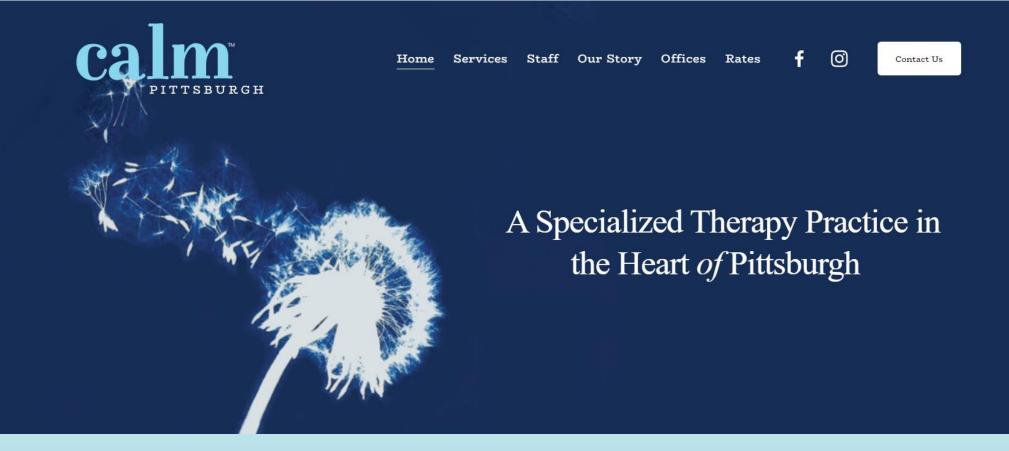


Practicum – Fall 2023



"The Calm Pittsburgh practice aims to provide to our clients what the name expresses: *Calm.*

Owner/Director **Dana Kirkpatrick** founded Calm Pittsburgh[™] in 2020 to offer high-level therapeutic sessions to those in search of assistance navigating life's most complex challenges."

I mainly worked with Allie, Dana, and Jen.



Allie Albright

Operations Manager

Dana Kirkpatrick

Owner/ Director

Jen McNulty

Interior Design Consultant



Main waiting area including the coffee cart

Entrance to the Lawrenceville office



Jen worked hard to make all the office spaces welcoming and *calm...*

These are some of the first spaces you see walking into the Lawrenceville building.

Some of the beautiful office spaces...







The Lawrenceville location has 5 offices, while the Monroeville location has 7 offices. I was at LV for my practicum, although I did visit MV for a day.







This bookshelf is one of my favorite pieces in the office.

There are fidget toys in each room for clients and clinicians both!

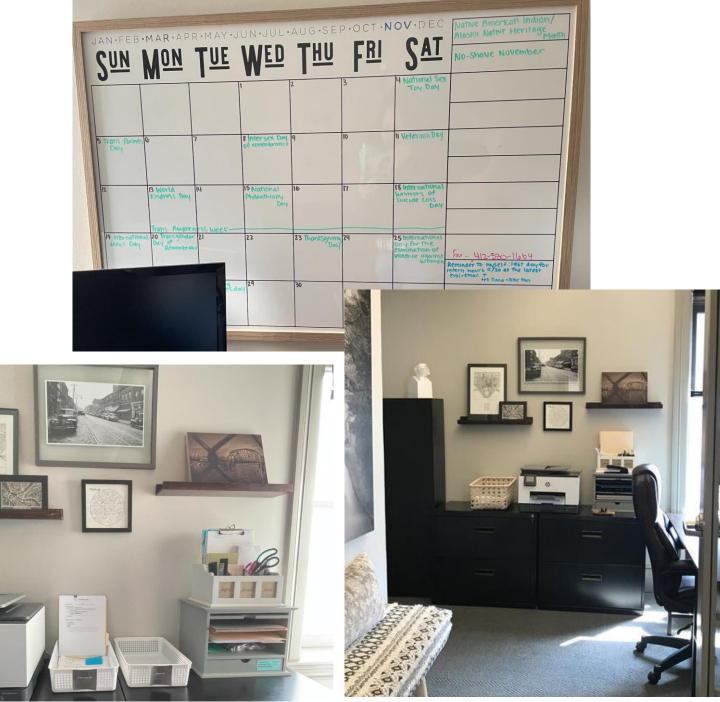
Paints, markers, coloring books, sketch pads are in the biggest room for art therapy.

