

The Lovelight Stories

PODCAST

Ep: 26 | Sexual Assault and Trauma Therapy with Danielle Flint

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00:01.72

lovelightstories

Danielle I am so excited to have you on the lovelight stories podcast today. Welcome.

00:06.52

Danielle Flint

Oh thank you so much I'm so happy to be here. Yes.

00:11.36

lovelightstories

Yes, you have a really powerful story um, that I actually learned about quite a few years ago for anyone listening we we met each other in um, a couple small group and we've been friends for gosh probably at least five years now I think and. Um, I'm really happy Danielle that you reached out to me to share this story because um, it's it's a topic we haven't had on the show yet and it's really really powerful and I think people are going to find um some some good words of wisdom from all of your experiences. So. Um, can you just take us back to the moment where your story began and just share about your experience of sexual assault.

00:58.17

Danielle Flint

Um, so I think it all kind of started. You know back in high school. Um I was going through kind of a hard period in my life and started dating the sky that like i. And on paper knew I shouldn't but ultimately um, that resulted in me being sexually assaulted for the first time my senior year of high school. Um, and after that I just really didn't know what to do or how to process that and. Kind of kept it to myself I didn't really tell anybody. Um I did tell my parents eventually and then we never really spoke of it again. So it was really a dark and lonely time of not really knowing how to move forward from this assault but also just trying to kind of fake it like I was just I was fine. Everything was fine I was getting ready to go to college and I was going to pretend like this horrible thing hadn't happened to me.

01:44.39

lovelightstories

Oh wow.

00:00.00

lovelightstories

So how long like did you have to wrestle with this internally before even telling your parents because you mentioned eventually you did that.

00:10.42

Danielle Flint

Um, it was months before I Even told my parents and it was really not even necessarily a choice I made I was just really upset about it one day and it just kind of came out.

00:23.42

lovelightstories

Okay, yeah, what was probably a good thing. It did come out. It sounds like I mean um to deal with that alone and I think a lot of people do deal with it alone. Why you know why.

00:25.45

Danielle Flint

Is.

00:37.36

lovelightstories

Did you tend to not reach out and share it. Um I can imagine. It's like such a traumatic experience but but what was it for you that kept you from even sharing it with your parents for so long.

00:51.90

Danielle Flint

I Think for me, the biggest thing was even before the assault happened I struggled with this belief that I was too much that I was not good enough and then to also have something happen to me that. Just felt so overwhelming. It just felt like I couldn't share and it will also felt like a really shameful thing because I grew up In. You know this kind of church culture that just sex was bad sex was before marriage was dirty and awful and.

01:12.69

lovelightstories

Yeah.

01:29.88

Danielle Flint

Even though this was obviously not a consensual experience. It still felt full of shame and I didn't want to let anybody in I was afraid it was going to be too much for them and that I'd feel like even more alone than before or it would confirm ah confirm in some way. That I was broken.

01:49.79

lovelightstories

Yeah, yeah I think that you tend to hear that from a lot of people who experience this that like as an outsider looking In. You're like of course it wasn't your choice and you know you were essentially a victim of this and. Um, we want to support you and I'm so sorry but like it seems as though when it happens to you Personally there is so much more deeper guilt and shame and thoughts that go on and um I think it's just that. We have that tendency to blame ourselves for things even though we don't Um, we know it wasn't our choice and I don't know I don't I I guess I

haven't heard you say that you are blaming yourself, but it's just that sense of of the the shame and everything and. What else was there anything else like you were feeling and experiencing afterwards like what about like when it was still pretty raw like shortly after like what happened did your life change. Did you go about your life differently like what did that look like for you.

03:02.17

Danielle Flint

I Think the I really started to kind of live this almost double life of like where I would go to school be very high achieving like be very successful. And then I started kind of you know, maybe not hanging out with the best people um turning to things that like just kind of numbed me because I just didn't want to be alone with these feelings. Um, and.

03:36.36

Danielle Flint

It was this really confusing time for me because no one really knew what was going on. Um, and I mean honestly I didn't know what was going on either I was just trying to stay away from these emotions that were coming up in me.

