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From the Executive Director

Building Strength and Resilience: It Takes Training

Last spring, Dr. Grauwiler and I participated in intensive Acute Stress Syndrome Stabilization (ASSYST) protocol training, a supplemental Eye Movement Desensitization and Reprocessing (EMDR) intervention. ASSYST is a short-term, evidence-based model designed to be used within hours (critical care), days (rapid response), or months (early intervention) of clients experiencing a critical incident causing symptoms interfering with functioning- a loss, natural disaster, shooting, etc. The intervention can happen live or virtually and with individuals or groups. Researchers are finding that the ASSYST protocol can also be used with clients experiencing acute physiological symptoms throughout the course of therapy, and not simply due to experiencing trauma or due to a critical incident.

Two weeks (almost to the day) after completing training with ASSYST developer and renowned expert, Dr. Ignacio (Nacho) Jarrero, Peggy and I received a call from our EMDR supervisor, Lynn Smith, LCSW, who lives in Tennessee. It was the day of the Covenant Elementary School shooting in Nashville.

Lynn was gathering a team to work with Nashville first responders and asked if we could join them. Peggy was running TCS while I was

on sabbatical. I flew to Nashville the following afternoon to work with the trauma team.

In Nashville I saw first-hand the impact of the ASSYST protocol. I witnessed how the intervention provided support and relief to first responders – frontline workers experiencing intense distress resulting in somatic reactivity including

heightened anxiety, disorganization, sadness, and despair. The protocol reduced their sympathetic nervous system activation enabling them to return to baselevel functioning. The process took approximately two (2) hours. For many there will be follow-up therapy, but the initial work was done – they moved from being acutely symptomatic to being able to engage with co-workers more freely and flexibly – returning to, what we call, the “window of tolerance.” Peggy and I are

in discussion with Lynn to train a team of TCS clinicians to respond to critical incidents locally in the event of an emergency.

Research and training for our staff are critical aspects of our work at TCS. Training and enrichment is ongoing and evolving, strengthening our trauma-informed agency. We remain committed to offering every patient, regardless of financial resources, the highest-level care while providing consistent and ongoing care to the community.



With Dr. Nacho Jarrero and Dr. Whitney Ross: Lynn Smith, LCSW, and Bonnie Barclay, LCSW, founders of East Tenn. TRN (Trauma Response Network)

New Trustees Join TCS

“ As an educator in Princeton for 18 years, I have personally witnessed the transformational services and opportunities TCS provides for young people, parents/caregivers, schools, and the community. It was an easy “yes” for me to join, as the work is core to my values. ”

- Paris McLean



Aziz El Badaoui: A native of Morocco and 20-year Princeton resident, Aziz is the founder and owner of Casa Aziz Salon, a business with over 40 employees. Known for his creative vision, entrepreneurial skillset, and community focus, Aziz brings international experience and style to TCS having studied and worked in Morocco, France, Italy, Madrid, and New York City. Aziz is an enthusiastic supporter and ambassador of TCS and its mission for the past nine years. He is fluent in French and Arabic.



Janet Gruschow Francisco, MA: Janet recently retired from Princeton University after 27 years, holding various senior management and key executive positions including Assistant to the former President. Prior to Princeton, Janet worked with human rights advocacy organizations in Washington, DC, including at the Science and Human Rights Program of the American Association for the Advancement of Science (AAAS) and Survival International USA. A loyal supporter of TCS over the years, Janet is a strong advocate for mental health.



Melissa Marks, MD: Melissa, appointed Director of Medical Services at Princeton University in 2020, is Board Certified in Pediatrics. Dr. Marks was the first female chief-of-staff of the Greater Baltimore Medical Center overseeing 1,200 physicians, nurse practitioners, and physician assistants. She also served as preceptor at Johns Hopkins School of Medicine and as consultant to Sheppard Pratt Psychiatric Hospital staff. Melissa has vast experience in pediatric, adolescent, and young adult medicine with a special interest in the interface between medical and mental health. She is fluent in French and Spanish.



Paris McLean, EdM: A lifelong educator, Paris was recently appointed Assistant Head of School for Diversity, Inclusion and Anti-Racism at Montclair Kimberley Academy. An alumnus and later faculty member of Princeton Day School, he also served as the Lower School Head and the Assistant Head of School at Princeton Academy of the Sacred Heart. A strong proponent of the importance of mental health, especially in school communities, Paris has worked closely with TCS over the years coordinating mental health care for his students.



