

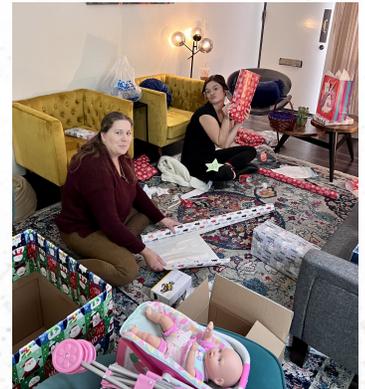


# RISING PHOENIX WELLNESS NEWS

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## Program Highlights

As the holiday season ends and the new year begins, Rising Phoenix would like to share what made this holiday season extra special. This year, we participated in the St. Vincent de Paul Adopt-A-Family Program. We had the opportunity to sponsor three families and fulfill their holiday wish list through the support of our staff and client's. We acknowledge that the holidays can be a difficult time for many and feel honored to have been able to bring some joy to others.



Our team was also honored to attend the 13th Annual Gratitude for Giving Breakfast hosted by Sierra Tucson. This event celebrates professionals in the mental health field who are making a positive impact on the community. The event gave our staff an opportunity to connect with like-minded individuals who work to eliminate the stigma surrounding mental health. Collaborating with other community providers will remain a priority for RPWS in 2023!

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## Clinical Updates

As a program that aims to provide an array of modalities to serve our clients best, we are continuously adding new techniques and approaches to our list of treatment options. Liz Crowley, Primary Therapist, recently completed a certification in Sand Tray Therapy and now implements this method in her sessions. Sand Tray is a creative approach that allows clients to process their conscious and unconscious thoughts, emotions, and experiences utilizing a sand tray as a blank canvas. Clients are then invited to maneuver an assortment of figurines that symbolize people, places, and things to work through material that is difficult to access through typical "talk therapy." This modality creates space for more opportunities and ways our clients can heal and grow throughout their journey to wellness. Liz acknowledges that everyone expresses themselves differently and appreciates having an alternative approach to help clients identify and share their emotions.



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## New and Noteworthy



**Matt Sharrin, MSW, CADC**  
**Clinical Outreach Manager**

We would like to announce that Rising Phoenix officially welcomes Matt Sharrin to the team as our new Clinical Outreach Manager. Originally from Chicago, Matt relocated to Arizona two years ago after completing his Master's in Social Work at Loyola University. Once settled in Scottsdale, he gained experience as an outpatient clinician working with individuals and couples. He now serves as our Clinical Outreach Manager, facilitating relationships and advocating for mental health in the community. His dedication to assisting clients with navigating the behavioral health system and his enthusiasm to build relationships with other providers allow him to flourish in his role at Rising Phoenix. We are very excited to see the future impact of Matt's work on this community as well as within our very own practice.

## Therapist Tip of the Month

At least once a year I am fortunate to see my dear friend, Bhante, a Buddhist Monk of over 40 years. I was reminded of his life's mission to spread lovingkindness. As I sat, listened, and meditated with him last month, his messages and stories resonated with me again. For those of you who were unable to attend, I will narrate a few nuggets he asked me to pass along.

**\*\*MEDITATE DAILY:** Start with 5 or 10 minutes daily and focus on your breath. It is normal for your mind to be active but with practice, it will be calmer. Be mindful in all your daily experiences not just during your seated practice.

**\*\*READ YOUR INNER STORY:** These principles aim to achieve a calm mind and gain insight into your inner self. Although uncomfortable sometimes, focusing on your inner self allows you to change.

~Erin Stanfield, LCSW~

## 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!

[risingphoenixaz.com](http://risingphoenixaz.com)

