



# Rising Phoenix Wellness News

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## Program Highlights

This month in hopes of cooler temperatures we will resume Equine-Assisted Therapy. Our partnership with Ignite Counseling & Equine Psychotherapy allows our clients to experience Equine-Assisted EMDR. This modality is effective in helping clients who suffer from complex and single incident trauma, PTSD, and a wide range of other mental health challenges. This modality incorporates the 8 phases of EMDR while interacting with the horses. The dual attention of the horses provides the opportunity for the client to start to feel safe and grounded.

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## Clinical Updates



Liz Crowley, MA  
Primary Therapist

Our new therapist Liz joined the team last month. Liz obtained her Master of Art degree in clinical mental health counseling from Grand Canyon University. During the final year of her studies, she completed her internship at The Meadows in Wickenburg. She brings a strong set of skills working with clients impacted by mental health and substance use disorders. Her career background involves working in several human service sectors. Her BA is in Human Services. Liz understands the intricacies of the therapeutic process and how it relates to sustained recovery. She enjoys working with individuals, families, and in group settings. Her clinical focus is helping others improve communication skills and develop the ability to cope with intense emotions and dysregulation. She is also invested in helping clients recognize their strengths and assisting them with developing healthy relationships. Liz has experience with the following treatment modalities: Solution Focused Therapy, Family Systems Therapy, Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, Somatic Experiencing, and Trauma Focused therapies.



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## New and Noteworthy

We are excited to share two new interns will be joining our team this month. They both come from different clinical disciplines and share a desire to work in the helping profession. One is pursuing a Master's in Counseling and another a Social Work degree at the Master's level. This academic year of 2022-2023, we will be partnering with Arizona State University and Palo Alto University.



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## Therapist Tip of the Month

Melissa Abbitt, LMSW

When group therapy interweaves art and creativity, often times there is much progress made because of powerful processing in a collective setting. Many mediums can be used such as journaling, painting, drawing, list making, collage, rock art, vision boards, poetry, sketching, or creation of mantras with inspiration from uplifting quotes emphasizing self-care. Creative expression is also a great grounding tool that can help participants regulate and achieve a calm state. Overall, the goal is to help participants learn to apply tools and concepts for improving their overall mental and emotional wellness through creativity.

*"Please hand me your story-pages full, not just the black  
and white, but the browns, the grays, and color too."*

*-Christie Leigh Babirad*

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## Feedback

We love ongoing feedback from our clients and alumni. The information you provide can assist us in boosting the effectiveness of the program and ultimately enhancing our clients' wellbeing. Scan the QR Code to complete your Google Review!

