



At Aetna Better Health of Louisiana, we not only care about our members but also our providers. Which is why we created a newsletter specifically dedicated to the needs of our behavioral health providers. This newsletter will not only disseminate information and updates but will be a place where you can share your voice. It will include articles written by you for your colleagues working alongside you in Louisiana. We understand the ups and downs of working in the behavioral health field. We want to help you not only take care of your clients but yourself. Because as the title says, every mind matters.

If you are interested in contributing to the newsletter, have ideas and suggestion, or you and your organization are interested in partnering with primary care organizations to integrate behavioral and physical health to treat the whole person, contact Brandi Thomas-Scott at [Thomas-ScottB1@aetna.com](mailto:Thomas-ScottB1@aetna.com).

## In this issue

Behavioral Health and Applied Behavioral Analysis Provider Monitoring Team . . . . .	2
SELF CARE	
Yoga-informed self-care strategies to help counselors avoid burnout . . . . .	2
CLINICAL SECTION	
Voice of Experience: If it were easy. . . . .	3
Case conceptualization: Key to highly effective counseling . . . . .	3
Training and CEs. . . . .	4





Name	Title	Email
Brandi Thomas-Scott, LPC	Provider Quality Monitoring Manager	Thomas-scottB1@aetna.com
Renee Booker, LCSW	Clinical Advisor	BookerR1@aetna.com
Alaine Garner, LPC	Clinical Advisor	GarnerA2@aetna.com
Mary Speed, MA, NCC, LPC, RPT	Clinical Advisor	SpeedM@aetna.com
Brian Guess, LPC	Clinical Advisor	GuessB@aetna.com
Shawn Allen	Clinical Advisor	AllenS21@aetna.com
Kelsey King	Clinical Advisor	KingK6@aetna.com
Tenisha Morgan	Clinical Advisor	MorganT3@aetna.com
Joy Epps	Provider Trainer	EppsJ1@aetna.com

### SELF-CARE

## Yoga-informed self-care strategies to help counselors avoid burnout

By Olivia Schnur

Schnur, O. (April 5, 2021). **Counseling Today Online**

<https://ct.counseling.org/2021/04/yoga-informed-self-care-strategies-to-help-counselors-avoid-burnout/>

When I was in graduate school, burnout seemed like something that would never happen to me. I worked out regularly, ate healthy, and had a well-rounded social life and plenty of hobbies. I thought self-care was that simple.

Fast-forward 10 months into my career: I quit my first professional counseling job to do a yoga teacher training and move to Australia. I was burned out and swore I would never return to counseling.

As it turns out, the yoga teacher training was the exact thing I needed to make my safe return to counseling. I would like to share with my fellow counselors some tips and tricks I learned along the way that go beyond bubble baths and workout plans. These tips are for anyone regardless of fitness level, religious affiliation, age or experience.







## CLINICAL SECTION



### Voice of Experience: If it were easy

By Gregory K. Moffatt

Moffatt, G.K. (October 21, 2021). Voice of Experience: If it were easy. **Counseling Today Online**. <https://ct.counseling.org/2022/03/voice-of-experience-if-it-were-easy/>

A few years ago, I managed the most complicated case of my professional career. I was serving as an adviser to an agency, and this case required me to manage HIPAA, ethics, confidentiality, supervision, competency in practice, dual relationships, intrusive intervention, the law, risk assessment and a host of other issues that would have been a challenge by themselves. Dealing with all of them at the same time was nearly overwhelming. I couldn't have managed that case 20 years ago. Most likely, I wouldn't even have known where to start.

The case wore me out physically and mentally. For more than two weeks, there was something to do every single day — a phone call with the agency, the client, the care providers, colleagues for consultation, and attorneys. Some days I drained my cell phone battery searching through the ACA Code of Ethics, which I always have available to me on my phone.

### Case conceptualization: Key to highly effective counseling

By Jon Sperry and Len Sperry

Sperry, J. & Sperry, L. (December 7, 2020). Case conceptualization: Key to highly effective counseling. **Counseling Today Online**. <https://ct.counseling.org/2020/12/case-conceptualization-key-to-highly-effective-counseling/>

This failure to develop an adequate and appropriate case conceptualization is not just a shortcoming of trainees, however. It is also common enough among experienced counselors.

#### What is case conceptualization?

Basically, a case conceptualization is a process and cognitive map for understanding and explaining a client's presenting issues and for guiding the counseling process. Case conceptualizations provide counselors with a coherent plan for focusing treatment interventions, including the therapeutic alliance, to increase the likelihood of achieving treatment goals.



## Training and CEs

The following is a list of the dates and times the sessions will be offered:

April		
Title	Date & Time	Link
Motivational interviewing and successful engagement strategies	4/5 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	4/6 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	4/7 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
BH inpatient TX providers	4/11 12-2 PM	<a href="https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=e12c4597741b3e33c5ebfada38d9727a7">https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=e12c4597741b3e33c5ebfada38d9727a7</a>
Motivational interviewing and successful engagement strategies	4/12 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	4/13 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	4/14 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	4/19 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	4/20 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	4/21 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	4/26 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	4/27 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	4/28 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>

(continued on next page)



## Training and CEs (continued from previous page)

May		
Title	Date & Time	Link
Motivational interviewing and successful engagement strategies	5/3 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	5/4 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	5/5 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	5/10 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	5/11 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	5/12 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Applied Behavioral Analysis Provider Quality Monitoring Tool Training	5/13 10 AM-12 PM	<a href="https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=efb84377c5a2563e2404eb7282aa860b5">https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=efb84377c5a2563e2404eb7282aa860b5</a>
BH ASAM/OTP	5/16 12-2 PM	<a href="https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=e351d408747abb892034ccd14b0326d8b">https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=e351d408747abb892034ccd14b0326d8b</a>
Motivational interviewing and successful engagement strategies	5/17 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	5/18 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	5/19 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	5/24 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	5/25 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	5/26 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	5/31 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>

(continued on next page)



## Training and CEs (continued from previous page)

June		
Title	Date & Time	Link
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	6/1 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	6/2 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	6/7 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	6/8 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	6/9 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
BH TGH/PRTF	6/13 12-2 PM	<a href="https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=ec1badb23611e4bdfb1bfc765f10c8244">https://aetnacca.webex.com/aetnacca/onstage/g.php?MTID=ec1badb23611e4bdfb1bfc765f10c8244</a>
Motivational interviewing and successful engagement strategies	6/14 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	6/15 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	6/16 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	6/21 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	6/22 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	6/23 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>
Motivational interviewing and successful engagement strategies	6/28 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t32f02225c7b3708cd3ea23b2dd15544e</a>
Community inclusion: Key principles of community-based inclusion, benefits to the individual, benefits to the community, barrier	6/29 8-10:30 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=tfc8bbd188fd4ef26f590cac3e2a0a7a7</a>
Strategies for identifying and addressing crisis	6/30 9-11 AM	<a href="https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8">https://aetnacca.webex.com/aetnacca/k2/j.php?MTID=t9f697420261e07fad50c20a058d5e9e8</a>