

Mental Health & Relationships with Crawford FACES Interns and Karla Sanchez

Summary

In this episode, Crawford High School students from the FACES for the future program discuss healthy relationships and mental health. The students developed a healthy relationship survey they shared with their community, and discussed the responses as well as interviewing Karla Sanchez, CCS Therapist about her profession and her opinion on relationships. We also provide some resources and talk about how you can use this information with those you love. Healthy ways to practice communication in a relationship, whether it is a friend, family member, or partner. It's important to have honest communication and trust between partners in order to have healthy relationships.

Transcription

Kevin

0:05

Welcome back to San Diego Youth Relationships. It's me, Kevin. I am a youth within the Youth Leadership Team in City Heights run by CCS. To learn more about this podcast and the program, Who runs it? Please go back and listen to the first episode. See you in a second.

Kevin

0:36

This episode may contain sensitive information. If some stuff comes up for you here. Here is a 24-hour hotline you can call to talk to someone. (888) 385-4657.

Let me repeat that again. (888) 385-4657. In today's episode, the students from Crawford High School, who are in an internship called FACES for the Future. This introduces students to a broad field of health careers where they can envision themselves in a productive career in the health profession. Today, they will talk about healthy relationships and mental health, what a healthy relationship is and how mental health is affected. I hope you enjoyed this episode.

Yvette Beltran

1:38

Thanks, Kevin. Hi, my name is Yvette Beltran and I'm a prevention and community engagement specialist with Center for Community Solutions. Thank you so much for joining us today. I had the honor of being able to work with the Crawford High School students on this episode. And so I wanted to give you a little bit of an introduction as we get started. Before we started this episode, the students developed a survey that they were able to send out to their friends, their family, their community members. And essentially, were able to just gauge where their community was at in terms of does mental health impact our relationships? Do relationships impact our mental health? So we'll get to hear some of their personal responses as well as them reading off some of the responses that they received. Later in the episode, you'll hear from my colleague Karla Sanchez, who's a CCS therapist who was invited to talk about relationships, mental health, And if you're interested in

becoming a therapist or joining in in the mental health field. Just some things to note and some things to consider, as well as her insight. Insight into her own work as a therapist, a Reiki practitioner, a mom. So we're excited for you to listen to this episode.

Asha

3:08

Hi guys. My name is Asha and I go to Crawford High School.

Faduma

3:13

Hi my name is Faduma, and I'm 16 years old and I go to Crawford.

Ugbaad

3:16

Crawford. My name's Ugbaad, I am 16 and I attend Crawford.

Yassir

3:20

My name is Yassir. I'm 16 and I attend Crawford.

Jade

3:23

My name is Jade. I'm 16 and I go to Crawford.

Jade

3:29

Okay Faduma, What is foundational to have in a healthy relationship?

Faduma

3:34

One of the responses says it's important to have honesty, trust, respect and open communication between partners.

Asha

3:43

Yeah and then another said. They were basically all the same, but others were communication and honesty and trust between your significant other.

Yassir

3:56

Another response was trust, communication, reliability, and respect. And I also agree with that.

Asha

4:04

Yeah, I agree with all of them because in order to have a healthy relationship, you have to communicate every time instead of just thinking everything is perfect.

Asha

4:19

Alright Jade in what ways do you think our relationship could affect your mental health? And it could be any relationship like your friendship or your parents or anything, your family.

Jade

4:32

I think that relationships affect our mental health in many ways, including like how we feel throughout the day and like they affect also our outside relationships. So with friends, if we have a good relationship, we're much more happier. And if we have bad relationships, they affect outside relationships by us being put down or just like in a negative mentality.

Asha

5:03

And I feel like a lot of people, they're not really themselves around friends, people that they call their friends. And I don't think that's healthy at all because if you have friends or if you like someone, you should, you know, be happy around them or you could be at least yourself and just,

Jade

5:23

yeah, like if you have healthy relationships, you're more open to being socially connected towards your family or even just in romantic relationships. I feel like when you're in a healthy space, you're open to more relationships.

Asha

5:39

Yeah. True. What do you guys think?

Faduma

5:40

One of the responders say, yes, that, yes, relationships do affect our mental health. People who are more socially connected to family, friends or the community are happier, physically healthier, with fewer mental health problems than people who are less well-connected.

Asha

5:55

Yeah, that's true.

Yassir

5:57

Yeah, it is true. Another response was Yes, depending on how much you care about that person, it can alter your days, whether it's in a good way or bad way.

Faduma

6:10

Umm, Yassir, what is a healthy way? What do you think is a healthy way to leave an unhealthy relationship?

