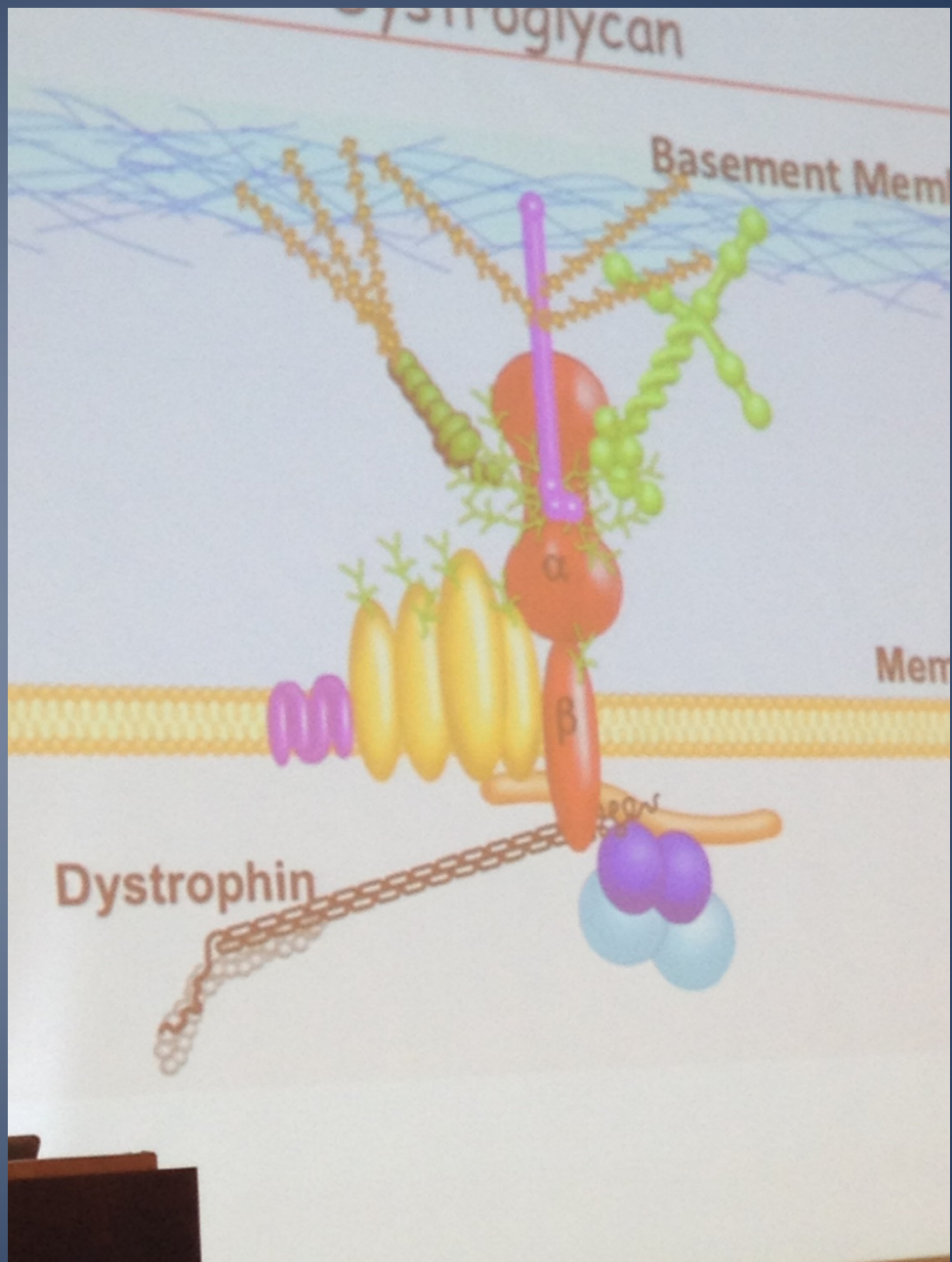


LIVING YOUR BEST LIFE WITH MD

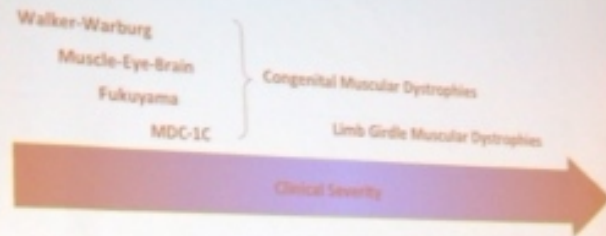
REVISITED!

