

THERAPY CHAT PODCAST EPISODE 61 SHOW NOTES

Welcome back! In Episode 61 Therapy Chat host Laura Reagan, LCSW-C asked 11 therapists to contribute their best tips for using self care to manage holiday stress. With Thanksgiving Day tomorrow in the US, hopefully you will find something useful here.

Thanks for listening to Therapy Chat. Please get in touch and let host Laura Reagan know what you thought of this episode!

Thanks to the eleven therapists who participated! See below for their names and links to their websites!

Elizabeth Cush, MA, LGPC	Progressioncounseling.com
Robert Cox, MA, PLPC, NCC	http://www.liferecoveryconsulting.com
Charlotte Hiler Easley LCSW ESMHL	www.charlotteeasley.com
Daniela Paolone LMFT	westlakevillage-counseling.com
Elizabeth Burke, LCSW	www.empoweredtherapy.org
Gina Della Penna, LMHC	www.ginadellapenna.com
Jackie Flynn EdS LMHC RPT	www.counselinginbrevard.com
Melvin Varghese, PhD	melvinvarghese.com
Ellis Edmunds, Licensed Psychologist	www.drellisedmunds.com
Rebecca Wong, LCSW	www.connectfulness.com
Michelle Lewis, LCSW	www.slweightcounseling.com

Resources mentioned in this episode:

Here's the link to find out about clinical supervision and consultation with Laura Reagan, LCSW-C and the Trauma Therapist Community:
<http://www.laurareaganlcswc.com/for-professionals/>

Visit Therapy Chat website at [Http://therapychatpodcast.com](http://therapychatpodcast.com) and send host Laura Reagan a voice message letting her know what you think of Therapy Chat! Did you like this episode? Did you dislike it? Let her know! Also, if you'd like to share a tip that helps you get through the holidays, record a message and your comment may be included in the December holiday episode!

Thank you for listening!