Yassir

6:16

I really don't know. Like some of the responses that were said, stated one way to one way to address the problems to your partner, and speak about it before acting on the situation.

Asha

6:32

Yeah, like have a sit down with them so you guys can have a whole like, sit down with them so you guys can communicate basically. And so it doesn't lead into, you know, a physical fight or anything with your significant other.

Jade

6:47

Yeah. So really keep it serious and give reasoning as to why you want to leave the relationship, just so it's clear for both sides to understand.

Asha

7:00

True. I agree with Jade.

Faduma

7:11

I agree with what one of the responders said, it depends on the type of what type of unhealthy it is. For example, leaving and leaving an abusive relationship in a healthy way. Is contacting someone who the abuser may be afraid to act out in front of will help you leave.

Asha

7:18

Wait, I didn't understand that one, can someone explain?

Jade

7:28

Kind of like when you're in a relationship with someone or even a friendship where you know the person doesn't take a breakup lightly. You can bring in someone that they're afraid of. And so then you can talk to them and be like, Hey, so etc I don't want to be with you.

Asha

7:41

Oh like. Like, for example, if like. If I'm scared of you. If I'm scared of Jade, I could bring my friend next to me for comfort. Yeah. When I do it.

Jade

7:51

Yeah. And because you know that I won't act out and none of them true. So you can break up with me, and I won't do anything to you because there's someone here.

Asha

8:01

Yeah. Yes.

Faduma

8:03

Um. Yassir, what is a healthy way? What do you think is a healthy way to leave an unhealthy relationship?

Yassir

8:10

I really don't know. But like some of the responses that were said stated one way to one way to address the problems to your partner is to speak about it before acting on the situation.

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8:24

Yeah, like have a sit down with them so you guys can have a whole like, sit down with them so you guys can communicate basically. And so it doesn't lead into, you know, a physical fight or anything with your significant other.

Jade

8:38

Yeah, definitely keep it serious and give reasoning as to why you want to leave the relationship, just so it's clear for both sides to understand.

Asha

8:50

True. I agree with Jade.

Fadumo

8:52

I agree. One of the responders said it depends on what type of what type of unhealthy it is. For example, leaving and leaving an abusive relationship in a healthy way is contacting someone who the abuser might be afraid to act out in front of to help you leave.

Asha

9:08

Well, I do understand that one. Can someone explain that one?

Jade

9:31

Kind of like if you're in a relationship with someone or even a friendship where, you know, the person doesn't take a breakup lightly, you can bring in someone that they're afraid of. And so then you can talk to them and be like, Hey, so Et-cetera, I don't want to be with you.

Asha

9:43

Oh, like, like for example, if like, if I'm scared of you, if I'm scared of Jade, I could bring my friend next to me for comfort when I do it.

Jade

9:55

Yeah. And like, because you know that I won't act out in front of them. True. So you can break up with me, and I won't do anything to you because there's someone here.

Asha

9:57

Yeah. Let's say that for later. I'm playing guys.

Faduma

10:03

Um. How do you think maintaining. How do you maintain a healthy relationship and how can you practice it in our daily life?

Asha

10:16

I think to maintain a healthy relationship, you should start off with communicating with the person that you're in the relationship with. And also, umm, you could practice in your daily lives by understanding the other person instead of hurting them or like treating them. Like even if you want to leave the person. You could do it in nicer ways instead of hurting their feelings. And yeah. What do you guys think, though?

Jade

10:34

Um, I'd like to read one of them. It says, in order to maintain a healthy relationship, we should use communication and understanding one another. I feel like that's true, because when we want to maintain a healthy relationship, we have to learn to respect each other and communicate things that we do. So if I'm upset about something, I must communicate that to you because you have. You should know that. Of the things that bother me and don't bother me in order for us to go to work out.

Asha

11:11

Yeah, yeah, yeah. I agree with Jade.

Yassir

11:14

Faduma, what are some things you would do to build a healthier relationship?

Faduma

11:18

I would set and respect boundaries, reflect and learn, spend time together and be patient with one another.

Asha

11:25

Yeah, that's true. Because I feel like setting boundaries could lead onto a healthy relationship instead of just letting that person do whatever they want to you or just calling you names or like if you set boundaries, they would know what like they can do to you or like how they should treat you, basically.

Jade

12:05

Yeah, I'd like to add on with one of our responses. One of them says, having deep talks reflecting and also clearing up misunderstandings as they come. I think deep conversations build your relationship, not even just like, um, romantic relationships, but like friendships too.

Asha

12:07

Yeah, I notice that too. Like deep talks literally help like things. Even like if you guys are about to break up, I feel like having a deep talk would help, even though in some cases it might not. But you guys could at least understand each other better. Yeah.