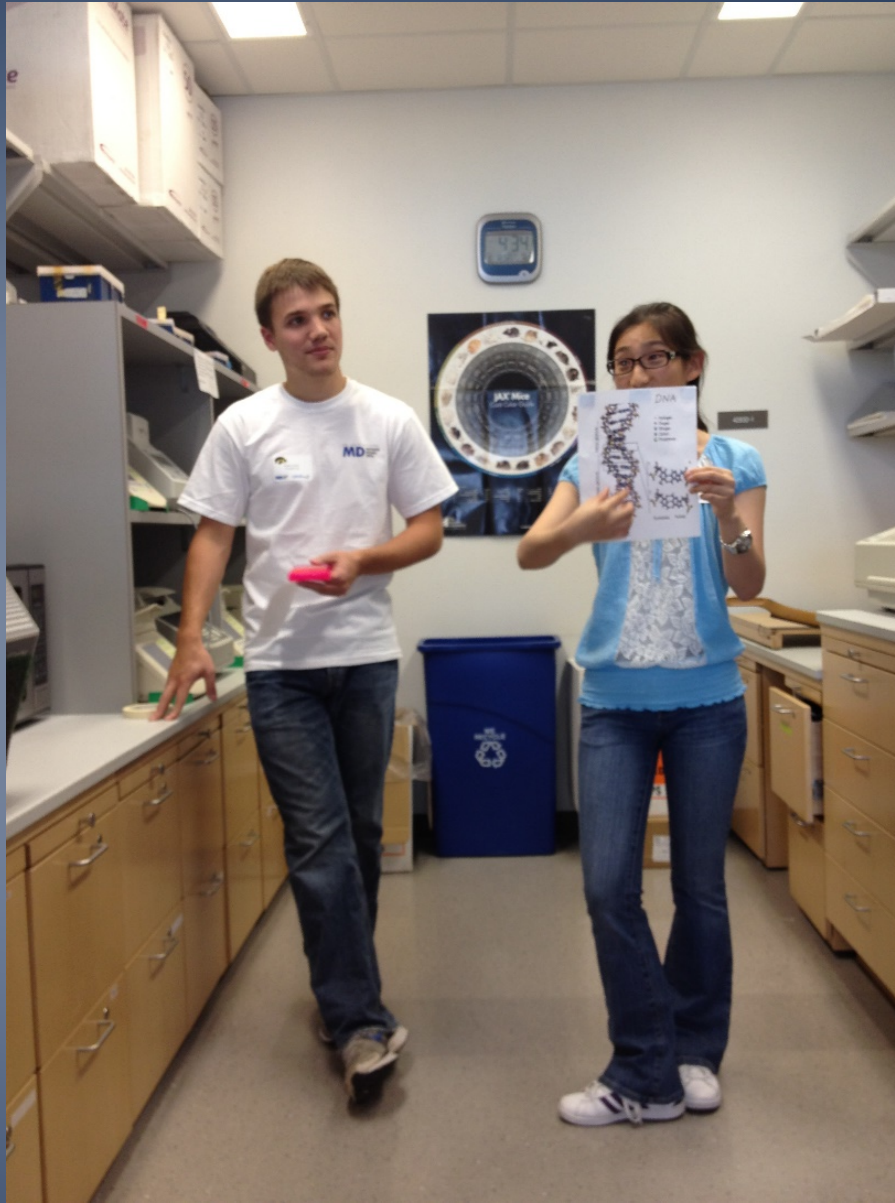
Melissa Grove M.S., LPC





Congenital MD → Limb Girdle MD Clinical Spectrum



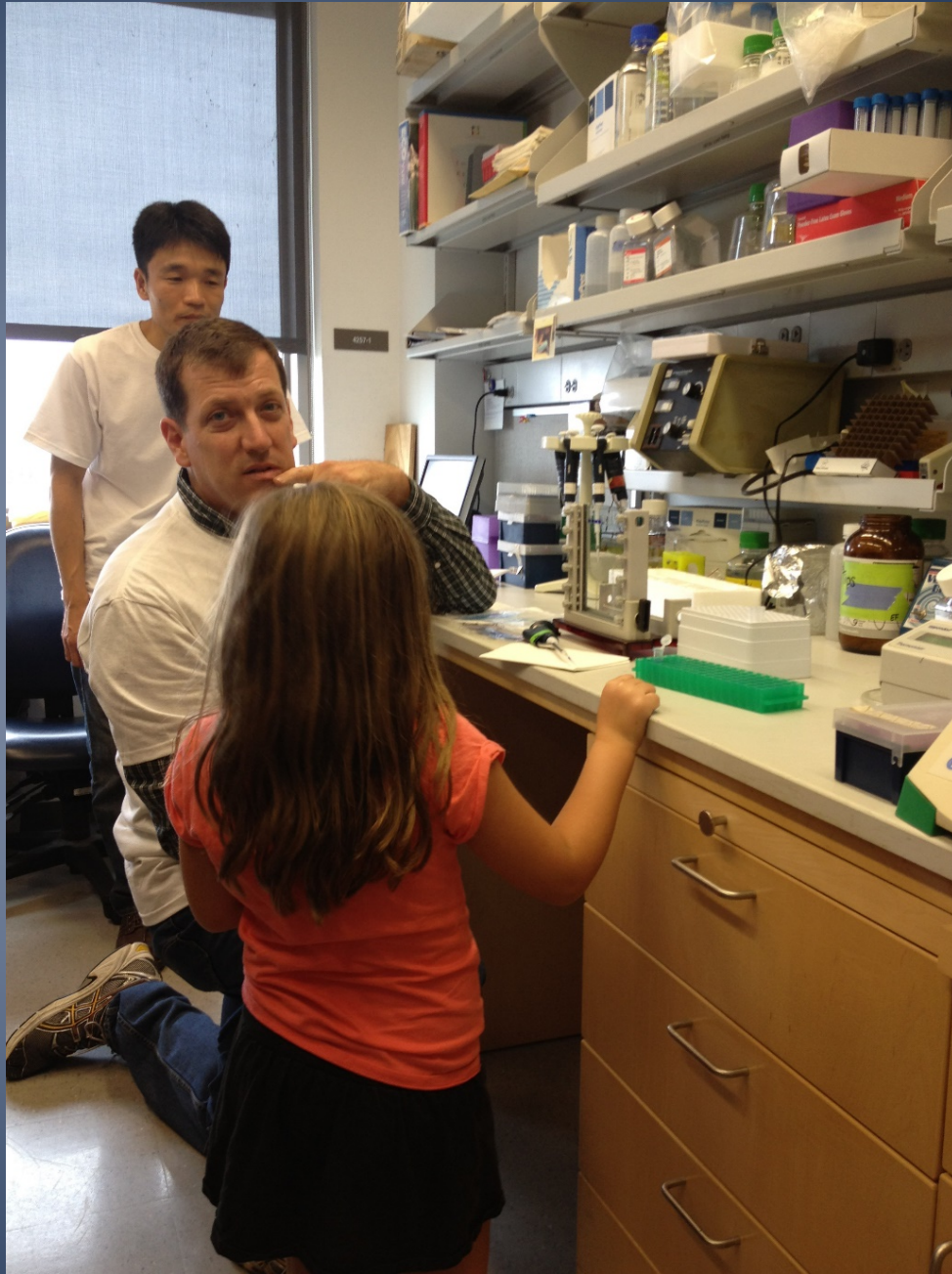






Accomplishments

- Development
<http://iain-founde>
- Support for F
- 9 grants awar
- model creation
- Support for th
- Prom





The image features a background of thin, vertical green lines of varying lengths and thicknesses, resembling grass or reeds, set against a light gray gradient. A solid green horizontal band spans the width of the image, containing the text. The text is in a bold, white, sans-serif font with a thin black outline.

SINCE I'VE LAST SEEN YOU...

