

Monthly Newsletter

OCT 2026

ISSUE #2



CREATIVE SOLUTIONS COUNSELING CONNECTION
"TOGETHER WE SOLVE PROBLEMS"

WWW.CREATIVESCC.ORG

In this newsletter you can expect:

Monthly Reflection	New Products	New Podcasts
Clinical Corner	Resources	Special Guests

Monthly Reflection: Growing with Purpose, Moving Forward with Passion

Building something meaningful takes time, dedication, and a willingness to keep moving forward, even when the work feels overwhelming. This month has been a reminder that growth doesn't happen overnight. It happens through the countless hours of planning, problem-solving, learning, and putting the pieces together while continuing to show up each day for the work that matters. At Creative Solutions Counseling Connection, we are reminded that the work of building a business and the work of serving others often go hand in hand. Behind every step forward are decisions to be made, challenges to navigate, ideas to develop, and a vision that continues to guide us. Balancing these responsibilities with the ongoing commitment to our clients and community takes persistence, flexibility, and heart.

One of the highlights of this month was the opportunity to present at the West Virginia Counseling Association (WVCA) conference in Canaan Valley, West Virginia. Opportunities like these allow us to share knowledge, connect with fellow professionals, exchange ideas, and contribute to the continued growth of the counseling field. Presenting is also a reminder that the work we do has value beyond our own walls. When we share our experiences and what we are learning, we create opportunities for others to grow alongside us.

As we reflect on this month, we celebrate both the visible accomplishments and the behind-the-scenes effort that makes progress possible. Every challenge has offered an opportunity to learn, every task completed has moved the vision forward, and every connection has reinforced the importance of the work we are doing. A reminder for this month: Progress is not always measured by how quickly we reach a goal. Sometimes, it is measured by the courage to begin, the commitment to keep going, and the willingness to continue building something meaningful even when the process is demanding.

At Creative Solutions Counseling Connection, we are proud of the work underway, grateful for the opportunities to learn and share, and excited about what lies ahead. We are continuing to build with intention, serve with compassion, and grow with purpose; one step at a time.

Academic Podcast



"Practical ideas. Creative solutions. Together we solve problems." **Welcome to Creative Connections: Beyond the Session**, where counseling meets everyday life. Hosted by two experienced counselors and counselor educators, Dr. Lisa Burton and Terina Gardner, this podcast explores the challenges we all face, from relationships and communication to stress, anxiety, depression, parenting, transitions, and personal growth. Topics will also include leadership within the profession, touching base on clinical supervision and consulting. Each episode combines evidence-based strategies, creative problem-solving, and honest conversations to help you navigate life's complexities with greater confidence and clarity. Whether you're looking for practical tools to improve your own life, support the people around you, or grow as a helping professional, you'll find thoughtful insights, relatable stories, and actionable ideas you can put to use right away. Join us each week as we move beyond the session and into the moments where real change happens.

MARK YOUR CALENDARS – NEW EVENT ALERT – NEW EPISODES MONTHLY

Everyday Life Podcast

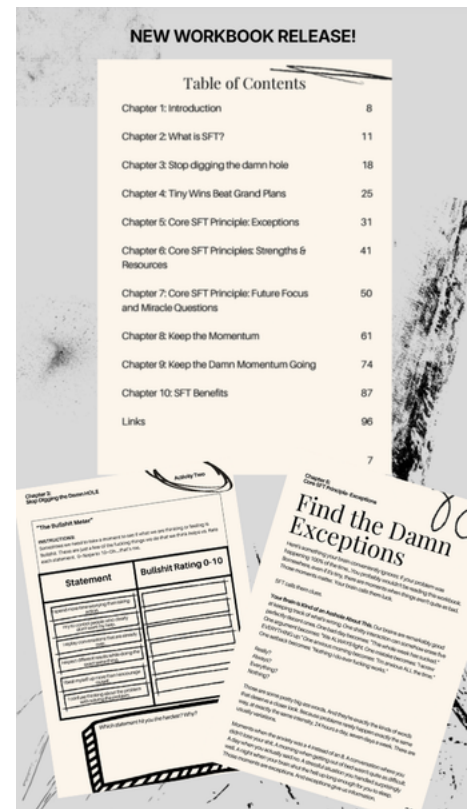
"Real life. No Bullshit. Better Solutions."