Asha

12:24

Yeah. ^{2s} Some examples are like having like just sitting down with the person and like starting with, you know, like, Hey, I really don't like, you know, this like what you, what you're doing to me. And then you give them reasons and then, and then the other person may say like, oh, I do this because this, that like you do this because I do this type of thing and I feel like that's where it gets like more deeper because you're basically explaining yourself.

Jade

12:58

Yeah, yeah. Also, like with friendships, I feel like deep conversations are just like an interesting way to make your relationship stronger with another, Like, for example, like if I'm with my best friend and we're like, laughing about something and then do you ever have those moments when you're laughing and then you're randomly talking about something so serious? So I feel like that. So like going from laughing to crying like that definitely makes relationships stronger and healthier.

Asha

13:29

True. I had one of those just to it put out there. I'd better cut that off. That was cringey. I had a moment.

Asha

13:38

All right, Jade, your last question. It's not your last. But I was going to ask, like, how do you overcome an unhealthy relationship, in your opinion?

Jade

13:47

In my opinion, yeah. Okay. So, in my opinion, a way to overcome an unhealthy relationship is to feel it out. Like, let's say you just ended an unhealthy relationship or you just got out of one. If you need to cry, if you need to be mad, if you needed to be sad, like just do it. Like I feel like if you bottle up those emotions, they're just going to come back to you later. So just feel it. Take your time. Do things that make you feel better about yourself. Like meditate. Go on a walk. Do things that you enjoy doing before that relationship.

Asha

14:39

Yeah, I agree. Because you won't fully get over with it unless, like you tell yourself, Oh, I'm not really over this. So like, you just cry, you know, like, cry it out. So because it will help you move on basically.

Jade

14:50

Even if it's like a month after or even if it's like a year after. Like, just feel it. Like you went through it. You had to go through it. I mean, you didn't have to go through it, but you went through it. You can't go back. So just feel it.

Yassir

14:56

Also agree with what they're saying, like distracting yourself and creating new hobbies, like working out drawing or like doing like, other things to keep your mind off it. It's good.

Faduma

15:04

I agree. Reflect on how the relationship made you feel and set boundaries.

Yassir

15:10

We are learning about relationships from our families, communities, and media. We have identified at times violence is generational. The harm is normalized over time. It is called the generational cycle of violence. What is something you guys think we can do to end a cycle of violence?

Jade

15:29

Okay. So I want to read one of our responses. So they said seek therapy and find new coping strategies. If you have children, try not to treat your children how you were treated and don't treat your partner, how your parents treated each other, if they were toxic. Do not allow your partner to disrespect you or call you names that can lead to abuse. What do you guys think about that?

Asha

15:55

Oh, my God. I think a lot about that one, because abusive relationship doesn't always come from, you know, like your significant other. It could always come from like like your friends or either your family and other people, too. And like, it's also like a generational cycle of violence because like, for example, like if you were like a child and you got, you know, you were getting abuse from your the people that were around you, like your parents, it could affect you in your life because that's like the way they acted towards you could affect you and make you act that way around the people that you're around. And I think that's like some of the issues that affects people.

Jade

16:47

Yeah. Like I feel like the way you were treated, if you were treated badly as a kid, I feel like that affects your mental health. Um, how do you say it? Like, affects it, affects you and your future self. So I feel like if you're treated badly, you tend to treat others the way that you were treated, not because it's all like, I want to show you the way I was treated, but just because it's normalized to you, it's normal that I'm treated bad and this is how I'm supposed to treat everyone else. So I feel like a way to end that is to recognize that you've been treated badly and feel why you've been treated badly. And it's not your fault, obviously, but just learn how to treat someone better than how you were treated.

Asha

17:34

Yeah, and some people like you don't really know what they're going through. So I would say like, for example, if like Jade is acting, you know, like a little different today, then you never know what she's going through at home. So it's better to just be nice to everyone around you instead of because like, even if Jade is a bully or like being mean to me, you don't know what she went through, so you just never know.

Yassir

18:00

To add on to what Jade said. I feel like we should seek therapy because a lot of people don't go to therapy and don't have someone to talk to. So that could solve a lot of our problems. Yeah.

Faduma

18:12

I agree to focus on problem solving and conflict management skills, healthy self-esteem and self-worthiness.

Jade

18:19

I want to add onto what Yassir was agreeing with because the therapy part, I mean, it doesn't always necessarily have to be therapy, but just talking to someone helps you a lot. Because I feel like when you're just when you have yourself, you don't really get to feel letting go of the information.

Asha

18:36

Yeah, definitely, like talk to anybody that you like, a trusted adult or like your friend that you're close with. You know, someone that you know wouldn't let your information out, basically.