04:39.96

lovelightstories

Gosh That's like a really powerful thing to say in that you were trying to cope um in almost like unintentionally coping like you were just going about your life because it. Maybe it seems like you are almost numb perhaps like just trying to live life and it it just like sounds like it just affected you. So So so deeply.

05:03.70

Danielle Flint

And that's absolutely true and you know that's something that I tell my clients all the time and my work as a counselor of you know you just cope in the ways you know like. A lot of people will sometimes feel shame for the way they've coped whether you know maybe they drank more than they would have wanted to or they dove really deeply into Perfectionism or um, you know, maybe they.

05:38.10

Danielle Flint

Just tried to find new relationships that weren't healthy for them. But really all we can do is what we know until we know something differently and so it was really like me just doing the best I could with what I had and it.

05:49.32

lovelightstories

Um.

05:57.20

Danielle Flint

You're right like that word numbing like I was just trying to numb.

05:59.10

lovelightstories

Yeah, yeah, Gosh I could see that I mean like you said like you're just going through something so traumatic and like you're trying to process it but you still have to live your life and move forward and I honestly like it would be very very hard. To go through something like that and feel that shame and guilt to the extent where you feel like you can't tell anyone that would that would be really really difficult and.

06:25.20

Danielle Flint

Who who.

06:36.85

lovelightstories

I'm so glad you eventually were able to tell your parents like were you able to also tell your friends and stuff down the road or um, how did you end up like moving through it and ultimately coping with it.

06:50.81

Danielle Flint

Um, So for me, it was kind of a long process. A long journey of being able to heal from this I did have some friends that I were able I was able to tell in college And. Um, but it was also something where I would kind of say it once and then never revisit it Again. Um, because it was kind of too still too painful. Um, and so it was a long journey of me one learning to.

07:13.36

lovelightstories

Yeah.

07:25.46

Danielle Flint

Be comfortable with my own emotions feel safe to feel them and then also having really safe people to talk about it with and that came through people like some of my best friends. My therapist and my husband.

07:43.74

lovelightstories

Um, yeah, yeah, being able to talk about it and ah you mentioned the therapy to did you start the therapy right away or did that take you time as well to kind of get to that point where you realize like.

07:51.70

Danielle Flint

Who.

08:01.66

lovelightstories

A therapist could help you and you felt comfortable enough to start working through it.

08:08.18

Danielle Flint

I would say it definitely took time. Um, it almost was I had to get to the point where the way I was coping was no longer working and I wanted something different. Um.

08:21.67

lovelightstories

Yeah, yes.

08:24.84

Danielle Flint

And I also had you know that was college was a time where I started to kind of grow in my faith and to be in a started to be in a community of people who were really loving and caring and supportive and. I think I had to heal enough to feel safe enough to talk about my trauma. Um before I could even think about going and talking to a therapist about it. Um, like there was a kind of a Baseline safety that I had to establish before. I Felt safe enough to talk about something that was deeply traumatic to me.

09:06.70

lovelightstories

Yeah, that makes sense because in therapy you have to essentially like ah relive it in a way by working through it and talking about it and um, coming to feel those emotions and understand the.

09:11.75

Danielle Flint

Of move.

09:23.28

lovelightstories

The psychology of those emotions and how to move forward and that's like a scary thing because it's like I said it's kind of like reliving it. So I could really understand how it took that time to really get to that point before you could even go to a therapist.

09:39.70

Danielle Flint

Yes, absolutely And also what I understand now as a therapist that works with trauma is that traumatic memories are stored differently in your brain than regular memories which is why they feel so intense and like you're reliving it. Um.

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lovelightstories

E.

09:57.13

Danielle Flint

And I didn't understand that at the time I couldn't understand why I logically knew some of the things about it not being my fault or that I was safe now but I was not emotionally experiencing them and so. The hard work of trauma therapy is to be able to kind of relive it while also still staying grounded in the present and you need to have a really safe person to do that with before it starts to feel not overwhelming and you can actually process the trauma in a helpful and not re-traumatizing way.

