a suicide or if there is like something very specific intervention that you want to capture but you can summarize what happened. We don't need to be so they don't Even they don't know that they can just summarize. They think that the more you put the better, right? And...

Dr. Tara Sanderson: Yeah. Yeah. It's way too much information to put out there into the world.

Barcelona Counseling: then the reader is getting super bored.

Dr. Tara Sanderson: And I think about that, too. From the perspective of coming through school, they really are taught to like, expand on everything like, Make sure you really make all the connecting points. Have it be really detailed and then they come into our offices and we're like No, no three sentences like Bring it...

Barcelona Counseling: I know, I

Dr. Tara Sanderson: I want the abstract not the document.

Barcelona Counseling: It almost seems like the word of academia and the real world does not match, right? And yeah,...

Dr. Tara Sanderson: Totally.

Barcelona Counseling: very often. So it's always a it's always an interesting process. Yeah.

Dr. Tara Sanderson: Yeah, absolutely. Absolutely. Well, I know that you had some a couple things that you wanted to plug. I would love for you to share a little bit about your practice like where people can find you and all of that stuff. But I think you also wanted to talk about the neurofeedback experience. So take away your time. What working here?

Barcelona Counseling: Yes, thank you so much. I think that thanks for giving me that opportunity. I feel like notify back is such a kind of like not really known yet. I mean it is known but it's not really known. I always say that note of it back is gonna be the two days EMDR. Many years ago,...

Dr. Tara Sanderson: Uh-huh.

Barcelona Counseling: nobody talked about em, Dr. And now, everybody's talking about EMDR everybody.

Dr. Tara Sanderson: I remember the first time in grad school, I think I was nice. I think it was my second year, when EMDR had had a good chunk of research behind it, and people were really starting to jump into the training about it. And I remember sitting there in a class and my professor was like, So tell me what you guys think about EMDR and the first thought in my mind was That is woo. Woo science. I don't know about that sucker. It's not gonna go anywhere. Here, I am 10 years later going. It's so amazing. And so helpful. Look at all this research. Look how people have grown, I completely agree. I think five ten years from now. We're all gonna be like, chomping at the bit at narrow feedback.

Barcelona Counseling: Yes. Yeah, I remembered also in grad school. Like when I took that class there and they were like, Yeah, you do this with the finger left and I was like, Well, that's embarrassing. I would never do that in front of. Like, I'm gonna supposed to hold my finger in front of the client space. I'm definitely not gonna do that. And here I am like I'm not doing it with my finger. I'm using equipment. Right. Thank God for equipment.

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Dr. Tara Sanderson: Yeah.

Barcelona Counseling: Much more comfortable. So but yeah, I think that we and if this is what's very, very lovely about our profession that it evolves that it grows. And that you can just do so many things you can do yoga. And trowel mind from concern, you can, I mean, with a lot of liability issues, maybe on that one, but you can definitely be very creative and,...

Dr. Tara Sanderson: Sure.

Barcelona Counseling: and help people in a very creative and wonderful ways. So never feedback and before I jump into never feedback to put it in my in my business, in, you know, in my practice, I did it myself. Of course, anything that I, we do a Barcelona, I probably done it myself. I rented a never feedback equipment and I did like, I don't know, maybe like 30 sessions here and there separately, you know? And I realized the power the power of this machine. And then I start when some of my clients were really unsettle or ungrounded or too volatile, sometimes to really focus on a session because they are in survival because they dissociate very easily.

Barcelona Counseling: Doing a three session towards recession of neuropathy back. Help them to be more grounded and to able to start the therapeutic session. Even with em VR,...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: so it works wonderful. Wonderful, wonderful with empiric together. So definitely, that's something that I'm looking. A lot of insurance don't pay for neurofipack. So it's a challenge and I hope that one day, there is a grant out there that I can I can provide so I can give a very affordable or even for free for us. Like a part of the treatment like you start with a few sessions of NOTRE feedback and then you're ready to go with EMDR, for example. So that's one of my goals. I'm very passionate about it as well.

Dr. Tara Sanderson: Very cool.

Barcelona Counseling: Especially for the Spanish population. They don't even know what that is or what it, you know. So definitely I want to reach out and...

Dr. Tara Sanderson: oh,

Barcelona Counseling: be able to help everybody of course, but those that are more underserved.

Dr. Tara Sanderson: Yeah, absolutely that is huge and I think that I think that you are spot on of their, we see insurance and not pay for it now because it because they would consider it more like a preventative measure at some stages than a like treatment for.