Jade

18:47

And it doesn't have to be about, oh, I need advice, but just like, listen to how I feel,

Asha

18:53

Mmhhh, like why I've been acting this way. 3s

Okay, guys. So today we're with Karla and she's an actual therapist and we're going to talk to her in this podcast, but I'll let her introduce herself.

Karla Sanchez

19:08

Thanks, Asha. Yes. My name is Karla Sanchez. My pronouns are she, her, hers or ella, and I am a licensed marriage and family therapist. I, yeah, I identify as a Mexican woman and I have two things about me. Um, I have a son that is a year and four months, and I am also a Reiki practitioner which is focused on energy healing. So other forms of healing as well. Thank you for having me. I'm excited. Thank you.

Asha

19:47

Uh, so I was going to ask you the first question. What inspired you to become a therapist and how did you get started in this field?

Karla Sanchez

19:55

Yeah. So, um, 1s in high school, actually, I had a class. Don't ask me what the name of the class was, but I had a class where the teacher was introducing a lot of information about personalities and, like, personality tests and, like, getting to know yourself and the ways that you operate in the world. And it was just an interesting conversation that kind of sparked my interest. But as I went into college and went into San Diego State, I honestly was not sure what I wanted to do. And so by the faith of God, I ended up in psychology and I loved it. So that's basically how I started. Yeah, I was I can maybe say it was by accident, but it was a good accident. So I was very inspired as soon as I started my higher education and getting into the information about getting to know yourself and healing and how different aspects of your life impact your mental health and your relationships and all of that. So yeah, I slowly started moving through that.

Asha

21:12

Thank you. I think this is going to be a good one because I want to become a psychologist.

Karla

21:15

Nice.

Asha

21:16

So, yeah, I have a lot of questions for you today.

Ugbaad

21:29

Well, the topic we're going to be focusing on today would be healthy relationships and mental health. Okay. And the first question I would like to ask would be what advice would you give to someone who's interested in pursuing a career in psychology?

Karla Sanchez

21:39

Okay. *1s* So I think when I first started my studies, the most common answer to that, to the question of what got you here or what why are you interested in being a therapist or a psychologist? Was I want to help others, which is a wonderful answer, a wonderful focus. And throughout the years of experience, I have learned that you are can only be a vessel or a way into helping and supporting others. A lot of the time the change cannot come from you solely. So there's a lot of pressure on you to fix someone or help change someone. But the reality is that when you are in the mental health field, sometimes you're just there for support, you're just there for guidance, you're just there with information or an ear to for them to to talk to someone else. *1s*

But the real change comes from the person that you are helping, if that makes sense, your client, whatever you want to call them. *2s* The real change comes from them. So you taking off that pressure of I have to change someone, I have to save someone. Sometimes you're only planting seeds. So going into the field with that mindset I think is going to be important or else you're going to feel like so much. Yeah, so much pressure into saving someone or getting them where you think they have to be. Remembering that the person will take their own course, will take their own steps, and they will get where they need to go at their own time.

Faduma

23:23

Um, our third question is how long was your process to become a therapist?

Karla Sanchez

23:25

Oh, okay. Um, so I, I did my undergrad in psychology in TJ, so I am I was born in the States, but I was raised in Mexico. So I am from TJ, Tijuana. And so my undergrad was four years. Then I came to the United States and I had to do this process, this paperwork process, and then I had to go into a master's degree. That eventually led me to practicum, which was some master's degree, was around two years, practicum is one year. And then once you graduate, you're able to gather hours, which is clinical hours, which is seeing patients. So that's about 3000 hours, which is roughly around two, maybe three years, depending on the pace. And then you have to prep for law and ethics exams and clinical exams. So to be a licensed therapist, you have to go through all of that.

Asha

24:31

That's a lot.

Karla Sanchez

24:32

It sounds like a lot, but when you're going to school and doing practicum, it feels a lot like what you guys are doing right now. Like you're going to school. Extracurriculars. Yeah, extracurricular activities. That's what you do. Some days you go to school, other days you go to practicum. And then as you're meeting with people, you're just counting the hours. And so eventually you'll get a job. Eventually you'll get paid for that, and you're still gathering your hours. So as you're working, you you're accruing all of that amount of hours. So it sounds like a lot, but it's yeah, yeah.

Asha

25:05

That makes sense. But I was going to ask you, do you only like because I know you said, um, that you only work with adults?

Karla Sanchez

25:14

Yes. Right now. Yeah. Sometimes we see I have seen youth, but there is a special children's program in our agency, the agency that I work with. So I'm in the adult program, but sometimes I have seen kiddos as well.

Asha

25:31

So like, like you said, we take a test at the end, right? So you become a licensed therapist.