10:31.68

lovelightstories

Wow wow that is really interesting and it makes so much sense like I didn't realize that either and um, it really adds a lot of understanding and color I guess to why we can. Logically think 1 way but then feel a different way and those don't aren't always congruent with each other That's really really interesting. Okay so how did you end up becoming a therapist like what was that journey. Um, how did you start to see the value of this mental health therapy and and it leading you there.

11:08.38

Danielle Flint

So I always knew like kind of early on in life that I wanted to help people. Um and I wanted that to be part of my career and then I went into college with the intention of being. Cremed I wanted to go to medical school because that was kind of part of that mentality I had about achievement and success like doctor was like kind of the highest level of achievement. Um, so as I started to heal and start to be comfortable, really voicing. What. I needed and wanted and discovering what I needed and wanted I realized that what I was drawn to in my classes that I was taking um was the psychology and the interpersonal relationships and I Love how it blended. Things we know about the body. The things we know about our brain with our emotional and mental health. Um, Also at that time I just realized I love like the 1 on 1 relationship with people and walking with people through hard times and serving others. And throughout that process like when once I decided I didn't want to go to Med school I kind of tried on a bunch of different careers that I thought I might want to do and only one that really felt right was like oh I'm going to be a therapist. Um, and.

12:28.54

lovelightstories

Um.

12:35.50

Danielle Flint

You know at that time I had ah I had a friend who every time I would say oh I want to do this I Want to do this. He'd always be like no I think you should like you're settling like that's not right? Um, and then you know it was kind of funny because I said I'm thinking about being a counselor.

12:45.77

lovelightstories

A.

12:55.34

Danielle Flint

And he that was the first time this particular friend was like oh yeah, that's right, um, and then I also had that affirmed by other friends in my life. Um I felt a peace about it and.

13:09.39

Danielle Flint

That's ultimately how I decided to become a counselor. It was taking all the things that I was passionate about is finding a career that really fit all the all those all those passions all those things that I loved.

13:20.25

lovelightstories

Um, yeah, right, right? It's it's amazing too like as difficult and traumatic it. It was for you to have this sexual assault experience and then the mental health. Experience after that and your own experience of going to therapy like I can imagine that must really help you be able to stay grounded and empathize better with your clients as a therapist today and it's almost like god gave you that. I shouldn't say that but it's like it's so it's part of your story like you know you don't want to believe that god gave you something really difficult but he allowed it to happen perhaps to to help you come into the purpose for which he created you for.

14:05.28

Danielle Flint

Yeah, like I think I've really seen God's hand and a lot of it of just you know I don't think that he necessarily like wanted this terrible thing to happen to me. But.

14:20.79

lovelightstories

Yeah.

14:23.35

Danielle Flint

That didn't mean that he still couldn't use it for something good on the other side. Um, and you know it's taken a lot of work to even get to say that because you know when you're in the middle of all the pain like you don't want to hear that that was God's plan. Um.

14:26.19

lovelightstories

Yeah.

14:39.22

lovelightstories

He.

14:43.16

Danielle Flint

And you know in some ways like I don't know if it was necessary like okay this was God's plan but God still was able to redeem it and make it good.

14:48.57

lovelightstories

Yes, yes, that's a really good way of saying it. That's much better than how I started out saying it because I don't believe that he just like creates this horrible thing in your life to to bring you through to the other side but like like you said like he. Allows that to help you come through and and he he creates a space for it to be a redeeming part of your story. Yeah yeah, Wow. So um, do it was that like experience.

15:16.99

Danielle Flint

Absolutely yeah.

15:25.73

lovelightstories

Ah, factor in you ultimately choosing to be a therapist as well. Um, you didn't necessarily mention that but like was that a factor or was it not.

