

# NEWSLETTER



WELCOME TO THE

## The Guidance of Hope Corner

### More Than a Therapist



Advocacy. Awareness. Alignment.

**April is Counseling Awareness Month**, and I've been reflecting on what it truly means to be a therapist.

Not just what we do, but who we are in the lives of others.

Counseling is often misunderstood. People see the session, the questions, the techniques. But what they don't always see is the responsibility we hold to sit with pain, to hold space for truth, and to help people make meaning of their experiences.

**To be a therapist is to witness.**

**To advocate.**

**To challenge systems that harm, while helping individuals find their voice within them.**

This work is not just clinical. It is relational. It is cultural. It is human.

And in a world that is constantly shifting, the role of a therapist becomes even more essential.



Her Health . Her Power . Her Story

But here's the truth we don't talk about enough:

Therapists also need care.

We cannot pour from a place of depletion and expect sustainability.

So this month, I am not only honoring the profession, I am calling us back to alignment.

**Alignment with our values.**

**Alignment with our boundaries.**

**Alignment with the impact we are here to make.**

Because counseling is not just about helping others heal.

It's about being committed to healing systems, communities, and ourselves.

With intention,

**Judeline**



# Counseling Awareness Month

## Therapy Is Not a Trend

### What Counselling Really Is

Counselling is not just “talking about your feelings.” Mental health conversations are becoming more visible, but therapy is more than language.

### THERAPY IS:

- ✳ A structured, evidence-based process.
- ✳ A space for emotional safety and accountability
- ✳ A place to understand patterns, trauma, and behavior.
- ✳ A relationship that fosters growth, clarity, and change.

### THERAPY IS NOT:

- Therapy is not just talking about your feelings.
- Therapy is not just venting.
- Therapy is not just insight.
- Therapy is not just about being heard.



## Advocacy & Change

### **The Role of Therapists Beyond the Room**

Therapy does not exist in a vacuum.

### Our clients are impacted by:

- Systemic racism
- Economic stress
- Immigration policies
- Gender-based violence
- Healthcare inequities

### To be an ethical therapist means:

- Naming systemic harm
- Advocating for equitable access to care
- Supporting marginalized communities
- Using our voice in professional and public spaces

**Advocacy is not optional. It is part of the work.**

### THERAPIST SELF-CARE



### Sustainability Over Survival

Mini Practice: 60-Second Nervous System Reset

**Pause wherever you are.**

**Place one hand on your chest, one on your abdomen**

**Take a slow inhale through your nose for 4 seconds**

**Exhale slowly through your mouth for 6 seconds**

**Gently name: “In this moment, I am safe enough.”**

**Repeat 3 times.**

This is not about eliminating stress. It’s about reminding your body it doesn’t have to stay in survival mode.

“Self-care is not indulgence, it is sustainability.”



## **“ Everyone Is a Narcissist ”**

Social media has made the word narcissist extremely common.

### **But clinically:**

- Narcissistic Personality Disorder is complex and rare.
- Not all harmful behavior = narcissism.
- Sometimes it's emotional immaturity, trauma, or lack of skills.

**Clinical Reframe:**  
**Instead of asking: “Are they a narcissist?”**

**Ask:**  
“Is this relationship emotionally safe and aligned with my needs?”

## **Boundaries vs Avoidance**

Boundaries are being talked about more, but often misunderstood.

### **A boundary is:**

- clear
- communicated
- rooted in self-respect

### **Avoidance looks like:**

- shutting down
- ghosting
- not expressing needs

### **Boundary Clarity**

“I am not available for \_\_\_\_\_.  
What I can do instead is \_\_\_\_\_.”

### **Reminder:**

Boundaries are not about controlling others.  
They are about honoring yourself.

## **“I’m Triggered” — What That Actually Means**

A trigger is not just discomfort.

### **It is:**

- A nervous system response.
- Often tied to past experiences or trauma
- felt in the body before the mind

## **IT’S NOT JUST:**

**Calling  
someone  
“toxic”**

**Identifying  
red flags**

**Labeling  
behaviors**

**Awareness  
without  
action keeps  
people stuck.**

**As therapists, we hold a unique responsibility not just to participate in the conversation, but to ground it in truth, context, and care.**

**Because healing is not a trend.**

**It is a process.**

## April Themes: Renewal & Responsibility

*April invites us into reflection and renewal, both individually and collectively.*



### **Money & Mental Health**

Financial stress is one of the most common sources of anxiety.