Karla Sanchez

Yes.

Asha

25:37

I was going to ask like, is there like different, a different test for like people who want to only like, do like, how do I say this? Like only do like kids?

Karla Sanchez

25:47

No. So you're able. Yeah, you're able to see adults, youth and kiddos.

Asha

25:53

like, okay, that was the same test.

Karla Sanchez

25:55

That's the same.

Yassir

25:59

A question that I have is how long have you been providing therapy for?

Karla Sanchez

26:04

Well, in the United States, I have been able to see clients since 2016. Before that, in TJ, it was on and off with a private practice. So, yeah, so roughly, I graduated in 08, so it's been a few years, but officially, officially or consistently since 2016 at the agency that I'm at right now.

Yassir

26:32

Okay. Another question that I have is do therapists and mental health professionals also go to therapy, like seek therapy?

Karla Sanchez

26:38

Yes! And if they don't, they should. Yeah. No, I for me, I think it's a fundamental part of my professional and personal development. *1s* I, I believe that *1s* there should be more requirements for that. The reason for that is when you meet with other people as your clients, a lot of the issues that they bring up might hit home might be a reflection of what you probably went through. And so having that support is going to only make you a better, a better therapist and being able to catch those things that might be triggered for you as well. So I think it's a fundamental piece for good mental health services. Yeah.

Jade

27:25

So moving into our topic, I'd like to ask you how you think we can shift from an unhealthy relationship to a healthy relationship?

Karla Sanchez

27:33

Yeah, that's a good question. Um. *1s* I think the first steps, involve acknowledging, or really acknowledging to yourself and recognizing that this is actually happening, which can be a hard process to recognize. *2s* Getting the support that you need.

Probably educating yourself on that, what that means either on your own or with proper support either. Maybe you have a friend or a family member that you trust or reaching out to a community

agency. But for me, the first steps would be acknowledging and recognizing this is what's going on or something is not right either in feeling in the relationship or with yourself. I'm asking those difficult questions like, What am I feeling? What's coming up for me? How do I feel with this person? What am I able to identify? Right? But I think those are the first steps that are going to be important.

Asha

28:38

Is there a way someone could get, you know, like find support without really opening up? Because I don't really think people open up these days.

Karla Sanchez

28:45

Yeah. If I understand what you're asking, I think *is* I think that *is* when you have to open the door to these difficult conversations is going to be important to express what makes sense to you in a way that feels safe. I think the first step would be to identify someone that you feel is safe for you. Does that make sense? And and from there, *is* trying to...how can I award this? It's it's asking for the support that you that you think you might need, but also asking the questions that you might have.

Yeah, because not everyone will cope the same way and not everyone will have the same access to support and my advice would also be to not stop at one person. If you don't feel comfortable or fully, fully supported by them. A lot of the times the unfortunate situation comes when maybe I talked to my mom about it and my mom is dismissive or doesn't really know about the topic and maybe I give up, right? My next step would be to recommend maybe you know, someone in school or a teacher or a friend that is open to having these conversations.

Asha

30:09

Yeah. And like. A lot of a lot of the times when you open up to someone, they don't really understand you. So I think like for people who don't really open up, I think their option would be like just to, you know, like deal with, like deal with it by themselves. Yeah. So, yeah,

Karla Sanchez

30:28

Yeah, yeah. That, that comes up a lot where you were. You either really don't have someone to talk to or you feel like you don't have someone to talk to. I think both of them can be can be real. And so my suggestion would be at the end of the day, sometimes professional help is the best because they're not bias, They're not part of your family, they're not your friends, they're not judging you, hopefully, or giving their opinion. It's more of a, again, a professional approach where they have the knowledge and the understanding of what you might be going through or the questions that you might have. And they're able to normalize. They're able to provide resources, have certain conversations with you, *is* But support can be tricky for sure.

Faduma

31:19

I'm going back to the question Jade asked. Um. Another question we have is what are some of the first signs of an unhealthy relationship?

Karla Sanchez

31:34

Yeah, there's many signs, right? For me, the most important aspect is safety. Do I feel emotionally, physically, mentally safe with this person? Right. Do I feel comfortable with them? Am I able to open up? Right. Some of the signs can be feeling invalidated, unsupported, disrespected. There are many ways that a person can be abusive or show unhealthy signs. This could be verbally, emotionally, psychologically and physical. Right. And so being able to identify if there's name calling, if there's criticism in my feeling, judged all the time, are they trying to slowly control me? I don't like it when you put your hair like that. I don't like those jeans. Why are you wearing makeup? I don't like those earrings. Right. So being able to identify the subtle, simple things that might not be so subtle and simple.