15:35.41

Danielle Flint

It absolutely was because I kind of saw firsthand how trauma how mental health impacts every area of your life. It impacts your body it impacts your mind your relationships. Impacts your spiritual life and it was amazing to me how I saw like how going to a therapist working on healing it impacted my entire life like my body felt healthier. My relationships were healthier. Um, my mind was clear I felt more like myself. Um, and so that even kind of ties into that original desire to become a doctor of I saw how mental health can help also heal your body and so.

16:20.00

lovelightstories

Um, wow.

16:32.72

Danielle Flint

My own experience in Therapy Just really made me want to offer that to other people.

16:36.93

lovelightstories

Yes, yes I love that I Love how you just worded that made you want to help offer that to other people. It's just such a beautiful thing and as you said you'd never wish your experience.

16:44.67

Danielle Flint

See.

16:55.60

lovelightstories

Anyone and I'm sure you really wish it hadn't happened to you? Um, but it's given you that insight to be able to help others which is such a beautiful thing in itself and I definitely see that in you too like just knowing you as a friend like your you're happy uplifting supportive giving serving heart is just like obviously very. True to who you are at your core and I love that you were able to find this career that allows you to be that person for people. It's really really cool and really beautiful. So um, oh you know what? you told me too that this being a therapist was really one of the first. Things that you had peace about like when you were praying about it. Can you share about that too.

17:56.95

Danielle Flint

Yeah, absolutely like I don't know how to describe it other than nothing else felt right? Um, like I could logically think of a bunch of different things that I could do with my life.

18:14.69

Danielle Flint

And see like a logical path forward with them. But there was always this kind of like discontent like dissatisfaction with it like I don't that doesn't feel like me. Um, and so ah I mean a big part of you know, recovering from sexual assault is.

18:26.44

lovelightstories

Um, yeah.

18:33.76

Danielle Flint

Learning to trust yourself learning to trust your emotions and your body again and so I really had to learn to like trust that feeling of of peace and calm that I felt as I was making decisions and believe that like I was making a good choice.

18:52.80

lovelightstories

Um, yes, yes, that's that's an interesting perspective too for those of us who haven't experienced that like how it again and like you said it affects every area of your life and. You even had to find that trust again to with trust in yourself as you're making these big decisions and um I think you you did good. You did Wow you did a made a really great decision. Okay, so let's dive. Into the psychology piece of all of this because as a therapist you have a wealth of knowledge and you shared some of it with me before and I'd I'd Love. Um, for those listening to be able to have a few takeaways and things that they can implement.

19:27.11

Danielle Flint

But.

19:41.94

lovelightstories

In their life or just like some of the things you have already shared like this understanding of our brain versus our body and all that. So I guess my first question is um, how do we begin to have more awareness and grace about how we're feeling versus about how we think we should. Feel.

20:00.89

Danielle Flint

So something I tell a lot of my clients is that our emotions are really just our bodies sending us a signal that something is going on and so when we start to like. Treat them more as just signals things to pay attention to information about how we're experiencing something what's going on in our bodies. Then I think we can start to really have a lot of compassion for ourselves. And just to be curious instead of judgmental like I think my husband I we really love the show Ted Lasso and there's this really pivotal scene where um, Ted says this Walt Whitman quote about being curious and not judgmental and I think.

20:46.74

lovelightstories

Um.

20:57.14

Danielle Flint

That's the approach that I try to encourage all my clients to take with their emotions because sometimes like we can't control how we feel like our emotions just happen and so if we're always judging like our own emotional experience where.

21:07.50

lovelightstories
Right.

21:16.88

Danielle Flint

We're going to be Exhausted. We're going to always feel like we're failing. Um, but they can actually be really valuable insight to like okay this this situation is bringing up this emotion in me Why what is it reminding me of what am I Needing. How do I need to move forward here. Not just oh this emotion is bad and I need to shut it Down. So.

21:39.66

lovelightstories

Yeah I think that's what a lot of us tend to do even in our daily lives of other things too that are less severe just our daily decisions and thoughts we're having is as we tried to. We just we don't try. We just naturally judge ourselves and don't offer ourselves enough Grace. So why do you think we fail to have that compassion towards ourselves that we really deserve like why do we make it harder for ourselves.

