



SUMMIT CLINICIANS

Joyce Babb
M.S.W., L.C.S.W., B.C.D.C.

Beverly J. Burch
M.A., L.C.P.C.

Traci D'Almeida
M.D.

Rebecca Durkin
M.D.

Erin Klein
M.A., L.C.P.C.

Bonnie Knox
M.Ed., L.C.P.C., C.A.D.C.

Anna Mackender
M.D.

Andrew C. Nichols
M.S.W., L.C.S.W.

Jennifer Parks
Psy.D.

Danielle Romano
Psy.D.

Jeffrey L. Santee
Ph.D., D.C.E.P.

Arturo Ventura
P.M.H.N.P.-B.C.

Daniel Wyma
M.D.



630.260.0606
www.summitclinical.com
1761 S. Naperville Road
Suite 200
Wheaton, IL 60189

Practicing Resilience

IN THESE TIMES OF COVID-19, MUCH has been written about resilience — that ability to bounce back from adversity and to “convert our pain into our medicine.” But what is resilience, and how do we develop and practice it? What is it that enables some people to cope with trauma and to move forward?

The research on resilience points to a few common “protective factors” that make some people more resilient.

and vulnerability in the face of hardship, and to provide a sense that we are in this (messy thing called life) together, connected to a power greater than ourselves through love and compassion.

In addition to spirituality, resilience seems to involve a few other behavioral patterns that constitute an inner strength in the face of adversity. Hope, being much more than a feeling, provides a mind-set



These include the belief in one’s ability to cope and manage their emotions; a connection with others and the social support they provide; and the belief that adversity provides a challenge, not a devastation that cannot be overcome.

I agree with Brené Brown, the author of *The Gifts of Imperfection*, who suggests that resilience is an integral part of what she calls “Wholehearted Living,” the ability to engage life with a sense of courage, connection, and compassion. She also suggests that *spirituality is the intangible foundation and essence of resilience*, and that it provides us with a perspective, meaning, and purpose. Spirituality is an experience bold enough to overcome feelings of despair, shame,

that involves having realistic goals and a belief in ourselves, trusting that, with persistence and a flexible plan, we can cope. Hope provides us with greater determination, a tolerance for disappointment, and self-confidence. In addition, it can even be learned by children if they are given a consistent application of love and limits.

Practicing critical thinking and challenging the negative cultural messages that we are not enough, is another factor in resilience, along with stopping the tendency to numb our vulnerability and painful feelings with drugs, alcohol, food, or other agents. We cannot selectively numb only our negative emotions. If we try, we lose our capacity to experience joy, a zest for life, and our sense of self.



RESILIENCE can be cultivated and practiced through some of the following means:

- Practice some type of spirituality, whether it involves being in nature or in a house of worship.
- Develop and maintain stronger friendships with others.
- Reflect on the strategies that have helped you to cope with adversity in the past.
- Face your negative emotions, and resist the temptation to numb yourself.
- Reach out for professional help if you are feeling overwhelmed with your circumstances and have lost a sense of hope. This can help you to restore a healthier perspective and to reconnect with your purpose and meaning in life. ■

Jeffrey L. Santee, PhD, DCEP, is a clinical psychologist with advanced training in cognitive therapy, behavioral medicine, mindfulness meditation, EMDR, and energy psychology. He specializes in the treatment of depression, anxiety disorders, and stress-related health problems.

Summit Keeps Growing!

OVER THE PAST YEAR, AN increasing number of articles in both popular and professional publications have been highlighting the growing need for mental health services for adults, children, and adolescents as the pandemic has continued to reshape our lives.

This is not surprising. The word *unprecedented*, rarely used in the past, has been popping up with increasing regularity, until it has nearly assumed the ho-hum quality of a cliché. But far from ho-hum, it points to an ongoing level of mounting stress as individuals, families, and communities strive to cope with situations and problems for which they have no tried-and-true problem solving protocols. One result is that our nation has faced and continues to deal with mental health crises that have kept pace with the physical health crisis we battle.



