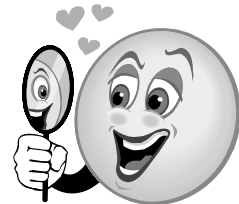


From a Child's Perspective

Autumn 2008

P E R S P E C T I V E S C O U N S E L I N G C E N T E R S

*Please join us on
For Perspectives Fall Openhouse and
Complimentary Seminar...*



Mirror Mirror on the wall... The Eating Disorder

*Presented by
Leslie Ayers MA, LLP & Malissa Wood MA, LLP/LPC
Friday October 3rd, 2008
9am-12pm
Perspectives of Troy*

*Please call (248) 244-8644 to reserve your seat for
or this much anticipated event!*

EATING DISORDERS ON THE RISE

WRITTEN BY
TRICIA STEHLE, LMSW

I can remember when I first started in the field, a number of years ago that the majority of eating disorder clientele that I conducted session with were between the ages of 15 and 30. That number has decreased dramatically. Now, it is not uncommon for me to receive a phone call from a distressed parent stating that their child, that is as young as 4 or 5 years old, is asking them how many calories are in a particular food and are labeling themselves as “fat”.

A fairly recent study of 1st through 3rd graders (all female) showed that nearly half wanted to be thinner (source: National Institute of Mental Health, 2007). In addition, almost 85% of 10 year old girls are afraid of being fat.

Both young girls and boys see images constantly throughout their day in the media portraying absolutely unattainable body sizes and develop the concept that they should strive to achieve this standard.

When you consider that young children often tag along with their parent(s) shopping, and view the aisle tabloids proclaiming how a particular superstar has shed her weight, it is no wonder that children, beginning at younger ages than ever, are striving for perfection when it does not exist.

The average American woman is 5'4" and 140lbs. The average American model is 5'11" and 117lbs. When you pole youngsters which of the above is most desirable, they are bound to say the model.

Young children need to be educated on what is healthy and emphasize their positive qualities outside of body size and weight. This is where psychotherapy with children suffering from an eating disorder, or in danger of it, can be especially effective.

Early intervention is crucial. I would be happy to answer any questions you may have, or help you assess what may be needed as far as treatment or those who are suffering with an eating disorder or engaging in eating disorder like behaviors.

Tricia Stehle, LMSW is a renowned therapist as well as speaker on the topic of eating disorders in addition to various other addictions in the child, adolescent and adult populations.

GROUPS...KIDS LEARN MORE WHEN IN BUNCHES!

Below is a list of all the offered groups at Perspectives and their respective facilitators. All groups will begin in late September/early October. Please call us at (248) 244-8644 so that we can schedule an intake !

GROUP NAME	INSTRUCTOR	AGE GROUP	GENDER	BEGIN DATE
<i>SOCIAL SKILLS Segment 2</i>	<i>MALISSA WOOD</i>	<i>9-14</i>	<i>CO-ED</i>	<i>9/22</i>
<i>SURVIVING EDGE</i>	<i>GERALDINE REYES</i>			
<i>CUTTING EDGE</i>	<i>LESLIE AYERS</i>			
<i>STRAIGHT EDGE</i>	<i>CINDY PARKS</i>			
<i>SELF-ESTEEM</i>	<i>MARY JOHN- SON- PALAZOLO???</i>			
<i>ANGER</i>	<i>CHANDLER FLEMING</i>			
<i>ADHD</i>	<i>BETH CARTER</i>			
<i>ANXIETY/ DEPRESSION</i>	<i>LESLIE AYERS</i>			
<i>OCD</i>	<i>GERALDINE REYES</i>			

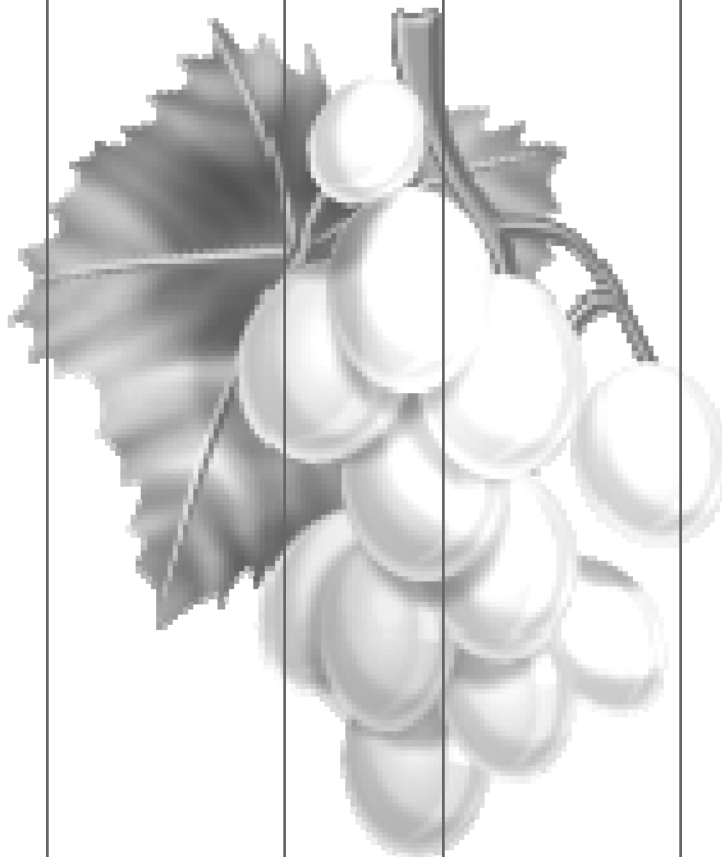
WE ALSO OFFER MANY ADULT GROUP OPPORTUNITIES!!