#### **But many people were never taught how to:**

- Manage money
- Set financial boundaries
- Plan for stability

Financial wellness is emotional wellness.

#### **Reflection:**

What is your relationship with money? Is it rooted in fear, avoidance, or empowerment?

### **EARTH MONTH & ENVIRONMENTAL AWARENESS**

#### **Healing Ourselves, Healing Our Environment**

Our environment impacts our mental health more than we often acknowledge.

#### **Time in nature can:**

- reduce stress
- improve mood
- regulate the nervous system



#### **This month, consider:**

- Spending intentional time outdoors
- Creating a calming space in your home
- Engaging in grounding practices connected to nature

Healing is both internal and external.

### **April Also Focus: Stress Awareness Month**

Stress doesn't always look like panic



Procrastination



Irritability



Shutdown



Exhaustion

### **Sexual Assault Awareness Month**

#### **A Gentle Reminder**

#### **If you have experienced harm:**

- Your response makes sense
- Your body adapted to survive
- You deserve support without pressure

Healing happens in safety, not urgency.

#### **Holding Space for Survivors**

**Healing is possible, and it deserves space.**

This month is a reminder that many people carry silent experiences of harm.

#### **Support looks like:**

- Believing survivors
- Creating safe environments
- Respecting boundaries
- Encouraging access to care

## Burnout In The Mental Health Field Is Real

### IT IS:

Holding space for others while navigating our own lives requires intentional care.

Self-care for therapists is not just:

- Spa days
- Time off
- Disconnecting

- Boundaries with clients and systems.
- Realistic caseloads.
- Supervision and consultation.
- Emotional processing outside of sessions.
- Saying no when necessary

**You are not just a provider.  
You are a person.**

### CLINICAL CORNER

#### **Spring Reset: Where Do You Need Alignment?**

##### Ask yourself:

- Where am I overextending myself?
- What am I avoiding that needs attention?
- What does balance actually look like for me right now?

**Small shifts create meaningful change.**



## Sacred Reflection

Renewal begins with awareness.

##### Ask yourself:

**What am I being called to release?  
What am I holding onto out of fear?  
What would renewal look like for me?**

**Take one breath and say:  
"I give myself permission to begin again."**



### Wise Mind

##### **Ask yourself:**

Emotional Mind → What am I feeling?  
Logical Mind → What are the facts?

##### **Now ask:**

What would my Wise Mind choose?

**Clarity lives between emotion and logic.**

Healing is communal.  
**Even small acts – checking on someone, offering support matter.**

## Relationship Corner: Partnership, Conflict & Growth

Social media talks a lot about relationships, but often without context. Words like “healthy,” “toxic,” “secure,” and “boundaries” get used quickly, but real partnership requires more than language. It requires intention, accountability, and growth.

**At its core, partnership is not about perfection. It’s about how two people choose to show up, especially when things are hard.**

### For Singles: Before Partnership, There Is Pattern

Many people focus on finding the right partner, but not enough time is spent understanding their own relational patterns.

**You don’t just enter relationships with love. You enter with:**

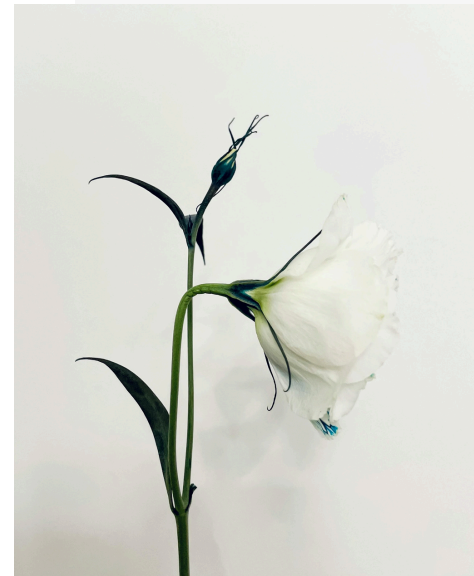
- Attachment history
- Past wounds
- Learned communication styles
- Beliefs about worth and safety

#### **Reflection:**

1. Am I seeking connection or avoiding loneliness?
2. Do I know what emotional safety feels like in my body?
3. What patterns do I repeat—even when they don’t serve me?

#### **Clinical Insight:**

Healing for singles is not about becoming “perfect” for a future partner. It’s about becoming aware enough to choose differently.