22:10.18

Danielle Flint

You know I think a big thing is it. It depends a lot like on the like the home you were raised in and how they dealt with emotions but also like our culture here in America is very like action oriented. Not very. Feelings oriented. There's this sense that you should just kind of shut down your feelings move on. Do the thing accomplish the task and that you kind of have this cultural weakness attached to emotions. Um. And that can be really true. Um, for both men and women in how they're taught like oh tears like men are taught tears are weak women are told don't be angry and so we kind of learn to start to fear these emotions. And it can also happen too when we see other people have unregulated emotions and that causes fear in us of feeling like emotions mean you're out of control and.

23:17.63

lovelightstories

Yeah, so when those feelings and emotions do come up. How do you suggest? we actually deal with them in a healthy way so that we can give ourselves more of that compassion.

23:32.64

Danielle Flint

So I Think the biggest thing is we want to respond to our emotions not react to them and that requires that slowing down and that Curiosity. Noticing What is this feeling actually trying to tell me and how can I actually get what I'm wanting or needing Um, like for example, um, like if maybe something happens where I might start to feel anxious.

23:54.60

lovelightstories

Yes.

24:08.24

Danielle Flint

My reaction might be to try to like kind of over perform work really hard in like an unhealthy leading to burnout way. But when I'm being compassionate to myself and.

24:20.15

lovelightstories

He asked.

24:27.74

Danielle Flint

Responding to that feeling instead of reacting I slow down you know I might talk it out with a friend or a husband or I'll pray um I'll slow down and be like okay do I actually need to be worried about this thing or is this just a reaction from the Past. Um. And able to kind of talk myself through it instead of just going to that coping skill that I developed in high school of just overworking and not actually taking care of myself.

24:57.30

lovelightstories

Yeah, Wow Well I can really identify with that because that is like essentially the coping mechanism I came up with starting in even middle school like or elementary school like homework like when when I get overwhelmed I work harder and I don't stop until.

25:07.81

Danielle Flint

Excuse me? yes.

25:17.29

lovelightstories

I make progress on that because it ultimately gets me through that overwhelm because I keep working on it but it's not healthy and um, that's really interesting so identifying that. First and then being able to pause and like you said, get curious about what's happening and why and try to like infuse some logical sense around it with your support system or whatever is essentially like the first step is what you're saying right.

25:50.30

Danielle Flint

So yes, it's really about taking that pause and getting rid of that shame that we also often carry.

26:00.69

lovelightstories

Yeah, yes, you've mentioned before to the feelings wheel of like being able to actually identify your emotion in the moment as being like the first step and I think that's essentially part of this too is like identifying it first and then. Identifying why you're feeling that way and then moving through it.

26:24.95

Danielle Flint

So yes, exactly. Um now I Love the feelings wheel because often people can kind of identify like oh I'm mad or I'm sad or I'm anxious but really being able to hone in on like oh I'm really Frustrated. Or I'm feeling rejected or like I feel dread just being able to put a specific word to it that really hones in that can help you identify what you need like if I'm feeling rejected. That is different than feeling dread and how I respond to those feelings is going to be different even though they both would maybe fall under the general category of anxiety right.

27:08.34

lovelightstories

Yes, oh that's so good. So being really descriptive in pinpointing that. That's why the feelings wheel is so good like for those who don't know what it is. It's literally a wheel of feelings and emotions of these words to help you. See them and identify which which might be more specifically something you're experiencing at the moment and um I think it's really good for kids too. Didn't you say that at 1 point um to help them. Maybe you didn't I can't remember but I I think um I've heard that. Helping them identify their emotions when they're young like that and helping them choose from a feelings wheel is really powerful for them as they're learning to regulate their emotions too.

27:57.46

Danielle Flint

Yeah, and um I Love the feelings wheel for all those reasons and there's also another. There's an app that I recommend to some of my clients called how we feel and it's essentially like it has this like grid.

28:11.49

lovelightstories

Um.

