



## MHP Newsletter

SPRING 2016

Spring is finally here in Austin, and, boy! is it gorgeous. The vibrant wildflowers, invigorating greenery and generous rainfall has given us pause for gratitude. As we ride the upswell of thankfulness, we find it quite fitting that April is volunteer appreciation month.

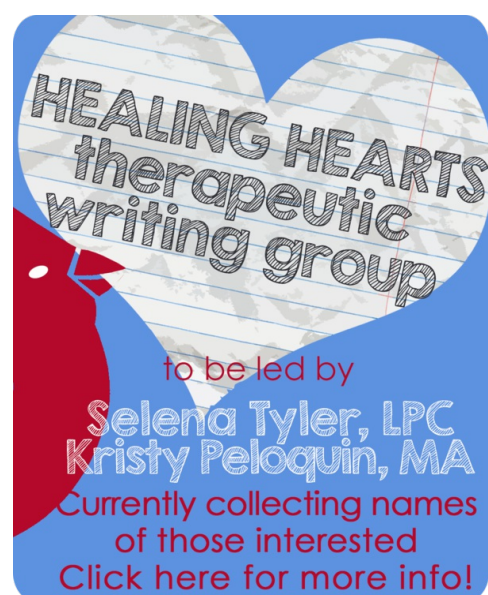
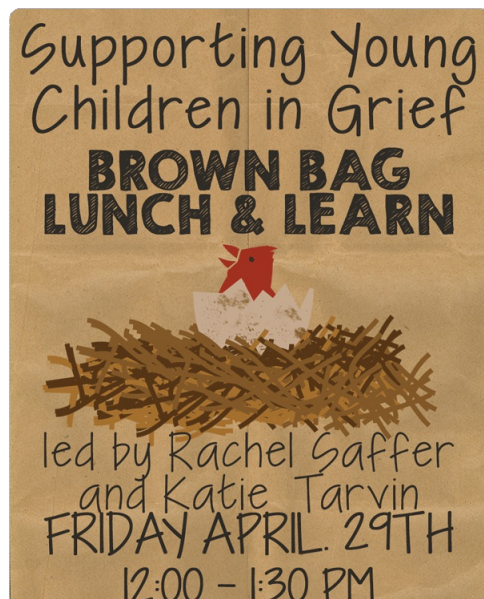
Our volunteers breathe life into our organization, giving the gift of self in providing vital support to our office staff, facilitating support groups, representing us in the community and so much more!

So, in a bit of an understatement, we'd like to say:



--from all of us here at My Healing Place,  
to each of our amazing volunteers!!

### UPCOMING EVENTS



### MHP Office Hours

M - F 9:00 am - 3:00  
pm



# We Rocked Amplify Austin

Intake scheduling hours:  
**11:00 am - 2:00 pm**

## AND YOU HELPED!!!

Amplify Austin was such an amazing experience, and we are so glad you all were along for the ride. We raised **over \$44,000 in 24 hours**, finished **3rd in small organizations**, had **100% participation of staff and board members in creating personal fundraiser pages**, AND had 12 volunteer pages as well! It was such a success in so many ways, and **with a generous dollar-for-dollar match from our founder Khris Ford, we blew our goal out of the water!**

We can't wait to do it again next year!



## How can you support MHP all year-round?

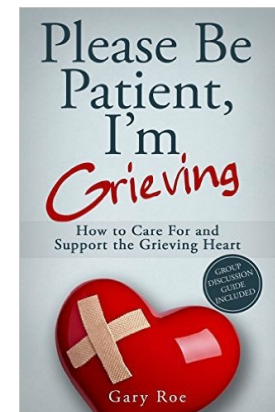
Tell everyone you meet or know why you support My Healing Place and how to:

- Donate - via our [website](#).
- Refer clients - Folks can schedule an intake appointment by phone (512-472-7878) 11 am - 2 pm Mon - Fri or [online](#) anytime.
- Volunteer - Opportunities and applications available [here](#).

## BOOKCLUB CORNER

*Please Be Patient, I'm Grieving*

by Gary Roe



For those in the midst of loss AND those with loved ones experiencing loss, a powerful collection of insights into the grieving process.

## SUPPORT MHP with EVERY PURCHASE:

**amazon**smile  
You shop. Amazon gives.

**Get Started!**

Giving has never been so easy... or so free!



## We still have a couple spots left! Register today!

This grief therapy group will be held on 6 consecutive Thursdays from 6 - 8:00 pm May 5th through June 9th, 2016 and will use various expressive art mediums as a way of expressing the difficult



and often intense feelings related to a loss.



Interested in joining this group?