PPDI

THE PERSPECTIVES PROFESSIONAL DEVELOPMENT INSTITUTE



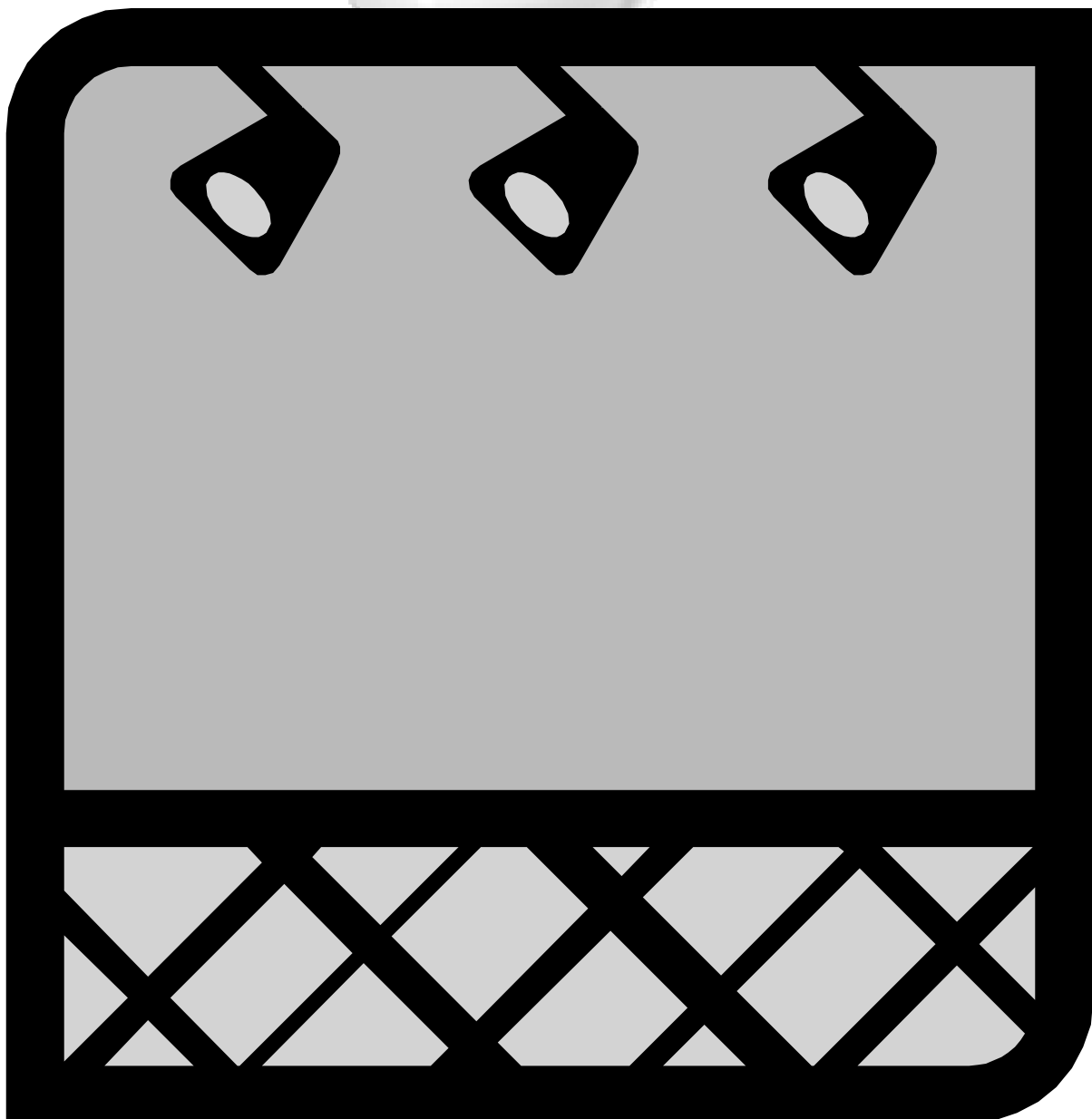
5th 9-4:30pm Child's Play with Malissa Wood MA, LLP/LLPC



*Seminars are either 1/2 day (3 CEU's) for \$59 or full day (6 CEU's) for \$99!
Please call for more information !!*

CREATIVITY CORNER

Pretend you are advertising a service you will be providing because of your expertise and talents in a certain area. Maybe you want to be a dog groomer because you are gentle with animals or maybe you are running for president. Fill out the below billboard with your best self promotion.



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OR

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Sterling Heights Michigan 48310
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Fax: 586-268-6908

www.perspectivesoftroy.com

You Need Not Walk Alone!

Did you know Perspectives is

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Here at Perspectives we pride ourselves on being up to date with the most conscious topics in our communities and we feel the protection of our natural resources is of utmost importance. If you would like to begin receiving your newsletter via e-mail please go to our website listed below our address and give us your e-mail address on the Going Green Link. You will automatically receive our newsletters and workshop flyers without effecting our precious environment!

