

Monthly Newsletter

AUG 2026

ISSUE #1



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

Who are we, and why did we start this business?

At the heart of our work is a deep commitment to supporting the counseling profession in all its forms. We created this organization to empower and uplift those who dedicate their lives to the emotional well-being of others, whether you're a counselor in training, a seasoned school counselor, a clinical mental health counselor, a counselor educator, a supervisor, or someone on a personal journey of self-discovery and healing.

Our mission is to provide creative, tangible, and solution-focused resources designed to enhance the counseling experience, for both practitioners and clients alike. Through thoughtfully crafted tools, activities, guides, and workbooks, we aim to bring clarity, structure, and inspiration to sessions, guidance lessons, supervision meetings, and personal growth practices.

We believe that meaningful counseling happens when theory meets practical application. That's why our resources are grounded in evidence-based practices, yet flexible and creative enough to meet people where they are. Whether you're facilitating deep emotional work, navigating classroom dynamics, guiding a new supervisee, or managing your own mental health, we're here to support you with materials that are effective, engaging, and ready to use.

Together, we hope to foster a more accessible, inspired, and connected counseling community, one tool, one session, one life 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.

STAFF PROFILE HIGHLIGHTS – STAFF PROFILE HIGHLIGHTS – STAFF PROFILE



Dr. Lisa Burton

PhD, LPC (WV, LA, FL), ALPS (WV), NCC, Certified Professional School Counselor (WV)
Dr. Lisa Burton is a Licensed Professional Counselor, Approved Licensed Professional Supervisor, and counselor educator with over three decades of experience. Holding a Ph.D. in Professional Education from Capella University, she has spent nearly twenty years as a professor at Marshall University



Terina Gardner

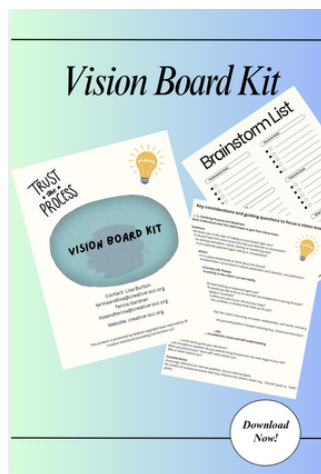
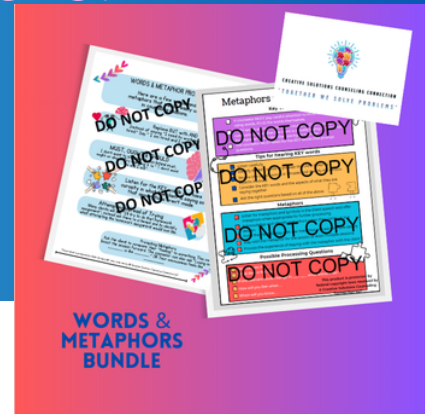
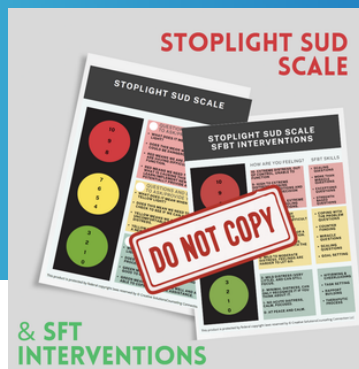
MA, LPC (WV), ALPS (WV), NCC, ACS, NBCT Certified Professional School Counselor (WV), Doctoral Candidate at the University of the Cumberlands.

Terina is a Licensed Professional Counselor, Approved Licensed Professional Supervisor, and National Certified Counselor based in Putnam County, West Virginia. She is also an adjunct at Marshall University as a counselor educator.

Mentor, Colleague, and Friend



CHECK OUT OUR WEBSITE FOR NEW PRODUCTS!



Clinical Corner: Beyond the Behavior

Understanding the Need Beneath the Action

Have you ever wondered what is really behind a child's outburst, a teenager's withdrawal, or an adult's frustration? Sometimes, what we see on the outside is only a small part of what someone is experiencing on the inside.

Behavior is communication.

While not every behavior has a single identifiable cause, our actions can offer important clues about our emotions, needs, and experiences. A child who refuses to follow directions may be feeling overwhelmed or struggling to communicate frustration. A teenager who seems distant may be navigating anxiety, sadness, or a need for connection. An adult who becomes irritable may be carrying stress that has been building for days or even weeks. When we focus only on changing the behavior, we can miss an opportunity to understand the person behind it.

Pause, Connect, Then Respond

The next time you encounter a challenging moment, try these three simple steps:

1. Pause before reacting. Take a breath and give yourself a moment to respond thoughtfully rather than emotionally. Our own calm can help create space for a more productive interaction. **2. Get curious**. Instead of immediately asking, "How do I stop this?" consider asking, "What might be contributing to this behavior?" Look for patterns, triggers, unmet needs, or changes in the person's environment. **3. Connect while maintaining boundaries**.

Understanding someone's feelings does not mean accepting every behavior. We can acknowledge frustration, validate emotions, and still establish clear, consistent expectations. For example: "I can see that you're upset. It's okay to feel angry, but it's not okay to hurt someone. Let's figure out what you need."

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