Karla Sanchez

32:46

And and from there start assessing how is this relationship or this person, how do I feel when I'm with this person? And a lot of the times when you sense that something is off, even if you don't know what it's called or exactly how to name it. A lot of the times it's following your gut feeling. How does my body feel and my tense? Am I defensive? Am I feeling unsettled with myself and self in my in my own skin? And so I think that paying attention to how you're experiencing yourself with the other person is going to be a huge a huge sign.

Ugbaad

33:33

Let's say like someone's too deep into, like, a healthy relationship or unhealthy relationship. How would you what advice would you give to them to get out of it?

Karla Sanchez

33:44

There's a few sides to this. If if you are the person in an unhealthy relationship. Again, I think the acknowledgement and being able to recognize it is important. But if you're if you're trying to give advice to someone to leave, I think I would be very cautious with that because a lot of the times say that I see you're in an unhealthy relationship, but you don't see and I come at you and I tell you, I think you need to leave. It's very likely that you're either not going to believe me or you going to feel defensive or maybe you're you're not in a trust me in that.

Asha

34:24

Yeah.

Karla

34:25

Right.

Asha

34:26

And it's like, I think you're jealous. Sorry.

Karla Sanchez

34:27

Right, Exactly. So there's going to be a lot of negative things that come up. I think that is a it's a very difficult conversation when you're able to see someone going through that. But they might not see that for themselves. And a lot of the times is a lot of support in meeting them where they're at. What I mean by that is you might be that one person that they come to every time there's trouble, right.

Karla Sanchez

34:51

You might offer some support, some resources, maybe make some suggestions. But I think it's a difficult task, but it's important to assess or recognize where they're at. And asking a lot of questions is what do you want to do about it? How does it feel to be in that relationship? Have you thought about other options? Do you need what do you need from me? Because a lot of the times we want to we want to just dump all our bodies. You should leave them. I don't think this. And then you going through that and it makes me mad. So when you're going through a difficult situation like that with either an unhealthy or abusive relationship, a lot of the times these people experience a lot of shame and uncertainty or they might feel trapped or you don't know what the other person is telling them, so they might slowly be isolated. And so it's again, it's a tricky situation. Um, but the more that you are there for them, the more that you support as frustrating and sad that it might be, the more you're there for them, the more open they're going to feel about saying, I need I need help or I'm ready to get that support, right. On the other hand, if it's if it's one of those situations where they're barely exploring, what if it's an unhealthy relationship or not listening to much advice, but just being a person that's open to have conversations with them about what's going.

Asha

36:22

I'm going to ask you one more question. Yeah. Like I mentioned earlier, a lot of people that have like, a hard time opening up. So how do you work with like, clients who have a difficult time opening up?

Karla Sanchez

36:35

Yeah, we get that all the time. All the time. And again is meeting them where they're at. Sometimes we a client that come to the office and they're like, I don't know what I want, I don't know what I need. And so we may just have conversations about what we call psychoeducation, what's going on at home, what's going on in your relationship? How is this impacting you going from there? A lot of coping skills, like you said earlier. How do you cope? Let me let me show you a few a few skills that

you might need. Right. A lot of the times there's also safety planning. When this happens. Who is your go to or working in for? Can you go for support?

Karla Sanchez

37:13

Sometimes you shall see only person. Right? And the other the other options are hotlines or shelters or whatnot. We're talking about more extreme cases, *1s* but again, is really meeting people where they're at. *3s*

Jade

37:33

How do you get out of peer pressure and guilt tripping?

Karla Sanchez

37:35

You mean, like, how do you avoid it? How do you say no?

Jade

37:41

Yeah *1s*

Karla Sanchez

37:42

Yeah, That's a tough one. I think it would be really hard to avoid your pressure because I think every one in every age experiences peer pressure about a lot of things, and so not so much avoiding it, but learning how to be true to yourself. I think that you can experience peer pressure at every age and every stage in your life. I think the most important thing would be to strengthen your values and the way that you want to interact with others. And also how do I want to feel about myself in this situation or if I do or not, do you know, whatever you're being pressured to do, right? The guilt-tripping. I think it's inevitable sometimes to feel guilt, to feel shame. If we do something that goes against what we what we want. I think that just also takes time. And it's it's it takes a lot of practice, a lot of practice to say to say no and set boundaries where you feel comfortable. *1s* I think we all struggle with that no matter, like I said, no matter what age and no matter what situation, *1s* and surrounding yourself with people that share those same values and interests, I think it would be so, you know, whoever you hang out with, what kind of friends do you want to have? What kind of culture do you want to align yourself with?