A black poster with white and red text. The main title is "THE 2016 NATIONAL LATINO HIV/HEPATITIS C CONFERENCE". Below it, the dates "JUNE 6-8, 2016" and location "SOUTH PADRE ISLAND, TEXAS" are listed. The phrase "SOCIAL DETERMINANTS OF HEALTH" is at the bottom. The poster is surrounded by various terms related to the conference, such as "HUMAN TRAFFICKING", "CO-MORBIDITIES", "DUAL DIAGNOSES", "RETENTION TO CARE", "ETHICS", "TRANS LATINAS", "DISCLOSURE", "PREP", "MSM", "RELIGION", "MACHISMO", "BORDER ISSUES", "INSPIRE", "MEDICAL ADHERENCE", "LA LUCHA", "MUJERES", "FAMILISMO", "ADVOCACY", "HOMOPHOBIA", and "STIGMA".

THE 2016 NATIONAL LATINO HIV/HEPATITIS C CONFERENCE
JUNE 6-8, 2016
SOUTH PADRE ISLAND, TEXAS
SOCIAL DETERMINANTS OF HEALTH

June 6-8, 2016
Pearl South Padre
South Pare Island, TX



MELISSA GROVE

2015

Kuchling
Award Winner

s2015 | blacktie.org

2015 Black Tie Dinner **ignite**
November 14, 2015







••••• AT&T 5:21 PM 11%

dallasvoice.com

PHOTOS, Part 1

Posted on November 16, 2015 by Tammye Nash

« Previous Next »

Images 21 of 53



This is the first of two posts of photos from the 2015 Black Tie Dinner, held Saturday night, Nov. 14, at Sheraton Dallas Hotel. The fundraiser featured speeches by Dallas Mayor Mike Rawlings, Houston Mayor Annise Parker, Kuchling Award winner Melissa Grove, marriage plaintiff Jim Obergefell, E! Entertainment Vice President Jim Olde, a representative of The Trevor Project, HRC President Chad Griffin and more.

< > ↑ ↓ □ □



#RHOD

Melissa Grove
Legacy Counseling Center

ALL NEW
ORIGINAL
Bravo

TOSHIBA









#RHOD

Melissa Grove
Crisis Counseling Center

ALL NEW
ORIGINAL
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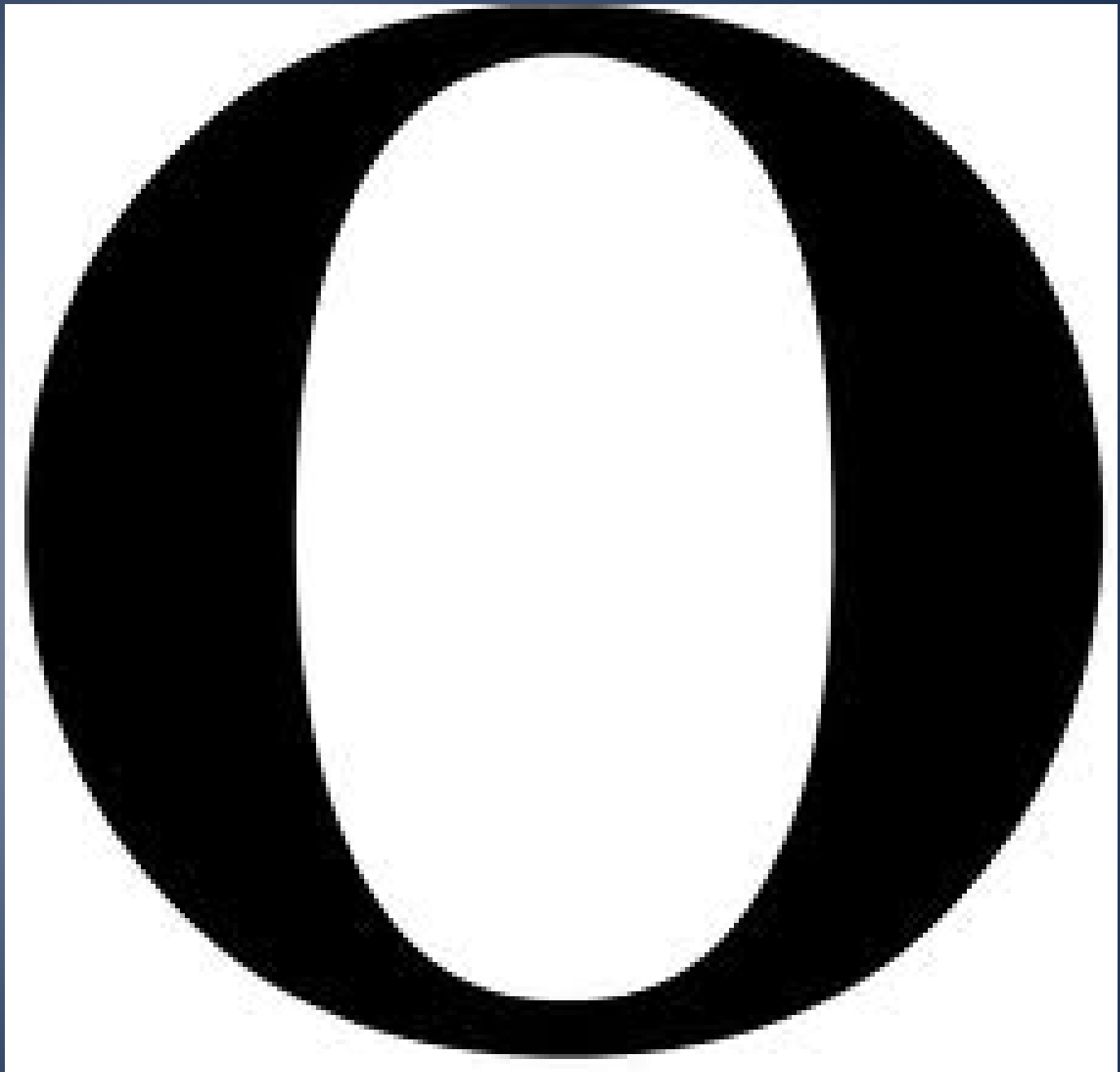


