

Danielle Brooks, LMFT: Physical Manifestations of Anxiety and Stress Overload

We know that the brain and body are connected. We know that physical symptoms can affect emotions and thinking. If you have a headache, it is hard to study. If your stomach hurts, it may be hard to eat. If you feel dizzy, it is difficult to engage in sports. But what we don't often realize is that our thoughts and emotions can physically impact our bodies. This can cause a pain cycle that creates a loop between anxiety and pain.

How does this happen and what can we do about it? Danielle Brooks provides a step-by-step process on how to externalize the anxiety and pain (from the neuro feedback loop) for kids/teens to confront it and gain back a sense of a "say" in their brains and bodies. Kids in pain can feel powerless and helpless, leading to an additional loop - that then happens between parents and kids - where the parents also begin to feel that sense of powerlessness. In this state of parallel helplessness, the pain and anxiety both grow.

Creative Healing for Youth in Pain (CHYP) hosted this ONLINE community event for parents and for clinicians. We tried to address as many questions as possible during this Zoom event (by using the chat function of Zoom).

Danielle Brooks, based in Los Angeles, is a Licensed Marriage and Family Therapist who has been in private practice for nearly two decades. She founded Brooks Marriage and Family Therapy Inc. to create a comprehensive approach to family therapy and provide an in-house feel to treatment. This collaborative multi-therapist methodology has unlocked some of the stuck dynamics that exist between teens and parents, siblings, couples, and families.

Danielle specializes in working with kids, teens, couples and families. Her approach utilizes psychodynamic depth and reflection but also is direct with holding everyone accountable for their life and their feeling to shift the sense of powerless to powerful within one's life. This therapeutic tactic has resonated strongly within the treatment of children/teens dealing with acute/chronic pain and anxiety. She has a creative and collaborative treatment approach to helping families break the pain feeling loop and empowering them to take back power over their brains and bodies.

Danielle has extended her work outside of her Clinical practice throughout the community via lectures to help parents foster a greater understanding of their children's emotional health. She has also published articles in people.com, sheknows.com, Adoption Today, as well as, being featured on babyleague.com and the Hallmark Home and Family Show.

https://www.youtube.com/watch?v=kqLUv99_-W0&t=1s