Barcelona Counseling: Yeah.

Dr. Tara Sanderson: But I do think that like the more we use it the more we document our use of it the more we see those pieces, the more we're going to be able to prove just like EMDR just like all of the other treatments that we use today that this is a meaningful part of the treatment process and it can help make changes when they're really weren't the opportunity to make changes just in traditional talk therapy or doing other types of things that that there is what I really see coming in. The future is a much more integrated part of our brain and body experience of that that element really having to play well together.

Barcelona Counseling: Yes.

Dr. Tara Sanderson: I know that like some of my clients that I have sent to do

Dr. Tara Sanderson: MDR work on top of our work together like we can see incredible gains in that process. Some of my people who've done TMS on top of our therapy work.

Barcelona Counseling: Yes, yes.

Dr. Tara Sanderson: We can see incredible gains sometimes because it really is, there's such a big connection. And they're, you know, the way that we solve how our brain, and our body, do what they're doing is by working on both, right?

Barcelona Counseling: I mean, if you think about it, the brain is everything. That's, that's summarizes everything because if it's in your brain. We should work with the brain. So having modalities that incorporate, that talk therapy is great,...

Dr. Tara Sanderson: It.

Barcelona Counseling: there are many good techniques and approaches that with talk therapy. You can go deep up absolutely and also there are other clients with other. Difficulties and trauma that they need that push to bring the brain and...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: it is it makes such a big difference when you incorporate your feedback and EMDR and I my even go farther like how about like our therapy that's something that I'm maybe not as familiar but like working the other side of the brain has to also do something to you when you are processing information.

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Dr. Tara Sanderson: Absolutely. Absolutely. I do a lot of sand tray therapy in my practice and...

Barcelona Counseling: Yes.

Dr. Tara Sanderson: projective kind of assessment pieces. And one of the reasons that I love them is just because of how it makes people think about things and not as directly and...

Barcelona Counseling: Right.

Dr. Tara Sanderson: in, by doing this, you know, very circular or sometimes, you know, who know...

Barcelona Counseling: Yeah, yes.

Dr. Tara Sanderson: who knows how they got there? Um, you know, way they get to this just really cool spot where there where they look at that, what's happening? And they're like, Oh, I get this. Now, such a different way than the CBT triangle or...

Barcelona Counseling: Yeah. Yeah.

Dr. Tara Sanderson: some of those other things and nothing against the CBT triangle. My therapist did that with me a couple of weeks ago.

Barcelona Counseling: Sure.

Dr. Tara Sanderson: And I was like

Dr. Tara Sanderson: Like, I didn't realize all those things were connected. And I am a therapist, like, I know this stuff...

Barcelona Counseling: Right.

Dr. Tara Sanderson: but sometimes being presented with it in a different way or from a different person just helps tremendously. And and...

Barcelona Counseling: Yeah.

Dr. Tara Sanderson: I love that about doing some of that narrow feedback through your practice and then, you know, experimenting in some of those other ways. And and I think from the supervision standpoint I like the idea of helping our supervisees say Let's get more information right.

Barcelona Counseling: And dry.

Dr. Tara Sanderson: Like when you are presented with this new model or this new thing, How do we go about learning enough about it to decide if it's something we want to try or not, or if it's moving towards evidence-based or if it's some guys just woo-woo book that he put on the Internet. Like we don't know like...

Barcelona Counseling: Yeah.

Dr. Tara Sanderson: how do we research it in a way to make sure we're we're being ethical and responsible to to the new information that's out there.

Barcelona Counseling: Oh, absolutely. Definitely, you want people to make like the best informed consent, ask clients and as supervises, you want them to make that that decision even with never feedback that works more, hmm. Passive may not be the war but it works more like around, like you're not

sitting in a processing. Your trauma, the machine processed, well, your body processes, a trauma, through the feedback of the machine, right?

Dr. Tara Sanderson: Okay.

Barcelona Counseling: So it's very subtle actually and never feedback session feels pretty pleasant. You're just there letting that and letting down with the way to blanket and listening to music and the brain is doing all the work, your body is doing all the work. So for people who are, who have difficulties expressing or talking about the drama, even with the MDR can be a challenge, right? This is a great tool for them because you will get there and sometimes you don't even know that you are. I don't know if we have time for a little anecdote,...

Dr. Tara Sanderson: Sure.