Nick Shelton, CFP®: Nick is a Principal at Roundview Capital, LLC, an independent investment management and advisory firm in Princeton. A member of the investment advisory team and a Certified Financial Planner, Nick focuses on investment research and working closely with clients, assisting them through the key stages of their financial lives. Nick has prior experience in research and consulting in medical, government contracting, and consumer packaged goods industries. A strong proponent of mental health, Nick is eager to support TCS in whatever ways he can and brings valuable investment knowledge and expertise to the Board.

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FISCAL YEAR 2024

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Interview with Kattya Coral-Bianculli, LCSW

Play therapy makes sense - and works - for children

What attracted you to social work?

Originally, I wanted to go into nursing. Working in a doctor's office, they often asked me to translate between doctors and patients since I am bilingual. I enjoyed being in a helpful role, but more and more realized I wanted to interact with people in a different way.

Initially, I had no intention of working with children. In the early part of my training, I worked with migrant families, specifically children, separated from families at the border. Then it clicked.

When you have a child in front of you, you can't talk with that child the way you would with an adult and say, "let's talk about your trauma." Instead, we use play. Not everyday play. It's a therapeutic approach. Play therapy is a modality that makes sense - and works - for children.

What does play therapy look like in practice?

We use play in a way that's calculated, planned, and appropriate to the child's developmental stage. My goal is to present a space and to present myself to the child as "safe." A lot in the beginning is about engagement. What is the child going to do? The activity allows us to understand what is on the child's mind. We understand they may not have the capacity to make complex thoughts yet. Behavior is how they communicate so what is that behavior telling us? They may not be able to verbalize, "I am sad because something happened," but they do process through play. In those first interactions, I am assessing, not judging. I am watching and learning. Depending on the reason they come in, I select the toys in the room, predetermining the space to foster an environment that feels accepting to them.

With games, you have structured moments with a child and with caregivers and children together working as a team - it's an opportunity to interact in ways that can rebuild and restore confidence in their day-to-day.

Kattya Coral-Bianculli, LCSW



“ Behavior is how [kids] communicate - what is that behavior telling us? ”

What does play therapy look like in a group or school setting?

For example, in my work at Princeton Nursery School, I introduced "group Theraplay circles" - or Tiger Circles - with the students instilling the four elements of Theraplay, a significant theory of play therapy: 1) structure - adults set the tone because if children know who is in charge, they feel safe to be a kid; 2) engagement - children need to feel connected and part of the group; 3) challenge - we put out activities that are age appropriate and gradually add new and more complicated games so they can build mastery. They feel, "I can do this! You are helping me do this!" And, 4) nurture - includes how we interact, embrace, and nurture children when they feel challenged or are in pain.

We have a protocol and follow the steps in the same order. Routines are critical and create a safe environment. We have an introduction song. We review the rules which are simple, and include "no hurts outside or inside." We are a group and look out for each other, and we have fun. They are so good at remembering the rules!

We teach through doing. Teachers and administration share with us that they notice tools practiced in the group circles play out throughout the school day. For example, when a child falls on the playground, a fellow classmate often helps them up. Nurture, kindness, and respect flow through these moments. The best way for children to learn kindness and respect is through practice.

I love this work. With children, seeing the slightest shift in behavior is gratifying and reminds me why I show up every day. When a child comes in guarded at first and then cracks a smile, it's beyond rewarding.

Tiger Circle bags designed for work at Princeton Nursery School



An Emerald Evening

ILLUMINATING HOPE AND HEALING

55th Anniversary

This year we celebrated 55 years of service to our community. Since our founding in 1968 and incorporation as a 501(c)(3) in 1977, mental health has changed and evolved and so, too, has our focus, practice, and treatment. What has not changed, however, is our steadfast commitment to providing every patient, regardless of financial resources, the highest level of service and care. Philanthropic support is an investment in the health and stability of our shared community - a community where everyone has the mental health resources and support needed to achieve wellbeing.

We are truly grateful to our generous sponsors, community partners, event chairs, event committee, and stakeholders for making *An Emerald Evening: Illuminating Hope and Healing* a stunning success. Funds raised are directed to provide therapy, resources, testing, and programming, and the special “paddle raise” highlighted awareness and supported two key TCS programs: The Childhood Intervention Initiative (CII) and the Bereavement and Caregivers Program (BCP).



