

Acknowledging and Addressing Situational Crises



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Rebecca Brumm serves as the clinical director for Laureate.. She has master's degree in professional counseling from Central Michigan University. Though she has helped clients through a variety of challenges in her practice as a therapist, Rebecca specializes in helping people work on improving their body image and overcoming eating disorders. Ms. Brumm is a certified Intuitive Eating Counselor, a Health at Every Size (HAES) practitioner and has served as a national health presenter for Cigna Health.

For over a decade, Rebecca has experienced how a strained relationship with the body can negatively affect quality of life. She is passionate about helping people develop self-compassion, connection and acceptance. Ms. Brumm believes learning to nurture a healthy relationship with one's body can be transformative in someone's overall quality of life.

As a therapist for the past fifteen years, I have walked with many individuals on challenging paths. I am all too familiar with the ways life can throw unexpected and devastating punches and curve balls. Helping individuals find greater meaning and resilience through these times has made this career path truly meaningful for me. So, when my mother passed away earlier this year following three years with ovarian cancer, I knew this would be a challenging experience. Still, nothing I had done to this point could have prepared me for the depth of heartache my loss of her would bring.

As someone who's chosen to understand human behavior as a career, I felt perplexed and frustrated. Knowing what to do to manage these challenging emotions did not insulate me from really having to feel them. Being a

clinician, I do not believe in asking patients to do something I have not been willing to also try. Although I had yet to put the skills that I teach into practice on such a deep, personal level and despite a strong pull of avoidance of all of the pain I felt, I turned to the emotional management tools I have preached my entire career.

Navigating the dark, deep waters of grief, with its daily reminders of what will never be again and tears that can spring from completely unexpected places without any notice was difficult. There are still difficult moments, but with time and with a commitment to growth, I evolved. I found ways to honor my mother in my heart and in my life; I grew closer with my siblings and I embodied more of the loving ways my mother was present in my life.

Loss, heartache, fear and trauma are almost an inevitable part of the human condition. And still, these things can make life and its commitments much harder. Fortunately, there is much that can be learned and implemented to assist us in coping with these natural parts of life. Unfortunately, learning skills during some of the most challenging times can require dedication, focus and deep self-reflection at a time when internal resources are likely limited.

"Situational" is a term used to explain how circumstances can bring about adjustment and mood disorders as mental health conditions. Many individuals enduring deeply challenging life experiences may benefit from inpatient mental health services that match their needs. The Progressive Unit at Laureate is dedicated to individuals struggling with challenging life events that

have caused them great suffering, have affected their ability to meet life's demands and are impacting the ability to engage in a meaningful and joyful life. This unit is focused on skill development, personal reflection, goal setting and attainment, medication management and to restoring the individual to emotional well-being. Residents are similar in that they are committed to addressing and improving their circumstances.

This focus in combination with a beautifully landscaped and serene campus on 40 wooded acres, with access to a basketball court, a pool, waterfall and koi pond, art room, fitness center and bright light therapy provide a unique opportunity for individuals with situational depression and anxiety to quickly develop the skills that will help them to grow and evolve from their own challenging life circumstances.

To learn more about our unique and impactful Progressive Unit, please visit saintfrancis.com/laureate.

About Laureate

Founded in 1989 by The William K. Warren Foundation, Laureate Psychiatric Clinic and Hospital in Tulsa, OK, provides a full spectrum of psychiatric services as well as research and education for the general public and professional community. At Laureate, we want our patients not only to recover and function, but also experience a fulfilling life within their family, business and community.

Laureate is a private, not-for-profit, freestanding psychiatric facility. The campus is set on 47 acres of rolling hills in a series of related buildings forming a retreat-like atmosphere. Its beautifully landscaped surroundings include wooded courtyards, walking trails, a waterfall and a small lake. Everything on campus, from the outpatient clinic to patient rooms, is designed with patients' needs in mind.

Laureate is dedicated to providing only the latest diagnostic services and medical technologies. The treatment concepts, the programs, the buildings and the campus itself are an outgrowth of the constant re-examination of how behavioral healthcare should be delivered.

For questions, or to schedule an appointment with a mental health professional, please call the Laureate Outpatient Clinic, Monday - Friday, 8:00 a.m. to 5:00 p.m. at 918-491-3700.

