



RISING PHOENIX WELLNESS NEWS

Program Highlights

We now offer services specifically to those working in high-stress, highly demanding healthcare jobs that need tailored mental health support. The Impaired Professionals is a unique program that Rising Phoenix Wellness Services offers to the community. In this cohort, clients from various professional backgrounds such as nursing, the practice of medicine, pilots, EMS, Police, and other certified and licensed professionals can receive support and monitoring. We are certified to partner with the local nursing board, medical board, psychology board, and airline employee assistance programs to address common concerns that have resulted in regulatory compliance typically related to substance use. Throughout treatment, professionals are often able to identify mental health challenges such as depression, anxiety, and PTSD that led to their substance use disorder.

‘The present moment is the only available moment to us, and it is the door to all moments.’



~Thich Nhat Hanh~

Clinical Updates

We are happy to announce that Rising Phoenix is now offering Eye Movement Desensitization and Reprocessing (EMDR) therapy for our clients. Seth Jenkins, Primary Therapist, recently completed his EMDR training and is certified to offer this modality to clients who would benefit from this approach. Seth is formally trained in Mindfulness-Based Stress Reduction and currently utilizes Somatic Experiencing (SE) to treat his clients. Now, he can also provide EMDR, which is a trauma-focused approach alternative to talk therapy. This technique utilizes bilateral stimulation to effect change in the brain. Administering this method aligns with our philosophy that mental health is the primary focus of enacting long-term behavioral change and promoting wellness.



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New and Noteworthy



Natalie Sokol, BA
MCC Intern

Natalie is an Arizona native who has come back to the desert after spending the last 5+ years traveling and living abroad. She originally received a Bachelor's degree in Marketing and Entrepreneurship from the University of Arizona, but has pivoted careers and is studying her Masters in Clinical Counseling at Palo Alto University. She uses her fascination for psychology in combination with her passion for helping others to create a safe space for people to improve their mental health and well-being. In her free time, she enjoys hiking, reading, cooking, and spending quality time with loved ones.

Therapist Tip of the Month

As I walked through the medina of Fes, the oldest existing medina in the world, I was welcomed by beautiful sights, sounds, and scents, and then almost immediately after, I experienced distressing sights and cacophonous sounds, at times almost feeling assaulted by the overload of stimuli around me. This busy microcosm was a good reminder that life is often a convergence of sacred and profane, joyful and sad, calm and frenetic, and that it is essential to acknowledge all of these coexisting qualities in life as well as within ourselves. In taking a few moments to center and ground myself, I was able to remain open and curious about this unique environment, rather than becoming judgmental. In slowing down and giving ourselves the gift of being mindful and present, we have an opportunity to remain curious about our world and ourselves, which allows us to move through our experiences with more empathy and grace.

~Shireen Aghdami, LPC, LISAC, Primary Therapist~

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!