Karla Sanchez

39:12

What are your beliefs? What are your values? What kind of person do you want to be? *1s* But again, I don't I don't think that you can avoid peer pressure. It's just a matter of. *1s* Gauging how to manage it and how to go about certain situations. As you grow, as you keep growing. I don't know if that answers your question.

Jade

39:35

Yes. Yes. It does. Thank you. 3s How do you relieve your own stress?

Karla Sanchez

39:42

Um. I like to run. I, um. I'm not great at it. I'm super slow, especially after having a baby. Don't time me on it. But I find that to be very helpful. I also have a very big dog at home. I have an £80 Doberman who was a big baby, and so him and I, we go for runs. And whenever I can, I take him and my baby out for walks. I like to hike. Um, I like to listen to music on Fridays. We have a little dance party on Fridays at home. 2s And surrounding myself with people that I love. I like to have fun and laugh and joke around so.

Asha

40:28

I can tell. Yeah,

Karla Sanchez

40:33

I'll take that as a compliment.

Yassir

40:39

The last question I have is how do you help clients meet their therapy goals and like, how do you measure progress while being in therapy, like as a client?

Karla Sanchez

40:49

So I don't think. I don't think I specified that answer before, but I work with victims on intimate partner violence and sexual assault. And so we have a very specific scale that we use. So in the beginning of services, we do what we call an impact of events scale, which is pretty much measuring how many symptoms they have and how frequent or intense they are during the week. And so we do that. 1s First session and then kind of like in the middle eighth session or so.

Karla Sanchez

41:30

Um, so we're able to see the progress. We do a lot of coping skills. Psychoeducation also trained in a therapy called EMDR. You ever heard about eye movement desensitization reprocessing therapy? And so it helps a lot with with processing trauma. And that is one of the the ways that I like to focus on achieving certain goals, which the goal is always, most of the time or all at the time is to feel better, right? How can I feel less fear, less stress, um, less triggers. And so we do a combination of that and honestly, a lot of, a lot of just active listening and 1s validating people that go through

abuse, they, they need a lot of validation, just like. 2s You know, just human beings need validation and so validating what they're going through.

Yassir

42:30

Another question I have is like, do you guys take classes to like, remain professional at all times?

Karla Sanchez

42:36

Um. Yes and no. There's a law and ethics class. You do a lot of like, case management. 1s That's why you do a lot of practicums within. At least I did a lot of practicum within our class and amongst peers. So it's not so much to remain professional. But... but yes, 1s it's a little confusing, but they don't really teach you how to sit in like your body posture or anything like that. That just I think it comes naturally. But you do have role playing sessions where the teacher might give you feedback on the way that you are presenting yourself. So to a certain extent, yeah, I don't know about any other colleges, to be honest, how they do that, but at least in my experience, there were a lot of role playing situations. Yeah.

Ugbaad

43:35

Okay. It's kind of similar. It falls on about the question about stress. Like, do you know any type of like good meditations that would kind of like help?

Karla Sanchez

43:38

I do a lot of YouTube. To be honest, I don't necessarily have like a like a bank of links or anything like that that I go to, but I explore like if I, if I Google them or a YouTube them, I usually go with the ones that align with what I'm needing or I know the client needs because there's a lot of meditations to sleep, anxiety, abundance and all that stuff. 1s So yeah, YouTube is your friend.

Faduma

44:21

Recently on social media, I started noticing that domestic violence and relationship abuse is becoming more normalized. Do you have any ways to remind people that that isn't okay?

Karla Sanchez

44:34

Social media. Um. 2s It's become so big. 1s Honestly, I do look at certain things and I think they they're not the um best route to get information. Some people post 2s videos and information that might not be true. They might model certain behaviors that are not healthy. So I think everything in moderation is important. And I wouldn't... I wouldn't rely on social media as a 3s as an educational portal all the time, if that makes sense. I think there are some pages that are healthy and that are very helpful. So I would do my research in finding the ones that have licensed therapists or professionals

as opposed to someone that's more of a social media influencer that's just making videos about whatever topic is coming up. So if, when in doubt, do more research. ^{2s} But as a form of advice, I don't think I have anything more than that. But really being cautious of what you feed...feed your mind with, yeah, it comes to pages like that.

Asha

45:54

I agree because social media, oh my god, especially like in our generation, it's crazy. Like it is like I see this TikTok, I guess I've seen a TikTok where the girl is like, Oh, when...when he hits you or when he's talking to you like in a rude way, like they're trying to normalize that. Yeah. In our generation, yeah. And yeah, I don't think you should, like, pay attention to social media.

Jade

46:19

They also romanticize it.