Barcelona Counseling: do we? Okay, so I when I, I rented this neurofiber equipment for two months and I did it for three months, I believe I did it. I was just seeing how I fell. If I was sleeping more sleeping less, if I was less anxious. but one thing that I didn't know was I always been Terrified. To be on the snow. To maybe...

Dr. Tara Sanderson: Oh,

Barcelona Counseling: because I'm from the Mediterranean, I don't know, but I could not. People want to walk. I could walk on this knob but I'd be like, so uncomfortable. And I could never absolutely never drive on the snow. And at the moment that flakes were falling, I would rush to get my daughter from the school, go to the store and kind of gather all the food, like I would act on a kind of kind of crisis mode. I...

Dr. Tara Sanderson: Yeah.

Barcelona Counseling: I don't want to exaggerate but kind of like, okay, getting all the food and getting my daughter. It's just knowing I'm home. I'm safe.

Dr. Tara Sanderson: Yeah. Yeah.

Barcelona Counseling: And I did that for years and years, and years, and years, and years. And one day, I'm driving and I'm going to the office. And it's a status knowing. And I'm looking up. And I look at the snowflakes and I'm like, Oh, this is so beautiful. Look how big those snowflakes are. Wow, this is amazing. Okay, it's gonna snow today, and I'm driving and I get to the office and I get into the office. And I look at the windows. Like, so beautiful snowing. And then I'm like, Wait a minute. I'm not panicking. So what happened here?

Dr. Tara Sanderson: Wow.

Barcelona Counseling: I didn't even know that none of him but process that because I have to give credit to neurofiber because I did nothing else. Like I never went to 30 people at it. I never did anything else. Just did have an intense sessions of neurofiber so I was like Oh, I did have an unfinished business and you would be, but And I didn't even know.

Dr. Tara Sanderson: Helped you. Yeah.

00:40:00

Barcelona Counseling: So a lot of the time When people have done a few sessions of never feedback, they even noticed by noticing, they don't even know what has been worked until they have experience. So, it's a very, very powerful experience.

Dr. Tara Sanderson: That's a amazing. I got goosebumps during that, like, I love that story because I do think that our body is doing so many things behind the scenes and it's it's trying real hard to keep us safe. It's trying really hard to keep us alive. It's doing a lot of work.

Barcelona Counseling: Yes.

Dr. Tara Sanderson: So some of that really focused kind of work to help it regulate and really be grounded and really be kind of focused is important and...

Barcelona Counseling: You do this?

Dr. Tara Sanderson: maybe that's a big elements to that rest versus recharge kind of thing that I think we're all kind of looking for right now. It's

Barcelona Counseling: Right. Right. And and the funniest thing is that I don't, I do not have any drama from this know that I remember, right? I do not.

Dr. Tara Sanderson: Now.

Barcelona Counseling: If I would have process maybe in MDR, I would know, right. But with never feedback, you're just gonna need to know it got resolved and when it's nose now, I don't panic no more and...

Dr. Tara Sanderson: That's awesome.

Barcelona Counseling: I'm able to drive and I don't have to go to the store, because I know I might be able to drive to this. No, if it's not ice, that's different, right? So

Dr. Tara Sanderson: Yeah, yeah, everybody should be careful on ice. That's our public service announcement for today.

Barcelona Counseling: Of course, there is no driving on ice.

Barcelona Counseling: There's no driving on ice. Yeah. So

Dr. Tara Sanderson: Oh well,...

Dr. Tara Sanderson: so good. Well, how can people get a hold of you? If they want to know more about your practice or about neural feedback or anything like that?

Barcelona Counseling: Oh absolutely, I would say that the best way is always to go to the website. Which is Barcelona, Counseling.org. It's not that calm.

Dr. Tara Sanderson: Okay.

Barcelona Counseling: It's that or J. I couldn't get to come. When I was like,...

Dr. Tara Sanderson: Or.

Barcelona Counseling: it was sold already. And then they can also call 503-376-9520 but I think the website, it's a good resource. We talk about em Dr. We talk about neuro feedback and also you can see our faces who we are, what do we do and...

Dr. Tara Sanderson: Yay. Absolutely.

Barcelona Counseling: that's always more exciting.

Dr. Tara Sanderson: And we'll post those the link and the phone number in our show notes for everybody. So they'll be able to grab that pretty quickly and hopefully that'll get get people connected with you and the and the awesome work that you guys are doing over there at Barcelona counseling.

Barcelona Counseling: Well, thank you so much. Much appreciated.

Dr. Tara Sanderson: Absolutely. All right folks. Well we will see you next time. Take care.