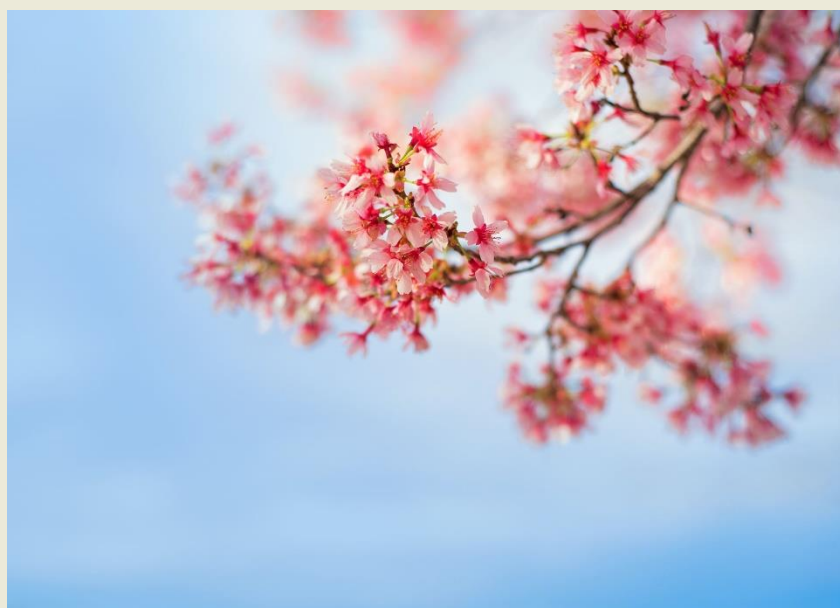


TIC TALK

Creating a TIC Toolkit consisting of coping skills, psychoeducation and guided exercises.



IN THIS ISSUE

Solution-Focused Self Prompts

This is the second suggested exercise for your TIC Playlist. We also encourage enjoyment of nature this month whenever possible.

Solution-Focused Brief Therapy is a short-term approach that counterbalances intense emotions, identifies meaningful coping strategies, cultivates competencies, and navigates gradual steps for the immediate future. The strategies enhance an individual's resilience, decreases distress and minimizes risk of re-traumatization.

Some of the strategies involve prompts in the form of questions, that we encourage use of outside of therapy. Our TIC Tip for this month will incorporate solution-focused questions, aimed at facilitating our own improvement.

Prompt 1: What has been happening that you want to keep happening?

Prompt 2: How can you do more of this, and continue to do more of what is already working?

Our suggestions for this month incorporate nature and the arrival of sunny and warm weather: taking more walks, spending more time in nature/outdoors, increasing physical activity, taking the next positive step, mindful stretching for 5 minutes – outdoors on a warm day, if possible!