### For Married or Partnered Couples: Partnership Is a Practice, Not a Status

Many couples struggle not because they lack love, but because they lack skills.

#### **Conflict often comes from:**

- unmet needs that are not clearly expressed
- misaligned expectations
- emotional reactivity vs regulation
- listening to respond instead of understand

#### **Reframe:**

Conflict is not the problem.  
Disconnection without repair is.

#### **What Healthy Couples Practice:**

- Emotional accountability (“What is my part?”)
- Repair after conflict (not avoidance)
- Curiosity over defensiveness
- Clear communication of needs

#### **Reflection:**

1. Are we growing together or just managing day-to-day life?
2. Do we make space to understand each other—or just react?

### **Regardless of relationship type, most conflict comes down to:**

- Miscommunication → “You’re not hearing me”
- Emotional flooding → reacting instead of responding
- Unmet needs → expressed indirectly or not at all
- Fear of vulnerability → protecting instead of connecting



## UPCOMING WORKSHOP & NEW SERVICE



### New at Guidance of Hope GOH Triage Sessions

Need support now but not ready for weekly therapy?

**GOH Triage Sessions are short-term, high-focus sessions designed to help you:**

- Stabilize in moments of overwhelm
- Gain clarity on what's happening
- Leave with a practical plan

#### **We focus on:**

- What you're experiencing
- What you need most right now
- Your next best steps

Using evidence-based tools (DBT, ACT, mindfulness), these sessions are designed to help you feel grounded, supported, and back in control.

**Limited spots available.**

### Why Wasn't I Enough? (6 Weeks) Healing from the Loss of Love

Starting May 16, 2026

A supportive workshop for individuals grieving:

- Breakups or divorce
- Unanswered questions after loss
- Identity shifts after relationship endings

This space centers meaning-making, self-compassion, and reclaiming your narrative.

# WHY WASN'T I ENOUGH?

**A POWERFUL HEALING WORKSHOP DESIGNED TO HELP PARTICIPANTS PROCESS HEARTBREAK, REJECTION, AND SELF-WORTH**

- Saturdays**
- May 16 - June 20**
- 10:00 AM - 12:00 PM**
- In-Person (Preferred)**
- Virtual Option Available**

**\$75 per session**  
**Insurance accepted**

# Guidance of Hope Resource Corner

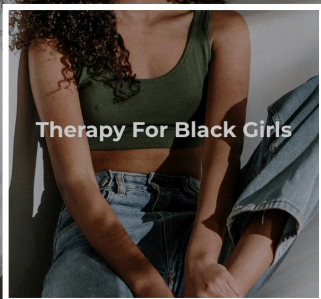
## TRAUMA & COPING

- 01 **Grounding exercises (5-4-3-2-1)**
- 02 **Insight Timer (app): guided anxiety & trauma practices**
- 03 **Read: *The Body Keeps The Score* by Bessel Van Der Kolk**  
The Pain We Carry: Healing from Complex PTSD for People of Color by Natali Gutierrez
- 04 **Body-based regulation (stretching, walking, breathwork)**



## BIPOC-Centered Mental Health Resources

Inclusive Therapy directories





## Community-based healing spaces

### BEAM

Supports the mental health and well-being of marginalized communities through training, funding, and healing-centered resources for therapists and wellness practitioners.

### LOVELAND FOUNDATION

Supports Black women's mental health by funding therapy, providing resources, and investing in BIPOC therapists

### THE NAP MINISTRY

Was founded in 2016 by Tricia Hersey and is an organization that examines the liberating power of naps.



## Culturally responsive podcasts and readings

Couch Chronicles  
Therapist After Dark  
(My podcast)

Therapy For  
Black Girls

Just Lyfin Podcast

Rest of Us Podcast

All Relations Podcast



**This month is about renewal, but not the kind that pressures you to become someone new.**

**Instead, ask:**

What needs to be released so I can return to myself?

**Counseling teaches us that growth is not about perfection. It is about awareness, intention, and alignment.**

WITH CARE,

**JUDELINE ALTEMA-COMMEY, LCPC  
FOUNDER, GUIDANCE OF HOPE, LLC**

Interested in therapy, workshops, or future newsletters? Visit the Guidance of Hope website or follow us on social media for updates.



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**So this month, I invite you to reflect:**

ask yourself:

Am I showing up in my relationships in a way that reflects who I am becoming?

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