The background features a light gray gradient with numerous thin, vertical green lines of varying lengths and thicknesses, creating a grass-like or reed-like texture. A solid, vibrant green horizontal bar spans the width of the image near the bottom. The text 'MENTAL HEALTH' is centered within this bar.

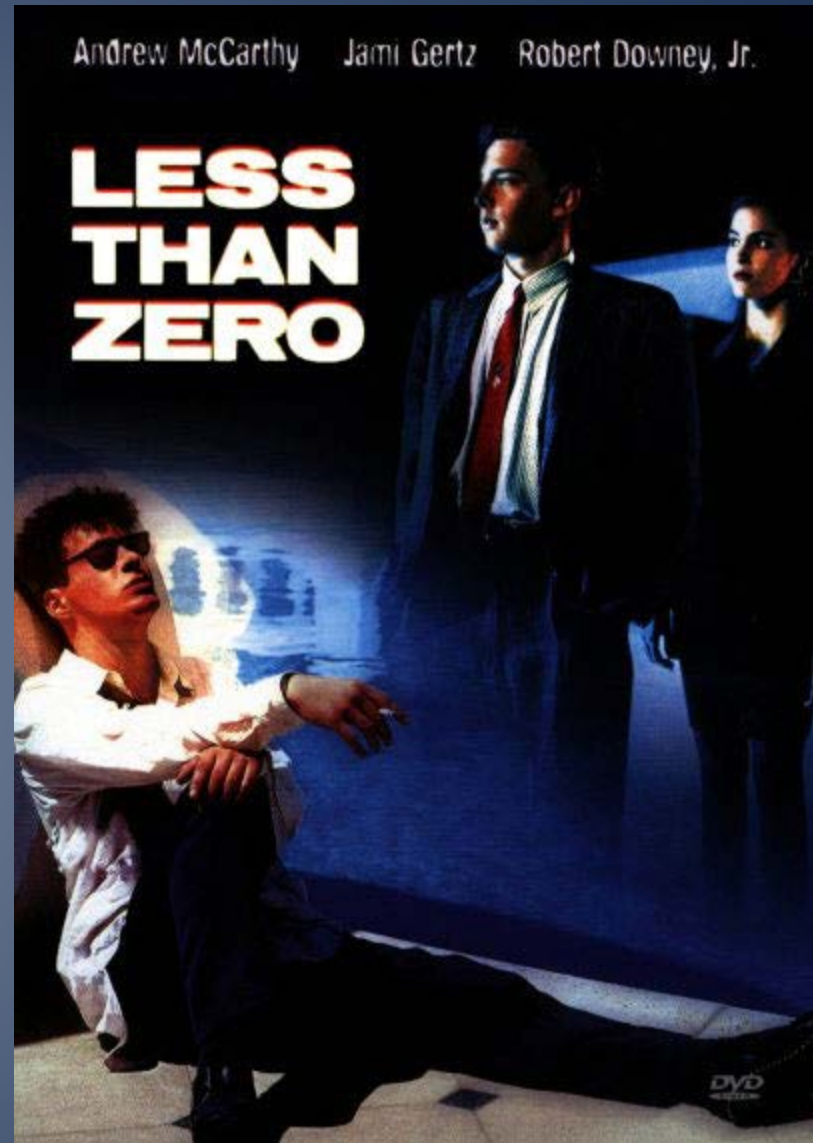
MENTAL HEALTH

How many
brownie
points do you
get for being
unhappy and
miserable?





What are the chances that being depressed or unhappy will improve your MD?





How much time have you spent researching
and thinking about....

- Buying a car
- Picking out a new outfit
- Learning about apps on your phone