**REGISTER NOW**

Interested in joining a therapy group we don't offer? Let us know!  
If we get enough people interested in a topic, we can absolutely get one started.

[info@myhealingplace.org](mailto:info@myhealingplace.org) or **512-472-7878**.

## MEET THE BOARD Laura Lucas



**PRESIDENT  
BOARD of DIRECTORS**  
My Healing Place

"I deeply believe that  
there is transformative  
power available when

A native Texan, Laura came to My Healing Place in 2010 after a six year journey with her husband Bill, that included multiple cancer treatments; her daughter Jennifer moving to Texas for the birth of her grandson, Billy; and a bilateral mastectomy. That journey culmin-ated with Bill's death in December of 2009.

When asked to describe her connection to MHP, Laura says, "My Healing Place and the incredible people I continue to encounter there have provided a safe place to experience and explore a wide range of feeling and emotions." She adds, "I deeply believe that there is transformative power available when you can openly talk about, grieve, and celebrate your loved one."

After her time as a client at My Healing Place, Laura transitioned into a volunteer role in the office and eventually joined the board. MHP has been lucky to have Laura serve as board president since 2015. Her beautiful spirit and professional experience has given vital guidance to MHP during it's recent period of growth.

Laura is an active member of the Austin community and loves to partake in its wondrous offerings

you can openly talk  
about, grieve, and  
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with her friends and family. She  
can often be found enjoying  
the live music scene or soaking  
up nature on hiking trails or a  
stand-up paddle board on Lake  
Austin.

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## MHP in ATX

### OUR INVOLVEMENT IN YOUR COMMUNITY

**My Healing Place was featured  
in Austin's 2016 SXSW  
presentation "How Digital  
Artifacts Help Us Process  
Death."**



via sxsw.com

Umy Boonmarlart, a designer working with a global design firm here in Austin, summarizes the purpose of his project, "Today, when someone passes away they leave behind a digital trail through social media - which often includes their thoughts, pictures, and videos. This digital presence lives on; allowing loved ones of the deceased to access and interact with these digital artifacts. Left behind data continues to connect those who share their loss."

Umy interviewed Clinical Director, Brittany Neece, about bereavement and the role that technology can have in the grief process, as well as attending a portion of MHP's support group facilitator training to gain a better understanding of grief and bereavement for adults, children, and family systems. We are delighted to be in collaboration with Umy for his thought-provoking, powerful research about such an evolving topic within the grief community!

**Brittany Neece, Clinical  
Director and Lori Pelliccia,  
Asst. Clinical Director  
represented MHP at the  
Pilgrimage Through  
Loss conference on March  
4th.**

This conference was sponsored by Austin Presbyterian Theological Seminary, the UT School of Social Work and Hospice Austin. It focused on how helping professionals and caregivers can walk with loved ones through their journey of grief and healing.

We were delighted to be featured as a valuable community resource available to help grieving individuals, as well as their personal and professional caretakers.

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**Brittany Neece represented  
MHP at the 25th Annual Texas  
School Social Workers  
Conference this February.**

She had over 75 attendees sign up to attend her presentation on "Traumatic vs Complicated Grief in Children and Adolescents."

My Healing Place has been seeing an increasing number of complicated or traumatic grief cases over the past few years. We continuously work to enhance our clinical treatment approaches and specialties of working with this type of grief, for both adults and children.

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## A Note from our Clinical Director

Well, spring is here in full force again! This time of year reminds us of growth and change—and loosing an extra hour of sleep, of course. These reminders can be difficult for those who are deep in their grief. It may feel as though the sun is shining and flowers are blooming all around us, yet we can't seem to feel the light.

When I feel this way, I often think of the yin-yang symbol. According to Chinese philosophy, yin and yang describes how opposite or contrary forces are actually complementary, interconnected, and interdependent in the natural world, and how they give rise to each other as they interrelate to one another.



What does this have to do with spring, you might ask? Well, I think it's a reminder for us to look for the light when we're in the darkness.

When you look at this symbol, and you see that one side has mostly darkness, there is always a spot of light (and vice versa). When we feel like we are consumed by darkness, it may feel extra hard for us to find the light, but if we make the intentional choice to look for it,

I know we can find it!

My hope is for My Healing Place to be that spot of light for you, and all those who are experiencing grief. Let us be a spot of light and hope for you, and I know you will do the same for others in your life—if not now, then maybe some day.

Wishing you a season with spots of light,  
Brittany Neece  
Clinical Director, My Healing Place

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[DONATE TODAY](#)

[www.myhealingplace.org](http://www.myhealingplace.org)



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