28:14.65

Danielle Flint

And it has like energy level of the emotion and how pleasant it feels and it has all these different words that vary in intensity and energy level and so that can also be like a great tool If. You're just starting to try to identify like. How am I feeling in this situation.

28:34.64

lovelightstories

Wow, That's really cool. Awesome. That's a great resource for all of us. Thank you for sharing that? um I think we alluded to this a little bit but I want to make sure we talk about it as well because. Um, you've shared with me too that when we're in the middle of something hard. It's often when the old wounds pop up even if we've worked through them or or had a time since it's happened. Um, how how do you. Deal with those in the moment and realize you're just not in the same place as you once were like you mentioned the safe safety like I'm safe now like how do you?? Um, essentially take this wandering mind of these wounds popping up these feelings and align them to the. Brooded reality.

29:27.32

Danielle Flint

So I think sometimes that can be really challenging for people, especially if we are going through something hard that even on its own would stir up just some really challenging emotions. Um, and I think that. Biggest thing when we're going through something hard and these old wounds are coming up is learning to be okay with asking for extra help. Um because the chances are like especially if you've already done previous work on these old wounds like. You know the logical things you know? Okay, this isn't happening again or I'm allowed to feel how I feel whatever that might be for you? Um, but it's a big part of healing is learning to When. To get support from other people and when we're in something hard that's and these old wounds are coming up like it's okay to ask for reassurance. It's okay to go get prayer. It's okay to ask for practical help of I'm feeling really Overwhelmed. Can you come take some of this off my plate. Um, I'm feeling really burdened I really need extra support and it's also reminding yourself to live in that place of self-compassion and know that just because you're experiencing these.

30:54.25

Danielle Flint

Old Wounds does not mean the healing that you've done has been negated like you can still be kind to yourself as these old wounds come up.

30:59.60

lovelightstories

That's good. Yes, yes, and is it almost to be expected that even though you've worked through this like those wounds do come up and that can maybe be a healing thought too like. Okay, this isn't abnormal like I don't need to judge myself and be hard on myself like just walking grace through this.

31:25.37

Danielle Flint

Yes, absolutely um because our brains are kind of wired to keep us safe from potential threats. That's why when we go through something traumatic or just a repeated series of hard things. Um. Get stored in kind of like the more survival mode part of our brain and so it's really normal that when the things around us start to feel maybe chaotic or start to feel overwhelming or really hard that our brain kind of goes back to. Okay, well what are some other things that have felt like this before I think you saw that a lot um in the during the covid 19 pandemic so many people like old things just started popping up because the world felt really chaotic and overwhelming and scary.

32:07.15

lovelightstories

Um.

32:13.76

lovelightstories

Me yeah.

32:16.84

Danielle Flint

And so your brain was like okay I know this last the last time things felt chaotic, overwhelming and scary I felt like this maybe I should feel like this again. We got to protect ourselves from this threat. Um, and so. That's why I think you saw so many people struggling with mental health during the pandemic is because that collective experience we had was just really triggering.

32:39.55

lovelightstories

Yes, yes, wow, That's deep insight there too and it makes so much sense. But again you had to like be aware of what's happening in your body in your mind and take that time to slow down like you've been saying like. A lot of this is that mindfulness essentially and um, yeah, thank you for sharing that. Okay, so is there anything else for those who've either walked through something similar as you or just who have experienced past trauma in their lives. Um, that you'd suggest for them to um, like perhaps this experience that they've had doesn't feel fully healed yet. What would you suggest for them.

33:31.80

Danielle Flint

I Think the bit. Ah I think a large thing that I suggest to a lot of my clients is just to simply start by honoring what you need and to also not be afraid of.

33:47.87

Danielle Flint

Negative emotions because when we shut ourselves off from negative feelings. We also often shut ourselves off from the positive experiences in life too and a big thing is just don't be afraid to reach out for help.

34:00.76

lovelightstories

Um.

