

# SOCIAL WORK & COUNSELING CONNECTION

## newsletter

January 2019

### Clinician Conversation



**Carrie Schurtz, LCSW-C**  
**Social Worker,**  
**The Retreat at Sheppard Pratt**

Carrie's introduction to Sheppard Pratt came in 2002 when she was an intern at the Child and Adolescent Day Hospital. In 2006, Carrie took a position working at the Stanley Research Foundation and subsequently completed her MSW at the University of Kentucky. Upon Carrie's return to Maryland, she joined The Retreat in 2016.

Since becoming a social worker, Carrie has found that she enjoys working to effect positive change in patients and clients. At The Retreat, Carrie completes psychosocial evaluations, assists with discharge planning, and provides clinical support and psychoeducation in weekly sessions with the residents. Additionally, Carrie co-facilitates a psychodynamic group at Ruxton House, The Retreat's step-down unit, and a co-occurring group at The Retreat.

As someone who values the learning process, Carrie appreciates the rich clinical environment at The Retreat. She states, "One of my favorite things about The Retreat is that we have a weekly study group where we, as a group, pick a book or journal article relevant to our work, and discuss it in depth. The Retreat has an atmosphere of education which I truly enjoy."

Carrie's approach to therapeutic work has served her well. Carrie states she practices from "a strengths-based, holistic perspective with the belief that the therapeutic process is a partnership between the clinician and the client with the primary focus of treatment being enhancing skills to attain overall physical, spiritual, and mental wellness."

Carrie also serves on the Social Work Practice Committee and contributes thoughtful feedback and discussion to the group.

Thank you, Carrie, for all that you do!

### New Year, Same You!

What are you doing for self-care these days? There are several apps that can help! Here are a few to try:

- [Headspace: Meditation Made Simple](#)
- [Calm](#)
- [Happify](#)
- [Andrew Johnson: relax, change, create](#)
- [Aura](#)
- [Breathe: Sleep & Meditation](#)
- [Yoga Wake Up](#)

### Policy & Practice

The Social Work Manual is a resource for clinicians on various practice topics, including referral options for non-citizens, to supervision requirements for LMSWs and LGPCs.

To view these topic areas and more, click [here](#).

### Clinical Supervision for LGPCs

As of October 2018, licensed graduate professional counselors must receive clinical supervision from a Board of Professional Counselors and Therapists-approved supervisor. For more information on this new regulation, click [here](#).

### Continuing Education

During the 2017 legislative session, the Maryland General Assembly passed **House Bill 275, Department of Health and Mental Hygiene – Recommended Courses in Military Culture**, which requires the Department of Health, in consultation with the Department of Veterans Affairs, to provide a list of learning opportunities. Courses include "Military Culture: Core Competencies for Healthcare Professionals," "Community Provider Toolkit," PTSD 101, Specific Trauma, Treatment, Background, and Assessment.

For more information, click [here](#).