- Planning a vacation
- Learning skills to be your happiest self?
- Thinking about how you can add meaning and value? Living your best life?

Skill Building

DABDA

Denial

Acceptance

Bargaining

Anger

Depression





Internal vs External locus of control

WHICH IS YOUR → LOCUS OF CONTROL?

"I make things happen."

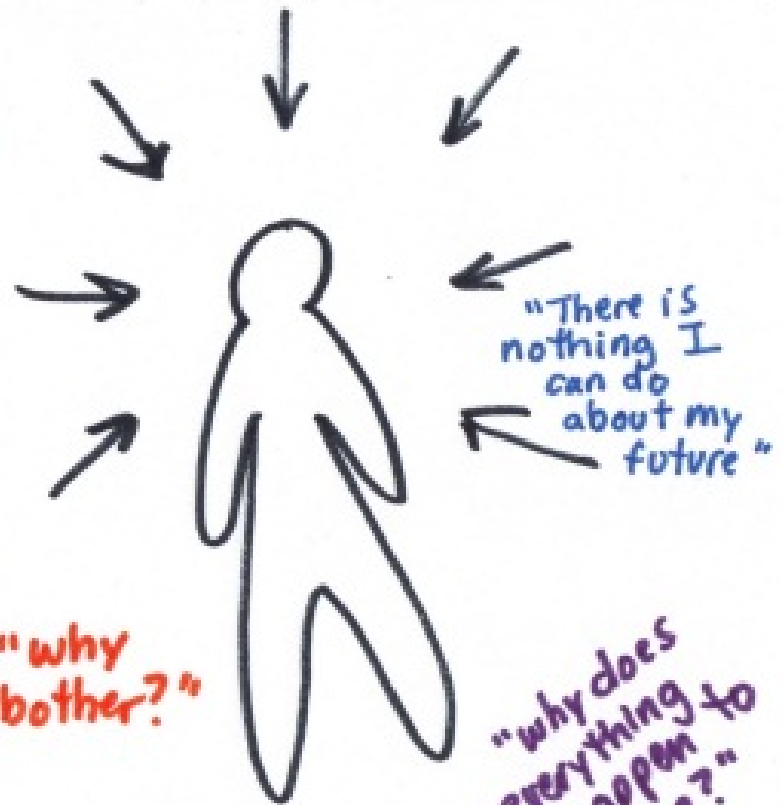


"look what I can do!"

"I can determine my future."

Internal locus of control

You make things happen.



"There is nothing I can do about my future"

"why bother?"

"why does everything happen to me?"

External locus of control

Things happen to you.

What am I
going to
do about
it?