34:06.62

Danielle Flint

You don't have to go through this alone. Trauma can be so isolating even sometimes when we go through trauma the way people respond when we share about our trauma can be Re-traumatizing. So if you've had that experience where. Your trauma hasn't been honored and you haven't been supported in the way you need I would love for people to know that there is help out there and that the thing they went Through. It's not their fault and that there's hope and healing on the other side.

34:38.83

lovelightstories

Yes, yes, Wow Very powerful and I would assume sometimes those experiences of of the response to your trauma just comes from a lack of understanding on that person's side as well like they're not trained as a therapist. They don't Understand. What's happening inside of you and they don't know how to respond and so perhaps it was I could imagine that would be really painful but maybe taking the time to understand that. Maybe they just didn't have the knowledge helps to reframe that situation. In a way that um feels more graceful so that you can feel supported to go get help elsewhere and know that it wasn't your experience or something wrong with you? Um, and that there is help out there.

35:32.78

Danielle Flint

Absolutely,, That's something I say to a lot of my clients is especially when we're talking about you know, maybe traumatic or painful things that happened within their own family like. Say it's like with your parents I'm like if we could go back in your parents' life. We could exact we could look at exactly how they ended up the way they ended up and we can hold that they did things that were very painful to you and really hurt. And we can also hold at the same time that they just didn't know any better and so it's recognizing that was their stuff we can put it back on them that person's response is their own and that there are safe people who are not going to respond to you in that way.

36:21.40

lovelightstories

Yes, yes, such a good example and such good insight and um, thank you so much Danielle so um, where would you point people to if they are saying you know maybe I should go get. Help maybe I should go talk through this with a therapist I could see the value in this.

37:34.91

Danielle Flint

So if you're looking for a counselor in Georgia I practice in person in Roswell in Marietta and I also decline virtually all over the state. My practice is called remain connected and we also have a lot of other really wonderful therapists who work with trauma that are based here in Marietta. Um, and if you're not in Georgia or you want to find someone more local to you I always recommend people look. Through psychology today if you're involved at a church like a lot of churches have counseling referral lists that they vetted. They know the therapist and also like if you have a friend who you like know might see a therapist ask for their recommendation. Um, they might know somebody that they've worked with in the past or that they currently work with it could be a really good fit for you and those personal recommendations can be really powerful and help you kind of get in the door. A little bit quicker.

38:41.47

lovelightstories

Yes, oh those are some really good recommendations of where to start and I think it's interesting too to know that there is a possibility of insurance covering the cost as well or helping to cover that depending on your coverage. Um, and so that's always a place to start to is just look into that because I think sometimes the cost can be a barrier for us to even start wanting to look for help. Um, but if we know like there's this service through our insurance that allows for us. Um, to be supported in that way. It's it can be really empowering and give us that extra boost too. So.

39:22.13

Danielle Flint

Yes, absolutely um I would definitely recommend checking with your insurance provider to see who's in network if they provide out of network therapy benefits that you can like use your sessions towards your deductible and then they'll be covered. Um. Some employers even offer assistance to go to counseling I currently contract with a company here in Atlanta that provides 2 therapy sessions for their employees per month and so there are a lot of different ways that you can be that you can find some financial provision for. Um, for your counseling if finances are a concern for you.

40:03.91

lovelightstories

Yes I didn't even know that that's really interesting too. So yes, lots of different options and ways to get started. Um I will say I have gone to counseling myself I feel like it's such a great like even if I'm not working through a really difficult thing at this point. Um, it's like such a good maintenance thing too to like be able to talk out what's going on in your life and feel rooted and um I just think it's such a healthy thing. So anyway, I'm a total advocate for it. Danielle I love that. Um, you have gone into this field I think it's just like such a wonderful thing and um, it just aligns so great with your giving heart. So. Thank you so much for coming on the show today and sharing your own really difficult story and um in helping us understand. How our minds embody work and just ultimately like the value of therapy too.

41:02.89

Danielle Flint

You're so welcome. It was such a pleasure to be with you today and to get to talk to you and um to share what's been on my heart about counseling and therapy.

41:12.16

lovelightstories

Yes, well thank you. Thank you again!