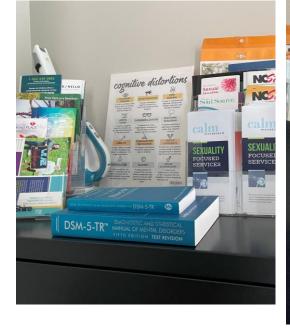
Something I did daily was ensure each office was tidy and welcoming for clients.

Admin Office

This is the office space I primarily worked in.

I was in charge of rewriting the calendar each month, including any events we were volunteering or hosting!





The kitchen is always stocked with snacks that clients are welcome to enjoy.



The bathrooms include a changing table, hygiene essentials, including tums, Advil, a first aid kit, tide sticks, feminine hygiene products, and more!

Part of my daily tasks included restocking these items and reordering when we were low.

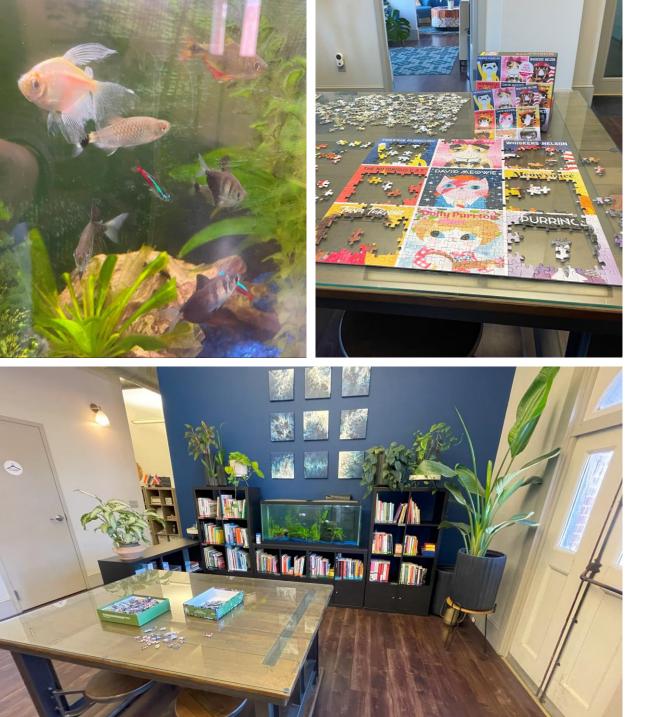








(Look how cute these posters are in both bathrooms!)



I adored the library, fishtank, and puzzle table.

Lawrenceville has an amazing selection of books, games, and puzzles for clients to enjoy while waiting.

The fish are a nice touch to the space as well.

On of the bigger projects I worked on was categorizing and color-coding the library books and making a library book sign out sheet!

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maintain the status quo, and they also want to move maintain the any forms. At its simplest, we can imagine two person where they are now and one that is pulling them the We can also think of ambivalence as two inner another: one is reluctant about change, and ambivalence involves experiencing an attachment to, as well a It is a wish to be somewhere else accompanied by apprehension A person's ambivalence about change often relates to import

- · Where does this change rate in my priorities?
- · How urgent is it for me?
- · Why might I make a change? · What do important people in my life think?
- · What impact would it have for me to make this change?
- Ambivalence also relates to confidence.
- · Could 12
- Could If
 What other difficult things have I done that would help me have confidence here
- How could I overcome difficulties if I ran into them along the way?

The Righting Reflex

- As practitioners, we have a natural desire to want to "fix" things or make things being we serve. Therefore, when we hear a person's reluctance, it is tempting to try and.
- · Convince the person that they have a problem.