Welcome to the podcast that says the quiet part out loud. Life is messy. Relationships are complicated. Anxiety doesn't wait for a convenient time. Families are chaotic. Work can be exhausting. Adulting is harder than anyone warned us it would be. And sometimes the only appropriate response is... "Well... Fuck. Now what?" Hosted by counselors, counselor educators, and lifelong problem-solvers, **Creative Connections: Unfiltered** is where real life meets real conversations, with zero judgment, a healthy dose of sarcasm, and just enough profanity to remind you we're all human. Each episode, we tackle the topics people are already thinking about but may not be saying out loud. From relationships, parenting, boundaries, burnout, anxiety, grief, communication, and mental health to the everyday frustrations that make you question your sanity, no topic is off limits. We'll challenge the stories you tell yourself, call out the bullshit that keeps people stuck, laugh at the absurdity of being human, and leave you with practical strategies you can use. This isn't therapy. It's not a lecture. And it's definitely not another podcast pretending life is easy. It's honest conversations, evidence-based insights, plenty of laughs, and a reminder that you're probably not the only one thinking, "What the fuck?" If you're looking for real life, no bullshit, and better solutions, you've found your people. So, grab your coffee, your favorite drink, or whatever gets you through the day, and join us every episode as we prove that even life's biggest messes can lead to meaningful change. Practical ideas. Creative solutions. Together, we solve problems.

NEW PRODUCTS!

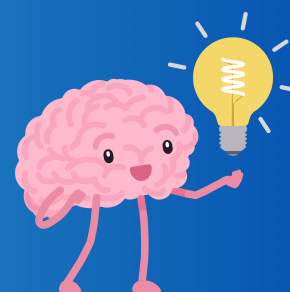
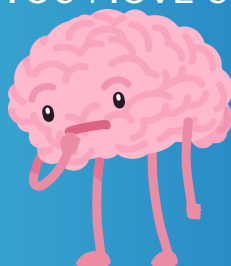
Digital Downloads Physical Copies and “Goodies” Only Sold at Conferences

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WHERE ARE YOU AT ON YOUR SCALE TODAY?
HOW CAN YOU MOVE UP THE SCALE?



Clinical Corner

Permission to Be Human, Releasing the Pressure to Do It All

As we welcome October, it is a good time to pause and reflect on the many ways we show up for others. Whether we are counselors, parents, caregivers, educators, or community professionals, so much of what we do involves supporting others through life's challenges. We listen, encourage, problem-solve, advocate, and help people navigate difficult moments. We celebrate their progress, remind them of their strengths, and encourage them to keep moving forward when things feel overwhelming.

But in the midst of caring for everyone else, how often do we stop to ask ourselves, "How am I really doing?"

The truth is that caring for others can be meaningful, rewarding, and deeply fulfilling. It can also be emotionally demanding. Balancing professional responsibilities, family commitments, personal expectations, and the everyday demands of life can leave us feeling stretched thin.

Sometimes, we become so accustomed to being the person others depend on that we forget we need support, too.

The people who care for others deserve care themselves.

Recognizing When We Need to Recharge

We do not always recognize emotional exhaustion when it begins. Sometimes it looks like feeling more irritable than usual, having difficulty concentrating, feeling overwhelmed by small tasks, or struggling to find the same joy in things we once enjoyed. Other times, it shows up as pushing through the day while quietly feeling depleted. These moments are not signs of weakness or failure. They are reminders that we are human.

For helping professionals, recognizing our own needs is an important part of maintaining professional wellness and providing thoughtful, compassionate care. For parents and caregivers, it can mean acknowledging that we cannot meet every need, solve every problem, or be everything to everyone all the time.

We can be dedicated to others and still need a break. We can be passionate about our work and still establish boundaries. We can love the people we care for and still make room for ourselves.

Small Steps Toward a Healthier Balance

Self-care does not have to be elaborate or time-consuming.

Often, it begins with small, intentional choices.

1. Give yourself permission to pause. A few quiet minutes, a short walk, or a moment to take a deep breath can help you reconnect with yourself.
2. Set healthy boundaries. Remember that saying no to one responsibility can sometimes mean saying yes to your own well-being.
3. Allow yourself to ask for help. Seeking support is a strength, not a weakness. We are not meant to carry everything alone.
4. Celebrate your own progress. Acknowledge the tasks completed, the challenges navigated, and the small victories that may otherwise go unnoticed.
5. Make room for joy. Spend time with people you love, enjoy a favorite activity, or do something that reminds you there is more to life than your responsibilities.

Most importantly, give yourself the same compassion you so freely offer others.

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