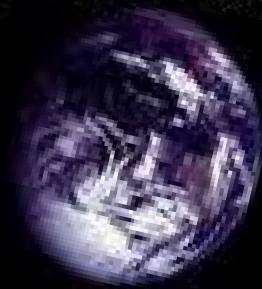




REFRAMING



Reframing Your Worldview









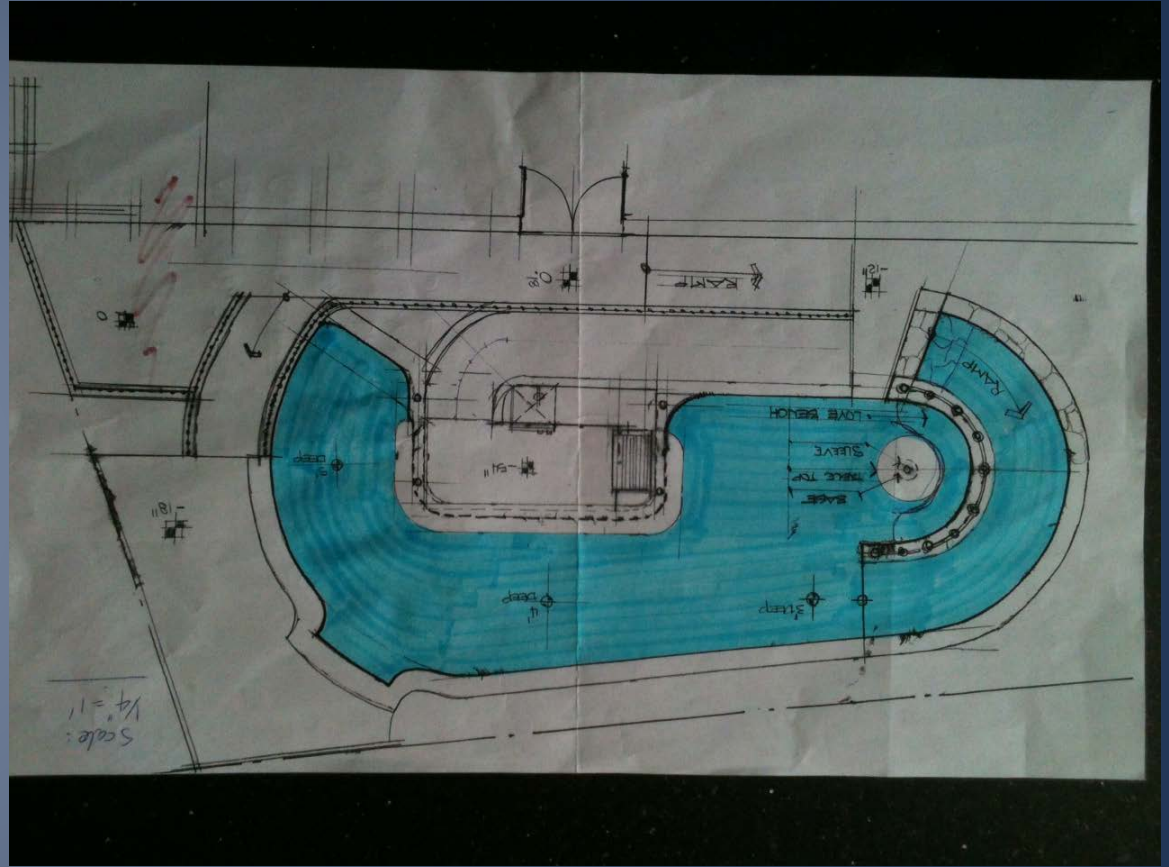


REFOCUS

RETHINK

REFORM

PLAYA VISTA RESORT

















Rational Emotive Therapy

A + B = C

|

D - - - > E

Irrational Words

- Can't
- Should
- Never
- Always
- Worst
- Have to
- Got to
- Need to

Rational Words

- Better if
- Prefer if
- Might
- Maybe
- Somewhat
- Difficult but not impossible

Mantras:

“It’s inconvenient not
catastrophic”

In case of
emergency...

“Everything going to be ok.”

PARENT
ADULT
CHILD



transaction analysis

three states

parent

adult

child

P

P

A

A

C

C

SUPPORT

FRIENDS AND FAMILY

FACEBOOK AND CHAT ROOMS

SOCIAL GROUPS

WORK

VOLUNTEERING

THERAPY

RANDY