Karla Sanchez

46:20

Yes. And I think now there's more ^{1s} information out there. I think I mean, I'm a few years older than you guys, so back in the day I feel like it was more songs in certain parts of the culture that you would see, maybe music videos and stuff like that. Now I think it's like twenty-four seven. There's so much information out there that can be confusing and contradicting. And so again, I would...I would find a reliable source, make educated decisions, right? Compare information. Maybe you talk to your friends about what you find and see what people are thinking or what ideas and beliefs they have. Because again, there's so much information out there that is negative and toxic.

Asha

47:14

I was going to ask you, um, like I want to major in psychology. So is there like, how many years do you have to do that?

Karla Sanchez

47:24

So there's different levels. So you can do an undergrad degree, which is general education about psychology. You'll learn what therapy is, what kind of therapy modalities, different theories, and all of that. Right. With that, there's only limited things that you can do, unfortunately. This is why you have to go and enroll in in a graduate program where you get a master's degree, where you dive more into what actual therapy is and you practice. Okay. ^{1s} Then after that, if you want to be a psychologist like a doctor in psychology, you can go two ways. You can either do the route where you focus on therapy and you dive more into interventions and again, theoretical orientations and all of that. Or you can also do the focus where you do research. So there's a lot of research out there, like when they do medication research or certain therapy research, is this therapy better than the other? And so ^{1s} there's two different routes and you can go with your doctorate degree. Yeah.

Asha

48:37

Thank you.

Karla Sanchez

48:38

You're welcome.

Asha

48:39

I understand. I want to be a therapist, like for kids.

U2

48:40

You want to be a therapist? Okay. Why do you want to be a therapist Asha?

Asha

48:45

Because I feel like. Especially like. And like in the Muslim. Like I feel like in the Muslim community, like. Like they. It's just like an Islam thing. It's like more like ethnicities. Like. Yes, Somalis. Like, they just think that mental health is not a real thing. Yeah. So whenever you bring it up, they just. They just tell you to pray. Basically. It's not a bad thing because it actually helps because we pray five times a day. But like we need like more awareness to mental health, especially to little kids that whenever they go to, I guess their parents or their siblings, they just tell them, you know, like, oh, it's not a real thing. So that's just like one of the reasons why.

Karla Sanchez

49:28

Yeah, that's a beautiful reason why I think there needs to be more education about what mental health is and what it isn't. Right. And how it impacts everyone. Absolutely everyone. And also, I think accessing services with people that look like you, you know, people that look like me to speak my language, that share the same beliefs is very limiting. I myself have a very hard time referring people to therapists that speak Spanish. A lot of the times there's...there's not there's not enough resources, resources or there's not a lot of therapists that that do that. Or when you find one, there's like months of wait time to be seen. And so I think there are definitely needs more. We need more.

Asha

50:21

Yeah the Somali community. Yeah, we definitely need more. So. Yeah.

Asha

50:31

This is Asha. And thank you guys for listening. And thank you, Karla, for being here. And I know you have a lot to do and you're busy, but thank you for taking time out of your day to be with us and, you know, share your thoughts with us.

Karla Sanchez

50:45

Thank you.

Faduma

50:47

Um, thank you for listening. This is Faduma.

Ugbaad

50:54

This is Ugbaad. You made it to the end of the episode, and it was nice having all of you.

Yassir

51:00

This is Yassir. Thank you guys for listening. And thank you, Karla, for coming on the episode and bettering our knowledge on mental health and healthy relationships.

Jade

51:10

Okay, this is Jade. Thank you, Karla, for being here. We appreciate you educating us today.

Karla Sanchez

51:17

And this is Karla, and I like to thank everyone for giving me the opportunity to be here, for listening to what I have to say. And also, I think it's amazing what you're doing. When I was your age, I definitely did not involve myself in anything like that. So I think it's awesome. You're already a step ahead. So thank you again.

Yvette

51:45

Thanks for listening. Let us leave you with some resources. [1s CCS](#) provides a twenty-four seven hotline for anyone at any time. Twenty-four seven. That phone number is 1-888-385-4657. And you'll be met with a confidential advocate, who will be able to provide some support or just someone that you can be able to talk to. If you know of a friend that might be experiencing intimate partner violence or has experienced some sexual violence in their life, or if you just want to learn some more. Along those lines, wanted to also share that CCS also has a CHAT program, which is a child services and advocacy program where we have staff therapists who are available to you if you are a

youth or a minor and are looking to get some services, feel free again to call that hotline and you'll be connected directly to somebody that can support you.

Kevin

52:49

Hi, it's Kevin again. I hope you enjoyed this episode. After listening to this episode, what do you think a healthy relationship is and how does it impact the mind? I also hope that you learn something in this episode and hope that you will consider taking this information and using it with those you love. Tune in for our next episode. Thank you.