- · Persuade them of the importance of the change ("You need to do this because.... "Negative things will happen if you don't...," "It's really important for you to do this") · Cheerlead them into confidence ("I know you can ... ").-Provide a solution for the problem ("It's really easy, you just need to...," "Well, why dot
 ""Well, why dot

- We call these efforts-even when well-intentioned-the righting reflex: Trying to fix, solution, or prevent the person from traveline server. we can these ended of the mean weighting region of the righting region. It will be the right of the region of the right, or prevent the person tion wavening a painful road by identifying a road we times a more direct. What do you notice happens when we meet the person's ambivalence with our tip reflex 2 Tynically, when we provide solutions, the more direct. What up you makes appens when we meet the person's ambivalence when reflex? Typically, when we provide solutions, the person voices challenges. When we append the person's natural tendency is to around the second difference when person's natural tendency is to around the second difference when person's natural tendency is to around the second difference when person's natural tendency is to around the second difference when the second d reflex? Typically, when we provide solutions, the person voices challenges. When we as change, the person's natural tendency is to argue against that change. That might solution https://www.astor.com/astor. change, the person's natural tendency is to argue against that change. That might source in but...," and what follows the "but" is usually talk against the very change the person might considering. Despite our intention to "help," the rightmense. but...," and what follows the but is usually talk against the very change the person considering. Despite our intention to "help," the righting reflex actually strengthens the m

- band that is holding the person where they are now. It may also rupture the person's willingness work with us toward change (see Figure 2). You need to do this because... "Negative things will happen if you don't "It's really important for you to do this. "I know you can "It's really easy, you just need to. "Well, why don't you try...?" "You should just..." "Yeah, but..." Figure 2: Ambivalence About Change
- An important element of developing proficiency in MI is identifying where in the practitioner's style the righting reflex emerges and mindfully practicing MI-consistent skills to guide onversations about change
- Practitioners commonly experience frustration when people act as if any change under consideration is the practitioner's responsibility and not their own. We face this challenge most frequently when we experience deep concern for the well-being, safety, or choices of the people we serve. This concern activates our righting reflex and causes us, with the best of intentions, to: · Forget that people have expertise in their own lives and assume we're the only expert in
- · Forget to ask for the person's ideas before asking permission to offer our own
- · Default to only asking questions or prioritizing fact-finding before understanding the person's perspective.
- · Approach conversations with an undisclosed secondary agenda
- · Dwell only on barriers, challenges, or limitations
- · Use only a narrow range of evocative strategies when exploring importance, confidence, and readiness for change
- · Become frustrated with the person's goals or think that they should want something larger or something different.

We may be particularly vulnerable to the righting reflex when working with youth. Young people are often underestimated. It can be tempting to take the expert stance or try to voice the arguments

I frequently looked through the books to find useful handouts for clinicians to use in their sessions.

They are stored in this cabinet based on topic.

Above is a page from the Motivational Interviewing Workbook, one of my personal favorites!

Watering all the plants was one of my main tasks.

















To the right is the supply closet.

Calm attends several events in the community to support various causes that are special to the clinicians.

Any event supplies needed for the event I would help get ready from this closet.



To the left is a photo from Wig Out. Everyone in this photo is a cancer patient or survivor.

Something I love about Calm is their presence in the community and support beyond therapy sessions.









Dana as a guest on Talk Pittsburgh.

I had the opportunity to go with her twice.

Dana, as well as a handful of other clinicians, have been on TV for a variety of segments including:

- Estrangement during the holidays
- Men's mental health
- Avoiding burnout
- Dating with cancer

Final Takeaways

- I absolutely adored Calm.
- Everyone was so welcoming and eager for me to help them out.
- It was interesting to see how the office was run and all that goes into maintaining the space
- I wish I was able to have attended the events, like the Wig Out for cancer. I think it would have been meaningful to volunteer in the community.
- I do also wish I would have been able to sit in during sessions. With everyone's schedules and those willing to let me, it just did not work out.
- Overall, I would 100% recommend Calm Pittsburgh to anyone needing a practicum. They were very flexible and appreciative of everything I did.