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Thank you to all our donors and in particular our Auer Society donors who gave \$1,000 or more to our Annual Fund, Event, and/or special programs during the 2022-2023 fiscal year!

Your support allows Trinity Counseling Service to pursue its mission of providing exceptional mental health services to our community through evidence-based clinical practice and education. During our 55 years, people have come and gone, we have a new home at 353 Nassau Street, but what remains constant is our dedication to providing equitable access to mental health services and education. Generations of the greater Princeton community have been devoted to our vision of a community where everyone has mental health resources and support needed to achieve wellbeing. For your commitment and investment, thank you.

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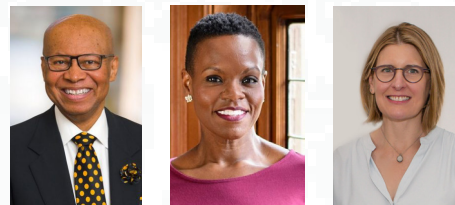
Speaker Series 2024

Join us to engage in thoughtful dialogue:

Curiosity, Hope, and Healing: Skills for Navigating Adversity with Dignity and Humanity

A Panel Discussion with Dr. Willard Ashley Sr.,
Rev. Dr. Theresa S. Thames, and Dr. Peggy Grauwiler

March 7, 2024 | 6:00 PM - 8:00 PM



Dr. Willard Ashley Sr., pastor, psychoanalyst, and antiracism consultant, Rev. Dr. Theresa Thames, Associate Dean of Religious Life and the Chapel at Princeton University, pastor, and former TCS Trustee, and Dr. Peggy Grauwiler, TCS Director of Clinical Operations, will engage in thoughtful discourse around ways to navigate conflict and adversity in today's challenging climate. Particular focus and insight will be paid to strategies for listening thoughtfully and engaging curiosity without judgement.

The Powerful Gift of Being an Appreciator Tracey Gates

Late Spring TBD | 6:00 PM - 8:00 PM



Tracey Gates, kindness ambassador, wellness coach, and author of *The Power of A Few Kind Words: Create a More Meaningful Life One Letter at a Time*, challenged herself to write a handwritten, unexpected letter of appreciation to a different person every day for one year leading to a transformational journey. Tracey will show us how we can cultivate a more meaningful and abundant life in her special talk. Grab a pen and simply share your kind thoughts - there is so much to appreciate about people around us when we make the proactive choice to slow down and take notice.

To register, please visit trinitycounseling.org/speakerseries

What We Do @ TCS

Our **mission** is to provide exceptional mental health services to our community through evidence-based clinical practice and education.

General Counseling: We provide comprehensive in-person and virtual services to children, adolescents, adults, and seniors.

Childhood Intervention Initiative (CII): The Childhood Intervention Initiative (CII) began in 1997 to provide children and families, many living at or below the federal poverty level, with mental health services and support. The CII is funded primarily through grants and individual contributions. The program started as a partnership with Princeton Nursery School and has expanded to serve Princeton Public, West Windsor-Plainsboro, and Cranbury School Districts. Nursery school-based services include one-on-one support, in-class observations, parent psychoeducation, and advocacy. District schools refer students in need of individual counseling directly to TCS for ongoing services. CII clients (and family members) may receive ongoing counseling at no fee until the summer after students graduate from high school.



Psychoeducational Testing: Testing services support and enhance educational performance and experience.

Bereavement and Caregivers Program (BCP): Specially trained clinicians serve clients struggling with issues of grief and loss, and clients caring for critically ill loved ones.

Community Outreach, Prevention, and Education Program (COPE): Our COPE programs provides workshops, talks, and outreach designed to meet the growing need for mental health education and prevention services in our community.

Psychological Evaluations for Ministry Candidates: TCS provides psychological testing for a variety of presbyteries and dioceses in NY, NJ, CT, and PA.



Transforming lives since 1968

353 Nassau Street, Princeton, NJ 08540

Transforming lives since 1968

Mission: To provide exceptional mental health services to our community through evidence-based clinical practice and education

Vision: A community where everyone has the mental health resources and support needed to achieve wellbeing



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