Since the onset of the pandemic last year, Summit has continued to strive to meet these needs with flexible approaches to mental health treatment options such as teletherapy. And we have also been on the lookout for high-quality mental-health-care providers to expand our services.

So we are delighted to introduce to you our newest professional staff members, Rebecca Durkin, MD, and Erin Klein, MA, LCPC!

< **Rebecca Durkin, MD**, a Board Certified General Psychiatrist specializing in psychopharmacology, comes to us from a teaching position at Rush University Medical Center. She previously completed her psychiatry residency at Rush, serving as chief resident. She received her medical degree from Southern Illinois University School of Medicine. Dr. Durkin is passionate about working collaboratively with patients to help them achieve their

goals. She treats a wide variety of psychiatric illnesses, including ADHD, depression, anxiety, bipolar disorder, and schizophrenia. She has special interests in working with emerging adults (18-25 years old) and patients with treatment-resistant mood disorders. She believes in a comprehensive approach to the treatment of mental illness, and often encourages psychotherapy and lifestyle changes in addition to medications.

When she is not practicing medicine, Dr. Durkin enjoys being outdoors and spending time with her family, especially her two young children.

> **Erin Klein, MA**, is a Licensed Clinical Professional Counselor, joining us after maintaining her own private practice in California and Illinois. She received her Master's degree in Counseling and Family Therapy from Saint Louis University. She is experienced in working with adolescents and adults on many issues including anxiety,

PTSD, transitional stress, substance abuse, family conflict, depression, and loss. She uses techniques from many therapies, including Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Narrative Therapy, and Emotion-Focused Therapy (EFT). In her treatments, she also incorporates skills of mindfulness and education about how our bodies work with our emotions. Fluent in Spanish, Erin is uniquely equipped to serve our Spanish speaking patients.

Outside of the office, Erin enjoys cooking, traveling, and spending time with her family and friends. She particularly enjoys the fall season, sampling many types of food, and learning about new cultures.



We look forward to working with these fine clinicians as we continue to serve your mental health needs. Both are now scheduling appointments for after March 1, 2021. **For more information or to schedule an appointment, please call us at (630)260-0606.** ■

Raising Resilient Children in a Complex World

THE STORY IS TOLD OF TWO children racing to find their gifts under the Christmas tree, only to discover a massive pile of manure. The first child collapsed into tears of disappointment. The other raced away, returned with a shovel, and began digging away in the manure. "What on earth are you doing?" exclaimed the first child. "Well," said the other, "I figure with such a huge pile of poop, there must be a pony in here somewhere!"

Why do some children cope or even thrive under difficult conditions, while others fare less well, even where conditions are better? Inborn differences account for some variations in emotional resilience, but adults can also impact their ability to develop the confidence

and optimism that will empower them to manage stress and live well.

Encourage independent thinking as they seek to solve problems. Be supportive, but avoid jumping in too soon to offer solutions (which can send the message that they aren't capable).

Help children view mistakes, failures, and imperfections as opportunities to learn and grow. Children want to look perfect, "have it all together," and be "popular." But when they feel unconditionally valued by the adults in their lives, they are more free to risk failure, tolerate frustration, and overcome life's setbacks.

Teach children to set goals and confront problems. Goals help children clarify what they want and

mobilize the energy to pursue it. Encourage them to persist through difficulties, so they can develop self-respect rather than depend on others for praise.

Model willingness to seek support from others, and help them develop their own social support networks. Children who learn to share their difficulties with trusted others are much more equipped to deal with stress.

Demonstrate, by your own life, the importance of healthy self-care, relaxation, and balance in life. Avoid what psychologist John Rosemond calls "frantic family syndrome," and establish healthy family habits such as regular nutritious meals and physical exercise.



Cultivate spiritual beliefs and practices through personal and family times of worship and reflection. A strong faith in God and commitment to transcendent values gives a more eternal perspective on our daily struggles and adds purpose to our lives. ■

Joyce A. Babb, MSW, LCSW, has experience in both the US and overseas in helping individuals and families achieve more joy and purpose in their lives.